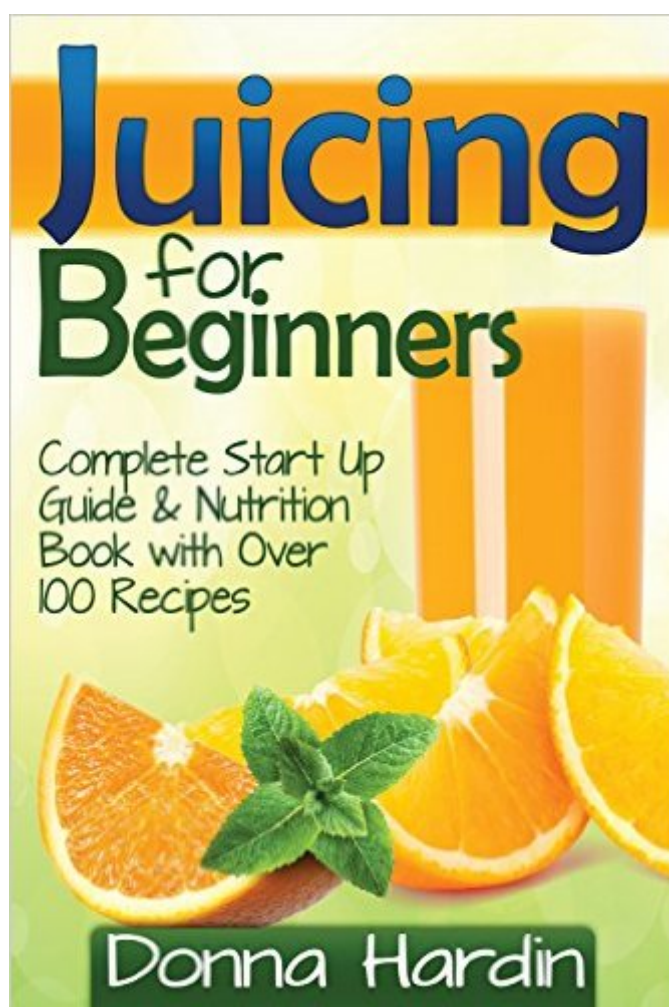


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# Juicing For Beginners: Complete Juicing Start Up Guide And Nutrition Book With 100+ Juicing Recipes For Health, Weight Loss, Energy, Detox And More



## Synopsis

This Is Not Your Ordinary Guide to Juicing! It is everything you need to know to get the most out of your fresh juices and enjoy a healthy, happier, more energized life! Starting out on your juicing journey can be hard and confusing, especially if you don't have a guide to walk you through and show you where to begin. If you are new to juicing and just want to start enjoying freshly made juices, then this book is just what you need. It contains not just easy-to-make, healthy and delicious juice recipes, but it also shows you how to juice your fruits and vegetables and mix them up so you benefit the most out of your juices. This book is more than just an ordinary juicing recipe book, it is a complete juicing starter guide and a nutrition plan that shows you things such as: • how to prepare your fruits and vegetables for juicing, • how to choose the best juicer (if you haven't already done that), • what the colors of fruits and vegetables mean and what they are so important, • when to drink your juices for maximum effect, • how to store juices, • what to do after you are done juicing • over 100 juice recipe for weight loss, beautiful skin, cleansing and detox, energy and health, stronger bones and hair • and much more • If the 100 recipes are not enough, and you are worried about getting bored of the same juices, Donna also shows you how to improvise your own recipes, how to spice it up and keep it fresh, so you'll stay motivated, keep juicing and enjoying the great benefits of fresh juices. Whether you buy this book or some other juicing diet book, what's important is that you just do it, and start juicing. Juicing has transformed my life, my family's life and many others have seen amazing results through juicing. The fact that you are here now, reading these words, means you care about your health and you want to make a change for the better. If this book can help you on your journey to improve your health and life even a little bit, then Donna accomplished her goal. So grab a copy of the "Juicing for Beginners Complete Start Up Guide" • right now and start feeling better today!

## Book Information

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## Customer Reviews

I bought the Kindle version of this book so it was a pretty low investment. I was pleasantly surprised with the information included, see list below. I think even experienced juicers might like some of the recipes included, but much of the rest of the information would be too basic. High Level contents of book:- Juicing Basics (including benefits, types of juicers, etc)- Lists of top 10 best fruits and vegetables for juicing- Suggestions for how to store leftover juice and uses for the pulp (including recipes that use pulp)- Lots of Recipes for different purposes: - Weight Loss - Beautiful Skin - Stronger Bones, Hair and Nails - Cleansing and Detox - Energy and Stamina- Hints for creating your own recipes

I am a beginner to juicing ,I loved all the information on the health benefits of the different fruits and vegetables. I am 63 and want to feel better, I was a bit scared of getting started correctly. Your book gave me a clear understanding of juicing. Everyone needs to read cover to cover. I will be buying more of your books. THANK YOU !!!!

Never having known anything about juicing, I found this a very interesting guide one could follow for a healthier lifestyle. You can make your own juice drinks by following this step-by-step guide. Any novice can learn how to improve their health by using the simple recipes included in this book.

I use the recipes in this book daily. I began juicing for the sole purpose of enhancing a poor diet, not because I wanted to lose weight--I was not overweight. Using these recipes has resulted in a weight loss of about 5 to 10 pounds, along with improved skin and hair condition, all of which were completely unanticipated. I feel much, much better after three months of juicing twice a day using the recipes from this book. A couple of caveats: no yields per juicing is given; and, there are a few typos with ingredient portions. I misunderstood "1/2 ginger" on my first juicing to be one half of an entire ginger root. Huge mistake! This should have read 1/2 inch of ginger. I might add that I have been very much into weight lifting for many years and have not experienced any fall off in training poundage used.

I am not an beginner juicer but that has never stopped me from buying a great book. This book provides the reader with everything needed to get started including the benefits of juicing and how to find the right juicer to meet your needs. The recipes are excellent and with 100 recipes you will never get bored. Very tasty and very nutritional which is all that a person can ask for. Highly recommending this book to everyone.

A lot of people want to start juicing but don't know where to begin or why it is so much better for them than store bought juices. This book will tell you everything you need to know and more, plus some awesome recipes for juicing to boot

This little book has everything I was looking for in a beginner's guide to juicing. I enjoyed the information included at the beginning of the book, but the recipes are the bread and butter of the book. Plenty to choose from, so I doubt I will get bored doing the same recipe over and over again.

After juicing for awhile I've come to realize that you can pretty much throw whatever fruits and vegetables you want into your juicer. These recipes tend to be almost the same thing over and over again with maybe using an apple instead of a lemon or spinach instead of kale. I found it easier to just make up my own recipes.

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