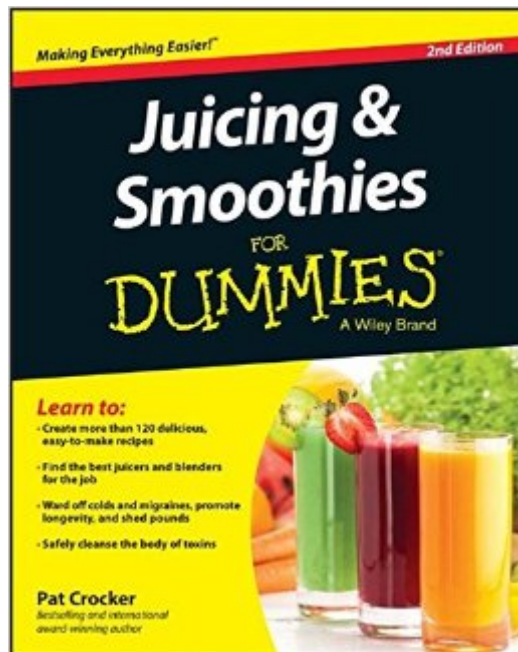


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# Juicing And Smoothies For Dummies



## Synopsis

Lose weight and feel great with juicing and smoothies For those of us who don't have time to cut up or cook fruits and vegetables with every meal, juices and smoothies are a fast and easy way to consume them at home or on the go. Packed with over 100 recipes, *Juicing & Smoothies For Dummies* covers the most up-to-date information on incorporating this healthy lifestyle into your everyday routine. From how to safely cleanse the body of toxins to the hottest ingredients to bolster juices and smoothiesâincluding chia seeds, coconut oil, hemp seeds, bee pollen, and moreâit arms you with everything you need to sip your way to a healthier, happier you. There are many health benefits to drinking freshly juiced fruits and vegetables. These tasty and nutrition-packed beverages can help protect you against cardiovascular disease, cancer, cellular damage, and various inflammatory diseases, such as rheumatoid arthritis. Plus, it's great for weight loss because juices and smoothies have hunger-reducing properties, on top of being filling. In this friendly and accessible guide, you'll find expert guidance on how to use juices and smoothies to reap all of these excellent rewards, while getting the recommended daily amount of fruits and vegetablesâin a glass! Concoct more than 120 juicing and smoothie recipes using the hottest, most nutritious ingredients Find the best juicers and blenders for the job Ward off colds and migraines, promote longevity, and shed pounds Get a month's worth of grocery items to have on hand to make healthy juices and smoothies in minutes Whether you want to lose weight, cleanse, or simply add more healthy fruits and veggies to your diet, *Juicing & Smoothies For Dummies* makes it easy.

## Book Information

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## Customer Reviews

July 2 2015 UPDATE: Just need to say that of the 429 reviews I ever wrote, THIS book is the most surprising item I ever ordered. The more we actually USE this, the more clear it becomes that we had become "juicing snobs" even if in the most innocent way. We never thought we knew it all by any means but we DID know we didn't need THIS or any other book with all of our experience. And we were 100% WRONG. The more we use this, the more outstanding it has become. I promise you if there was any one single book you ever want to buy about juicing, please TRY THIS BOOK! I never said this about any product, I don't like to "gush" about anything. But this book is amazing. It is all you need period. This book and the BEST juicer you can possibly afford. I honestly just can't recommend this book enough.-Mike-----PERFECT-Even For The Most Advanced Juicer. This VERY large paperback book is just that and for many reasons. As a juicer for over 40 years and even before good old Jack LaLanne made it famous, I have juiced it all. The key to this book is how it is organized. MY "secret" to enjoying juicing for over 40 years was also simple. NO recipes! I always found that just tossing in a little of this, a little of that was just fine. Always a bit different too. It also helped keep it from getting so monotonous. But eventually the same problem you encounter with hobbies like Aromatherapy rears its ugly head. You simply somehow get lost. I just lose interest and I think it is actually due to the very lack of structure. THIS book is all about structure. That is #1. #2 is a really BIG thing it gives you. Everyday COMMON items we all have in our fridges.

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