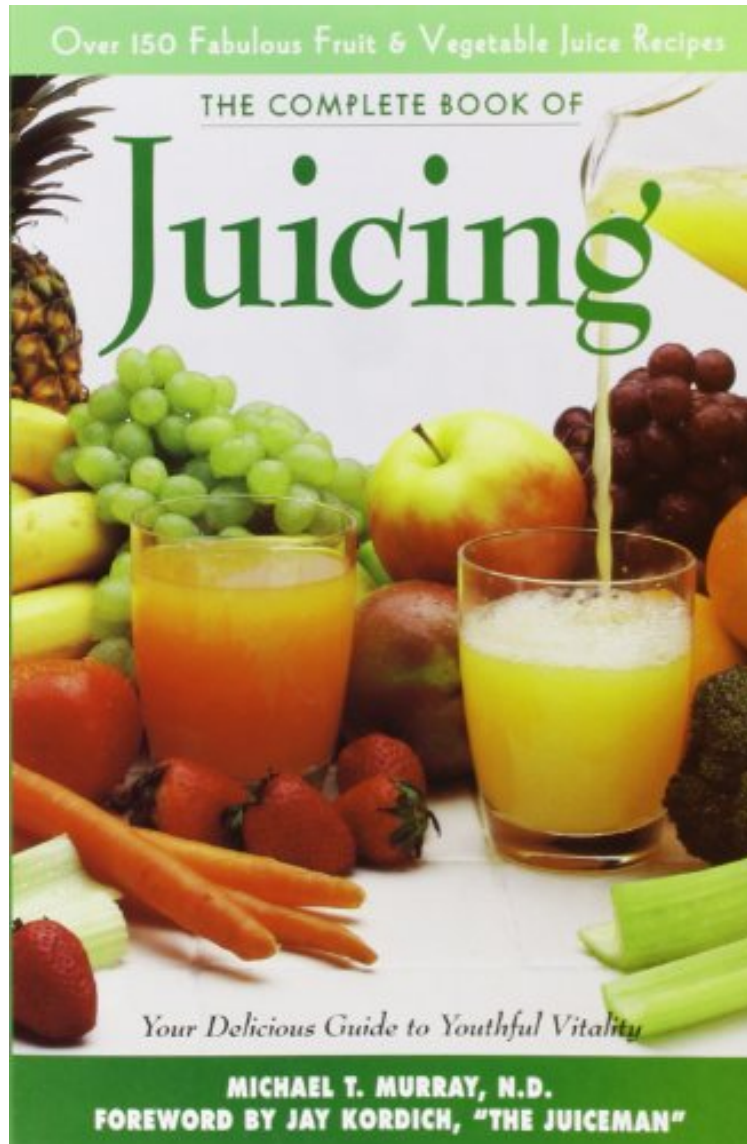


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Complete Book of Juicing: Your Delicious Guide to Youthful Vitality

Michael T. Murray N.D., Trillium Health Products
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Michael T. Murray N.D., Trillium Health Products : Complete Book of Juicing: Your Delicious Guide to Youthful Vitality before purchasing it in order to gage whether or not it would be worth my time, and all praised Complete Book of Juicing: Your Delicious Guide to Youthful Vitality:

110 of 114 people found the following review helpful. Be Careful Juicing Certain Vegis and FruitsBy wildsolutesThe

book is very good in that it tells about the origins of the fruits and veges you are juicing and has lots of recipes. It doesn't tell you how much you should drink to begin with. I juiced 1 large beet and became very sick from it - to the point I almost went to the ER. I later found other people on the internet who had the same experience that I did. The only thing this book said about beets was that it could irritate the throat. That was an understatement. Some veges and fruits are toxic in large quantities or if your body is not use to them. I even found one website that was titled, "Respect the Beet." I had no idea a vegi could make you that sick. Apparently some veges have acids in them that become super concentrated when juiced and raw. This book should have warned me of that. If you buy this book be careful to start off with small glasses until your system gets use to the raw juice. 118 of 132 people found the following review helpful. The best!!!!!!By A CustomerI'm a nutritionist and have most of the books out there on juicing. To me, this is by far the best of them all. Buy it -- you'll like it. 2 of 2 people found the following review helpful. Loved it enough I bought it twiceBy ZenGalMy boyfriend and I both recently got juicers. I ordered this book as a present for him. I liked it enough that I ordered a second copy for myself. Granted, I've only leafed through it a couple of times, but here is why I ordered it for myself. I like that I can calculate the calories of the juices I make. I appreciate the in depth details about health aspects of a large variety of fruits and vegetables and I like that the book is cross referenced. The recipes look yummy and have simple fruits and vegetables, most of which I've already been using. All in all, I find this book useful and easy to use.

ldquo;A must-read for anyone interested in juicing as a part of a healthy lifestyle.rdqquo; mdash;Jay Kordich, ldquo;The Juicemanrdquo;Freshly squeezed juice is the tastiest way to satisfy your nutrition needs while you quench your thirst. Now, one of the worldrsquo;s leading experts on natural nutrition and health offers you clear information on the healing and revitalizing power of various fruit and vegetable juices combined with a mouthwatering collection of over 150 recipes. The Complete Book of Juicing reveals how specific juices can help:bull; Combat cancerbull; Relieve arthritisbull; Lower blood pressurebull; Resist agingbull; Reduce high cholesterolbull; Treat kidney stones and ulcersbull; And much, much more!You also get detailed nutritional information for each recipe plus a safe and effective (and optional) guide to fasting with juices. This is the only juice book yoursquo;ll ever need!

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