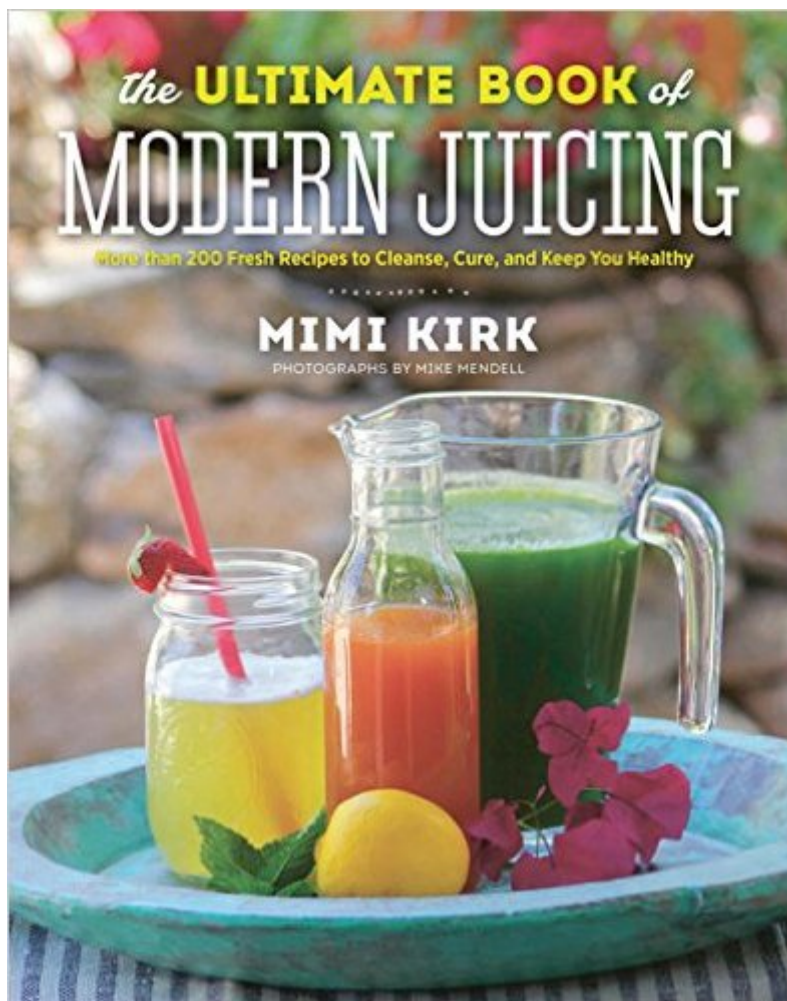


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# The Ultimate Book Of Modern Juicing: More Than 200 Fresh Recipes To Cleanse, Cure, And Keep You Healthy



## Synopsis

The most current and comprehensive juicing guide available Step aside, Juicing Bible and Big Book of Juices: Mimi Kirk is back with the most current and fresh guide to juicing yet. With more than 200 recipes, handy advice on how to get the most from your juicing, and an eye toward taste, health, and cost, The Ultimate Book of Modern Juicing is the only book on the topic you'll ever need. Kirk has been juicing vegetables and fruits for more than 40 years, yet she doesn't look a day over 50. (And yes, those two things are connected.) She recently became more interested in how to use juicing to feel and look even better. Her discoveriesâ•genuinely up-to-the-minuteâ•are shared here, along with vibrant photographs of her creations The Ultimate Book of Modern Juicing is a must-have for everyone interested in or committed to the juicing lifestyle. 100 full color photographs

## Book Information

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## Customer Reviews

I own all of Mimi Kirk's books and they are each wonderful in their own right! The Ultimate Book of Modern Juicing is my very favorite though! I have learned so much about the nutritional value of a variety of fruits and veggies. I have been able to tweak my new lifestyle according to the helpful information Mimi has provided. This has allowed me to reach optimal health. I have been a diabetic for years and I battle a weight problem. Since juicing, my blood sugars have dropped to near normal and I have shed 40 pounds! I feel fantastic! I knew that if I did not change, I would die. I have been able to focus on one thing at a time because of this wonderful book. One week I will work on my kidneys with the kidney juices in the book and the next my liver...then just take everything one ailment at a time. It works!! Not to mention, how incredibly yummy these juices, smoothies and

shakes are! I have not missed anything since going raw. I still have cookies (raw and healthy), mylk, and delicious foods from the recipes in Mimi's other books. Do yourself a favor...order all three books and change your life for the better. I love you Mimi!!!

