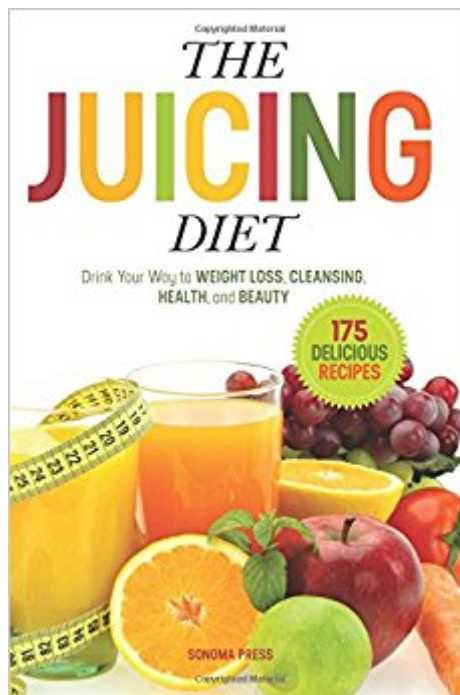




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The Juicing Diet: Drink Your Way To Weight Loss, Cleansing, Health, And Beauty



Synopsis

A juicing diet can boost your immunity and help you lose weight. Studies have shown that adding juicing into your diet can improve your body's immune response, reduce your risk for chronic disease, improve your skin and hair health, and help you easily lose weight. Fresh fruits and vegetables are loaded with vitamins and minerals, and by juicing your produce, you get all of the benefits of your produce in the purest form. *The Juicing Diet* is your guide to experiencing the benefits of a juicing diet. With 175 delicious juicing recipes packed full of nutrients and antioxidants, you can detox your body and begin to feel more energetic right away. *The Juicing Diet* will help you lose weight and improve your well-being with: 175 delicious and nutritious juicing recipes
Introduction to the many health benefits of juicing
30-day juicing weight-loss plan
Special tips on juicing for beauty, weight loss, and detox
10 steps for success on a juicing diet
Whether you're looking for a foolproof way to lose weight, or you just want add more nutrients to your diet, *The Juicing Diet* is sure to quench your thirst and give you an energy boost to power you through your day.

Book Information

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Customer Reviews

"Healthful suggestions for both juicing beginners and devotees." *Kirkus Reviews*

Arcas Publishing was founded in 2013 by veterans of the technology and digital media industries. Using a data-driven approach, Arcas identifies topics of consumer interest and produces

extensively-researched, high-quality books that enable readers to lead healthier, more fulfilling lives. Arcas Publishing has worldwide distribution, and is based in Berkeley, California.

Even if you're motivated, it's still hard to figure out on your own how to use juicing as a tool for healthy weight loss. I like THE JUICING DIET because it recognizes that you can't change overnight. Instead, it suggests a sequence of menu changes that support you as you move from eating an unhealthy diet that is keeping you heavier than you'd like and evolve into someone who can manage a 15 day juice cleanse. This book provides an abundance of delicious-sounding juices – 40 green juices, 45 fruit juices, 60 vegetable juices, and 30 savory/spicy juices. But even with all those great recipes, you still have to figure out how to make juicing work. You begin with a 7 day "reboot", and each day you let something go, whether it's processed meats (goodbye, bacon), dairy, caffeine, and ultimately all meat products. Then you begin a 5 day intro to the juicing lifestyle, snacking on juices twice a day but still eating healthy vegan foods at each meal. Then you're ready to take the leap and get slimmer. A 15-day all-juice, all the time, cleanse, is hard to contemplate but it can be great for your body. You drink 5 juices a day – two eight-ounce juices as snacks and three twelve-ounce juices at meals. After that, you transition back to eating solids, but in a healthy way. This book makes you believe you can do it – or if you aren't ready to commit to all juices, still gives you the tools to add tasty healthy juices to your daily food plan.

I really enjoyed this book on Juicing. It provided plenty of benefits, downfalls, instructions, different options, etc. It was also extremely easy to read. I really am interested in getting a whole day's worth of vitamins in one glass, instead of taking pills or eating a huge amount of fruits or vegetables. I was also surprised to hear that some of the fiber is removed when juicing, so to keep some of the skin on it; that was an interesting fact. There are great tips they give you, on how to really boost the power of your drink, or add a piece of fruit to make it sweeter and easier to drink, etc. I am excited to start this regimen in my every day diet. I love that it helps your metabolism, promotes heart health, and so many more benefits, depending on what types of fruits or vegetables you decide to use. The possibilities are ENDLESS! Not to mention so much cheaper than the \$5-7 dollar fruit smoothies you get at other places. This was such a great and helpful read.

As a person who hates taking pills but needs a convenient way to get my nutrients in I loved the idea of drinking an entire day's worth of vitamins in a single meal! I've always been interested in juicing and the book says that the juices boost the body's immune response. I'm allergic to most store/brand synthetic bottled vitamins. I've gotten headaches, migraines, constipation and the like from huge vitamins but like most people I don't have the time to make sure I eat 5 oranges in a day and a pound of beets. The solution: raw juicing. Juicing vegetables with fruits to mask the flavor is an invaluable life hack! Totally love that idea and how clearly it's explained in this book.

Whether you're already into juicing, or are just getting started, this book, by Sonoma Press, has something for everyone. It's comprehensive, balanced, and oh so accessible. The good thing is that juicing isn't a fad diet. It's a natural diet, is based on the goodness and proven benefits of natural fruits and vegetables, and isn't a diet that is extreme or will leave you hungry or malnourished. Packed full of nutritional information about fruits and vegetables, how-to guides for juicing, and many delicious recipes, and mouth-watering images, this is the only juicing diet book you will ever need.

This book is not only a great resource for recipes and knowledge on the art of juicing, but challenges the reader. "Juicing lets you experiment with countless flavors." It is so easy to understand and apply to your life that you will want to make it a home on your kitchen counter. Being easy to read, it's broken down: The Basics - even if you've juiced before, you should review. The Ingredients - valuable data on fruits, vegetables, and supplements your body needs and that are best for juicing. The Juicing Diet - explains all the reasons why you should juice and 10 steps on how to do so successfully. 175 Healthful Recipes are categorized by fruit, greens, juices and savory mixes.

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