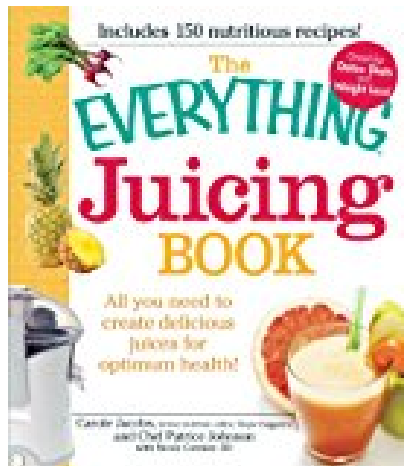


# The Everything Juicing Book All you need to create delicious juices for your optimum health

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## BOOK DETAILS

- Author : Carole Jacobs
- Pages : 304 Pages
- Publisher : Everything
- Language : English
- ISBN : 1440503265

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## **BOOK SYNOPSIS**

Dont eat your veggies, drink them! If youre one of the millions of Americans who doesnt get their recommended daily amounts of fruits and vegetables, juicing is the perfect solution! This book is packed with 150 recipes to make consuming fruits and veggies fast, delicious, and fun, including: Asparagus squash medley Grape citrus apple juice Orange lemonade lift-off Broccoli apple carrot with parsley and lemon juice Strawberry patch juice This handy guide explains why millions of people have turned to juicing to help ward off everyday disorders like colds and migraines, promote longevity, shed excess pounds, and prevent and treat serious diseases. Whether you want to get more nutrients, cleanse your body of toxins, or prevent disease and live longer, juicing is the answer!

### **THE EVERYTHING JUICING BOOK ALL YOU NEED TO CREATE DELICIOUS JUICES FOR YOUR OPTIMUM HEALTH**

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