Juice that cleanses, cures and keeps you happy! This book is everything you need to kick start something great for you're health. It's perfect resource for the novice or experience alike. There is a wealth of information about the benefits of plant based foods. I especially appreciate the section on "health benefits of vegetables and fruit by name." I've learned things in never knew before about the specific benefits of say, cabbage (cholesterol lowering), cranberries (great for promoting oral health), daikon (for great digestion) and pineapple (contains bromelain - anti-inflammatory and digestive enzyme). The recipes, each provide a nice intro with specific health benefits. An enormous section of juices and smoothies to appeal to anyone, including special sections for kids. A great section telling you how to make your own healthy nuts milks and again the health benefits of different ingredients. So far I've made: Almond milk- good standby Cashew milk- which I learned is helps our bodies produce serotonin (welcome sound sleep). Delicious! Hemp seed delight shake- super packed with nutrition and delicious ( this kept me going all morning) Good morning water- delicious infused water I've been making regularly! These more info for doing cleanses, treating specific health conditions, making your own probiotic drinks like kombucha and recipes using pulp from your juices to make breads, crackers, even doggie treats. I got the kindle version but will consider purchasing the book as well. It's a great companion and resource for your health!

My family and I have been trying to find new and exciting ways to eat healthy and this book was the perfect answer! It offers many wonderful easy to follow recipes, discusses overall health benefits and has even helped improved our immunities, especially during this nasty winter. Our kids, also feel in love with the book and enjoy picking out their favorite drink by looking at the bright and engaging pictures and now they are experimenting with their own. I love seeing my kids get excited about juicing and that they are no longer snacking on their typical "junk food". Overall, as a first time juicer, I highly recommend the book! Cheers and happy Juicing.

I love to juice. I have been juicing off and on since the early eighties and own quite a collection of juicing books. Since our old juicer gave up the ghost we bought a new juicer and we also bought a new juicing book just to see if there is anything new under the sun. One tends to use the same recipes over and over and I was in need of a little inspiration. My family and I have now tried a

majority of the recipes in this beautiful book. Not only are the pictures stunning and ever so inspiring, the recipes are absolutely delicious and well balanced. There are no crazy ingredients and complicated formulas yet there is a sophistication to the recipes that makes this book truly outstanding. Modern Juicing has become my favorite juicing book. Highly recommended!

Great book on juicing. Very comprehensive; covers everything from juicers, cleanses, to making nut milks. Love this book and can't wait to try some of the juice recipes that will break me out of my rut.

I am an avid 'Best Raw Food Book' fan and this book IS THE BEST JUICING BOOK ON THE PLANET. I don't leave reviews on but Mimi Kirk has astounded me with this perfect juicing book. It is going to be with me day & night. It is so visually enjoyable, and covers everything you would ever want to know to take your health and the health of those you love (I'm a wife & mother) to a blissful state. I am so pleased and so grateful and so excited to have this book! Buy it now and read it! It WILL CHANGE YOUR LIFE IN THE BEST WAY.

I bought this before doing a juice cleanse and it gave me tonsssss of juicing recipes to try. This made my juice cleanse a lot more fun than it would have been for sure. This is also one of my favorite things to gift to my friends that are purchasing a juicer/ wanting to make a healthy life change. The first few chapters go in depth about all of the beginner things you need to know for juicing-- that is, in addition to recipes, how to cleanse properly (If you're interested in that), differences between juicers, etc. :) Also, as with all of Mimi's books, the photography is just gorgeous and gives you a visual of her juice recipes. I am a visual person so I REALLY appreciate this quality about her books. :)

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