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Wai Lana's Favorite Juices: Over 85 of Wai Lana's Favorite Juice and Smoothie Recipes

Wai Lana

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Wai Lana : Wai Lana's Favorite Juices: Over 85 of Wai Lana's Favorite Juice and Smoothie Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised Wai Lana's Favorite Juices: Over 85 of Wai Lana's Favorite Juice and Smoothie Recipes:

0 of 0 people found the following review helpful. Wai Lana's Favorite Juice BookBy SusanI recently purchased a juicer and have been surfing the net for recipes. I went to several book stores to peruse juicing books on the market. There are many and the ones I found worthy range from \$50 to \$60. The price of this book was an out and out steal.What really impressed me were the inviting images of the drink. The recipes are simple and most important to me the nutritional value is listed on each page. When I am in need of a particular nutritional boost it is easy to find the right selection, minimizing my research work.I have heard she also has a book on soups, which I shall be investigating. To your health !3 of 4 people found the following review helpful. Beautiful pictures , useful informationBy K. ShahMust have specially when you are first starting out in juicing area.Encourages to try diff recipies by beautiful pictures.1 of 4 people found the following review helpful. Beautiful book, but major thing missing.By tsunamidudeThis is a beautiful book because of the great recipes and the beautiful pictures. However,

there is one major flaw that makes me give this a lower rating. The book, nor the recipes, ever mention the type of machinery that should be used. The only machine that I can think of is the one she's using on the cover. Otherwise, I have no idea what is the correct machine to use for the recipes. If that kind of information was added to the book, this rating would have been a 5-star rating.

As host of the internationally syndicated Wai Lana Yoga show, charismatic yoga instructor Wai Lana is one of the most widely recognized spokespeople for healthy living. In *WAI LANA'S FAVORITE JUICES*, she shares her mouthwatering juice and smoothie recipes, making the road to vibrant health not only fun and easy but delicious. Fresh juice is nature's most potent and revitalizing supplement, a wellspring of health-preserving vitamins, minerals, antioxidants, and enzymes offering potential benefits for everything from weight loss to decreased cancer risk. Wai Lana's invigorating juices and smoothies demonstrate these incredible health benefits and prove that vital nutrition and great taste can, and should, go hand in hand. This colorful book offers 88 luscious juice, smoothie, and dessert recipes as fun and dynamic as Wai Lana herself. Break out of the plain-old-carrot-juice doldrums with exciting flavors like Mango-Berry Fusion, Carrot Cake Cooler, Asian Elixir, and Evening Calm. As part of a healthy fitness and diet program, these scrumptious and restorative tonics provide the perfect recipe for improved health, vitality, and well-being. Wai Lana Yoga appears on PBS stations throughout the United States, and the show is regularly watched by millions of people on five continents. Produced in partnership with Champion Juicers, one of the world's premier manufacturers of fine juicers. Offers 88 delicious juice and smoothie recipes formulated for a variety of health, wellness, and beauty needs, including weight loss, youthful appearance, decreased cancer risk, detoxification, stress reduction, and more. With brilliant full-color photography, this stunning lifestyle book is a window into the colorful life of the world's warmest and most fascinating yoga personality.

About the Author *WAI LANA*, one of the world's best-known yoga teachers, has been practicing yoga for over 25 years. Whether the interest is in tasty recipes, yoga, beauty, losing weight, or just feeling good, Wai Lana makes a healthy lifestyle easy and attractive to everyone. She lives in the Hawaiian Islands.