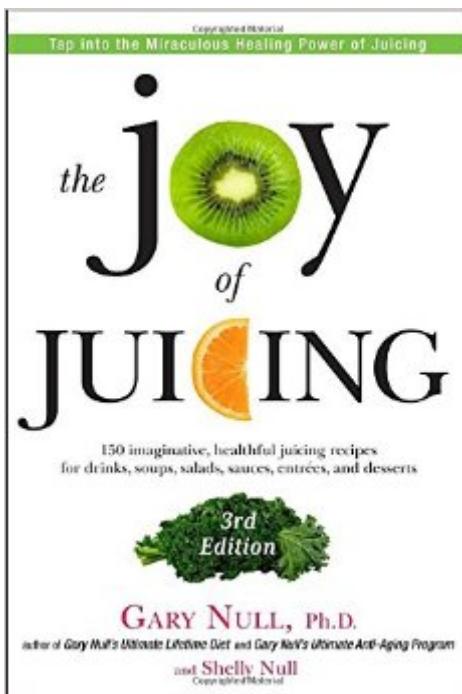


The book was found

The Joy Of Juicing, 3rd Edition: 150 Imaginative, Healthful Juicing Recipes For Drinks, Soups, Salads, Sauces, Entrees, And Desserts



Synopsis

A new edition of a research-backed nutritional program using juicing to help prevent and reverse disease and cell damage, from New York Timesâ “bestselling author and renowned health expert. For more than thirty-five years, Gary Null has been one of the foremost voices in the health movement. In The Joy of Juicing, 3rd Edition, he advises readers how to use fresh juice to cleanse and detoxify their bodies. Null provides extensive research showing how accessing natural substances in the right quantities and forms can repair damaged DNA, as well as help halt and reverse the progress of many diseases. This edition has been substantially revised and features fifty new juicing recipes for a healthy diet. Null includes juices for a range of specific complaints, from PMS to fatigue. With everything from an easy-to-follow nutritional program to practical advice on which juicer to buy, The Joy of Juicing, 3rd Edition, will jump-start readersâ™ juicing lives.

Book Information

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Customer Reviews

I guess I was looking for a more pure juicing book. This book has a section on meals and salads. The juices include using protein powders and vitamin extracts. The title is confusing. I don't get it. Good luck. (I think the Juicing Bible, and Jay Kordich are better options.)

I love to juice and the recipes in the book are OK. The problem is that almost all of them call for some sort of vitamin, enzyme etc. to be added. For example, a recipe that is supposed to be good for eyes has you add vitamin A.

Gary's knowledge of juicing is obvious from the start of this book. Use it electronically on an ipad and love the recipes. I have used other juicing recipes online but non are as accurate and tasty as these.

This book is easy and helpful. Has great recipies and explains which veggies and fruits are best for certain ailements

It's okay if you want to learn about the nutritional value of vegetables or when its better to use a juicer over a blender. The recipes are well planned and based upon extensive research but there is something fundamentally wrong with Gary Null's Joy of Juicing. The problem is on the last bullet point on the back of the book and the reason I bought it.* A complete easy to follow nutritional program. There is no nutritional program. He gives overviews of the foods and herbs but he never actually pulls it all together.

Gary Null is a National Treasure. In a simple easy to follow approach, he demystifies the subject of juicing and blending, with social context, practical knowledge, easy to follow suggestions, demonstrations, and, that all important encouragement for better living.

Gary Null has made this version of his book better with new information and new recipes. The work is based in science and has several well known collaborators adding their input. Good stuff for anyone looking to improve his health.

I gave the book away to someone who might be more incline to use it. It had recopies in which it called for store bought nutrients, vitamins and minerals. I can buy and take those on my own. Was looking for just juicing info.

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