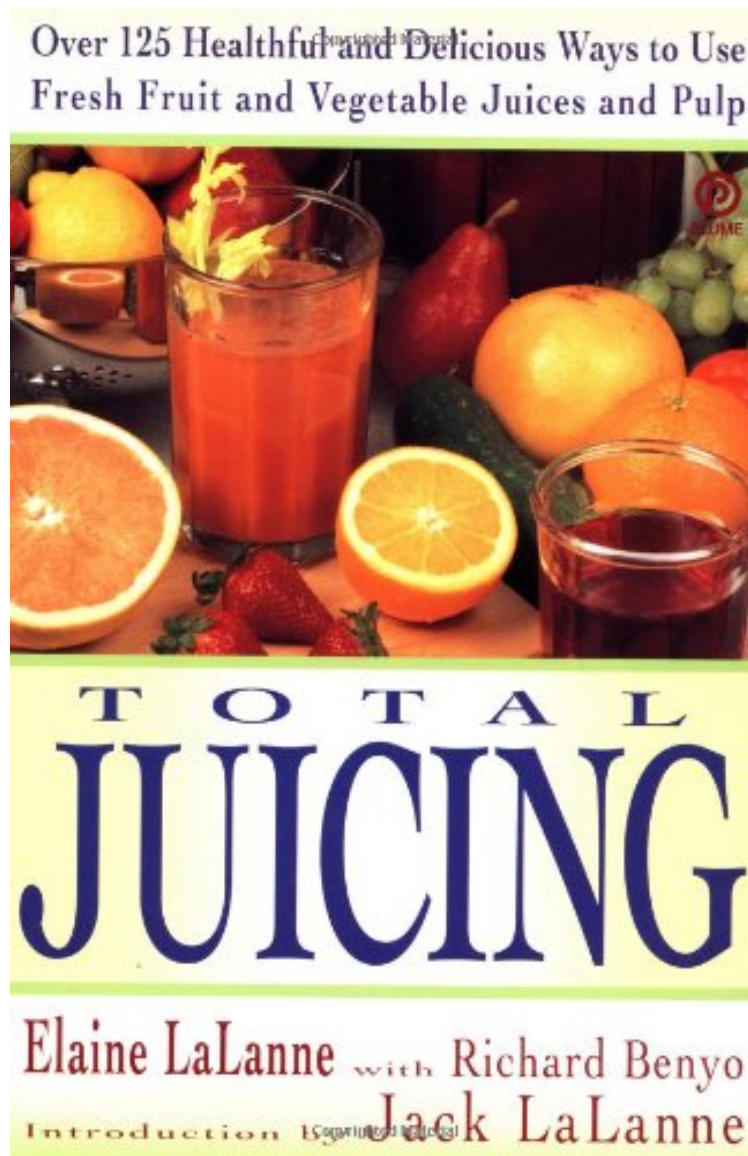


[E-BOOK] Total Juicing: Over 125 Healthful and Delicious Ways to Use Fresh Fruit and Vegetable Juices and Pulp

Total Juicing: Over 125 Healthful and Delicious Ways to Use Fresh Fruit and Vegetable Juices and Pulp

Elaine Lalanne, Jack Lalanne

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Elaine Lalanne, Jack Lalanne : Total Juicing: Over 125 Healthful and Delicious Ways to Use Fresh Fruit and Vegetable Juices and Pulp before purchasing it in order to gage whether or not it would be worth my time, and all praised Total Juicing: Over 125 Healthful and Delicious Ways to Use Fresh Fruit and Vegetable Juices and Pulp:

1 of 1 people found the following review helpful. The original founders of juicingBy _user12If you want to know more about the secrets of juicing from the past, then learn about it from the LaLanne family. Jack and his wife revolutionized this industry. Half of the book they share their knowledge about the history and secrets of fresh fruits and vegetables. They tell you in detail why each fruit and vegetable is good or bad for you. The other half of the book is dedicated to recipes. It's good to learn from the past and expand on to your future. I recommend this book for any juicer or health conscious individual. I think this book in conjunction with Reboot with Joe's stuff is excellent.1 of 1 people found the following review helpful. A Must-Have!By V. SchmidtThis book is one of the earlier juicing books by Jack LaLanne and his wife, Elaine. It doesn't just give random recipes, it gives the basics of juicing, why it makes sense and how it can save you money. Then it goes into how to choose a juicer, how to use juicing to prevent Cancer, heart disease, and high cholesterol. It gives recipes on juicing to lose weight, gain healthy weight, recipes for children, seniors, active people, and recharging your battery. And that's only the beginning. This book is 232 pages packed solid with important information. Everyone trying to improve their health the natural way should have it.1 of 1 people found the following review helpful. Allowed me to see a healthier selfBy BJ WanlundI have been, like the late Jack LaLanne was at one point, a sugarholic. I've been looking for ways to lose all the weight I've put on because of all of that sugar I've consumed, and I've been looking into juicing as a result, and I wanted to buy just one book about juicing. I've listened to Stu's Show for about 3 years now and Jack LaLanne, before and since his passing, was an advertiser, and I remembered Elaine's book, Total Juicing, being mentioned a lot. So, I got it, and started reading, and was totally blown away by what I saw inside that book. I shan't spoil any of the details, but I learned more than a few things from this book. Please, whoever's in charge, please make a Kindle version available!

Lose weight; lower your blood pressure; boost your energy levels; prevent psoriasis, stomach ulcers, arthritis, anemia, gout, and even cancer; and feel years youngermdash;all in your own kitchen.Jack and Elaine LaLanne led a nutritional revolution in the United States, helping millions of people to discover juicing as an easy, inexpensive, and delicious way to enjoy amazing health and nutritional benefits. Take control over your well-being with antioxidant- and supernutrient-filled fresh-fruit and vegetable juices, and the fiber-rich pulp that your juicer leaves behind. With more than 125 mouthwatering recipes for breakfast drinks, lunchtime refreshers, dinner beverages, and flavorful desserts, Total Juicing also provides:middot; An A-to-Z guide to juicing, vitamin and mineral content of fruits and vegetables, and the health benefits of specific foodsmiddot; A weight-loss program that worksmiddot; The dos and donrsquo;ts of making and storing juicemiddot; Baby-food recipesmiddot; Original recipes that use fiber-rich pulpmiddot; Tried-and-true guidance on a healthy diet

About the AuthorELAINE LALANNE has used juicing to complement her health-and-fitness lifestyle for many years. She authored four books and traveled extensively with her late husband, Jack LaLanne, lecturing and promoting the LaLanne fitness message. The LaLannes were married for over 50 years.JACK LALANNE was an Americannbsp;fitness,nbsp;exercise, andnbsp;nutritional expertnbsp;andnbsp;motivational speakernbsp;known as the "godfather of fitness."nbsp;He died in 2011 at the age of 96.