



# **Juicing: The Complete Guide to Juicing for Weight Loss, Health and Life - Includes the Juicing Equipment Guide and 97 Delicious Recipes**

*John Chatham*

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Drinking pure, fresh juice is the best way to experience the nutritional healing power of fruits and vegetables. Strengthen your immune system, cleanse your body, feel lighter, and lose weight with the amazing power of juicing.

*Juicing: The Complete Guide to Juicing for Weight Loss, Health, and Life* is a comprehensive guide tailored to both experienced juicing practitioners and those looking to learn the basics:

- Discover the top 20 vegetables and top 20 fruits for juicing and why they're perfectly suited for a juicing diet.
- Learn how to choose the best juicer or blender for your juicing needs and your budget.
- Enjoy easy juicing recipes for health and weight loss goals. Included are juices for slimming down, improving brain function, detoxing your body, and improving stamina.
- Create your own juicing recipes with fruit, vegetable, and spice combinations that pack the greatest nutritional punch.

Begin experiencing the health benefits of fresh juice with *Juicing: The Complete Guide to Juicing for Weight Loss, Health, and Life*. Our complete guide will make you an expert at juicing in no time.

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