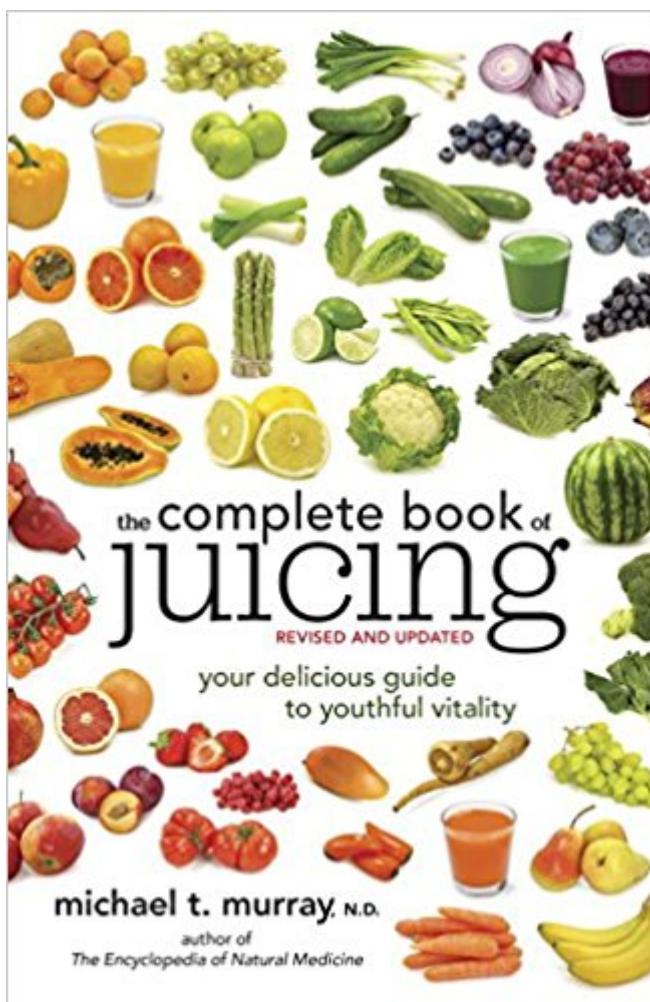


The book was found

The Complete Book Of Juicing, Revised And Updated: Your Delicious Guide To Youthful Vitality



Synopsis

With fifty new recipes and new information on the benefits of juicing and juice cleanses, here is the completely revised and updated edition of this juicing category killer. The first completely revised edition of this juicing classic, *The Complete Book of Juicing* is packed with new information on super fruits such as pomegranate and papaya, weight-loss and juice fasts, immune function, juicers, and more. With one hundred fruit and vegetable recipes and a fresh new package, this book is a user-friendly and fun necessity for any juicing kitchen.

Book Information

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Customer Reviews

Dr. Michael T. Murray is the author of over 30 books, including the acclaimed bestsellers *The Encyclopedia of Natural Medicine* (Third Edition) and *The Encyclopedia of Healing Foods* (co-authored with Dr. Joseph Pizzorno). He is regarded as the world authority on natural medicine and appears regularly in national media, including the Dr. Oz Show. An educator, lecturer, researcher and health food industry consultant, Michael also constantly updates his health information portal: DoctorMurray.com.

This book gives tons of information about fruits and vegetables individually so that their components can be immediately looked up. Also, it gets into the how and why of juicing. I have been studying diet and nutrition for more than a decade, and this book is definitely among the short list I'd recommend anyone who cares about drastically improving their lives. If you're curious about juicing,

just know it is not about opinion here - getting a wide variety of fruits and vegetables flowing into your body gives you an undeniable vitality. Please give it a go!

Great informational book that I got mostly for recipes, but it has a wealth of why consider eating healthy. You wouldn't be looking at this type book unless you are interested in a healthy body that stays that way. This explains purchased prepared foods vs foods cooked at home vs fresh uncooked foods and their relative nutritional value...astonishing what you get in freshly consumed, uncooked foods. Whether juicing or blending, there is so much more nutrition in fresh foods with the fiber. I highly recommend this, along with "Eat to Live", "Forks over Knives", and "The China Study". After seeing the background and history in our foods, I doubt you will ever go back to good ol' restaurant foods.

Excellent book and I use it often for reference and juice recipes. It only has 70 delicious recipes but this book has much more than that. It talks about individual fruits and vegetables, what they are good for, their nutrients, how to prepare them and then it goes into the recipes. A wealth of information in an easy to read and understand format. Highly recommended if you want to start juicing.

Dr. Murray is an expert in the field of nutrition. This latest book has many juicing recipes. It also lists fruits and vegetables and their key health benefits. It also has a listing of health conditions and juicing recipes for that specific condition. Excellent recipe and reference book.

Lots of good information on the health benefits of various fruits and vegetables, including references to medical studies. Also includes some great recipes that I never would have thought of myself.

Very informative.

This book has a lot of good info in it and many good juice recipes. I use it weekly when I make juice. I gave it 4 stars because I never use the vegetable recipes, although I am sure they are very good. I use my greens for smoothies instead.

Very detailed with great information!

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