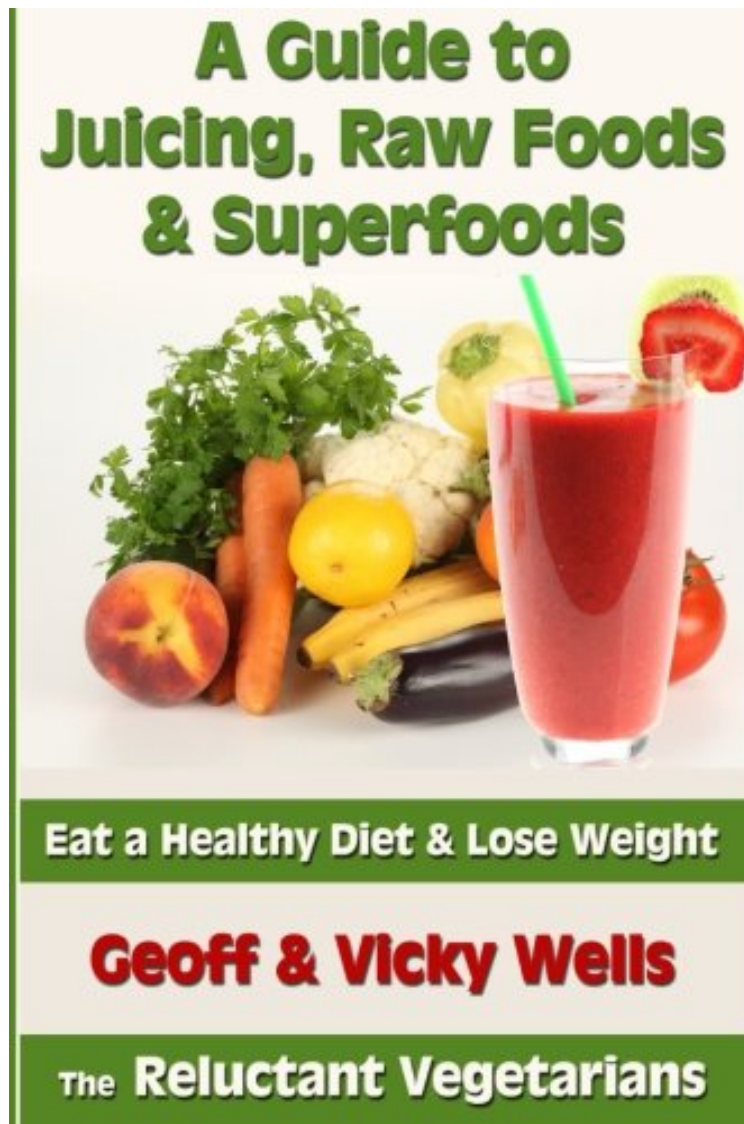


(Download free pdf) A Guide to Juicing, Raw Foods Superfoods: Eat a Healthy Diet Lose Weight (Reluctant Vegetarians)

A Guide to Juicing, Raw Foods Superfoods: Eat a Healthy Diet Lose Weight (Reluctant Vegetarians)

Geoff Wells, Vicky Wells

*ePub | *DOC | audiobook | ebooks | Download PDF*



[Download](#)

[Read Online](#)

#991620 in Books Ingramcontent 2013-03-16Original language:EnglishPDF # 1 9.00 x .18 x 6.001, .25 #File Name: 148279127776 pagesA Guide to Juicing Raw Foods Superfoods Eat a Healthy Diet Lose Weight | File size: 45.Mb

Geoff Wells, Vicky Wells : A Guide to Juicing, Raw Foods Superfoods: Eat a Healthy Diet Lose Weight (Reluctant Vegetarians) before purchasing it in order to gage whether or not it would be worth my time, and all praised A Guide to Juicing, Raw Foods Superfoods: Eat a Healthy Diet Lose Weight (Reluctant Vegetarians):

11 of 12 people found the following review helpful. Real Life Examples and recipes to a healthier diet By Katie W. I really appreciated the openness and frankness of the authors in sharing how eating raw foods and juicing changed their health and their life. While they weren't excited about it at first, as they learned more about the food they had been eating, they were compelled to make lifestyle changes. They go on to provide detailed, usable information about superfoods and how to practically incorporate them into your everyday diet. This book has a lot of great ideas to help you get on the right track towards juicing, and eating more fruits and veggies. And then there are a ton of fabulous recipes! I especially like the Multi-Bean Salad, as well as the Frosty Carrot Juice. There are a lot of other great recipes too. For anyone who wants to improve their health and incorporate more fruits and vegetables, this book is a great place to start. It will not only inspire you, but it will give you the tools and recipes to start to make small and gradual changes in your diet. Highly recommended. 3 of 3 people found the following review helpful. Not enough Juice recipes By Miriam Falaki There are a few pages in the front about being healthy then there are a few pages of juice recipes, smoothies and raw food recipes. In my opinion there were not enough recipes. 0 of 0 people found the following review helpful. It's a nice book though and it arrived new and quickly By Dawn I expected more recipes - this book is basically describing the individual benefits of different fruits and vegetables, which I could of found online for free. It's a nice book though and it arrived new and quickly, so over all A+.

Eat a Healthy Diet Lose Weight Without Hunger "A Guide to Juicing, Raw Foods Superfoods" is a compendium of information that not only highlights the amazing benefits of adding juicing, raw foods and Superfoods to your diet, it also includes over 30 delicious and easy to follow recipes. It is the first step on your journey to finding the best options for a healthy lifestyle. The authors, Geoff and Vicky Wells, have already begun this journey and are seeing some remarkable results. They are aware that there is an ever-increasing group of people who are looking for natural solutions to their health problems and have sought to provide a number of solutions from their own experiences. The items that are recommended can easily be found in any local farmers market or grocery store and, if your shopping is properly planned, it will not put a strain on your grocery budget. Both the information and tasty recipes in this book are a must-have for any individual who wants to achieve optimal health. It also serves as a reference for those who are just beginning to research the benefits of a juicing, raw foods and Superfoods diet. Now is always the best time to begin your journey to a fitter, longer, healthier life. Here Are Just A Few Headings From Our Linked Table of Contents What Is Juicing? Types of Juicers What Is A Raw Food Diet? Do I Eat Nothing But Raw Food? What Are Superfoods? Some Highly-Rated Superfoods What Are the Benefits of Juicing? Juicing Helps Boost Your Immune System Juicing Helps Clean Out Your Digestive System Juicing Helps You Lose Weight Juicing Gives You More Energy Juicing Helps You Improve Your Skin and Keeps You Looking Young Juicing Gets Even the Pickiest Child to Consume Vegetables What Are the Benefits of Eating Raw Foods? Weight Loss Better Skin More Energy Lower Cholesterol Digestion More Time You Can Eat A Lot Saves Money Protein What Are the Benefits of Superfoods? And Here Are Just A Few Of The More Than 30 Recipes Almond Milk Cashew Milk Chocolate and Coconut Smoothie Fresh From The Garden Vegetable Cocktail Geoff's Famous Hummus Goodness Gracious Green Hot Veggie Drink Minty Green Refresher Multi-Bean Salad Peachy Green Smoothie Peppered Strawberries Raw Fruit Salad Raw Veggies and Dip Rice Milk Tomato, Cucumber and Cilantro Salad Very Berry Smoothie Vicky's Granola Almost Waldorf Salad (No Mayo) Nut Butter

About the Author Husband and wife team, Geoff and Vicky Wells, followed the generally accepted North American diet for most of their lives. That is until recently when they realized changes were needed if they wanted a healthier, more fit lifestyle. Both have struggled with their weight through the years without any longterm success. The excess weight was beginning to take it's toll and they decided that they needed to find a better way before any serious health problems manifested themselves. After much research, that included a lot of reading and several video documentaries, they began to question their food choices and even how the food they were buying was produced. During their research, they came across encouraging information on juicing, raw foods and superfoods. They found that, although the term superfoods is becoming a buzz word, there are many, many foods out there that are packed with nutrients. They discovered that most of them are common foods that are readily available and not just exotic items that get touted in the media. After personally seeing positive results from modifying their diet, they made the decision to share what they have learned with those who are interested. Geoff and Vicky believe they have found the key to achieving a hunger free, healthy diet and are proud to share what they know.