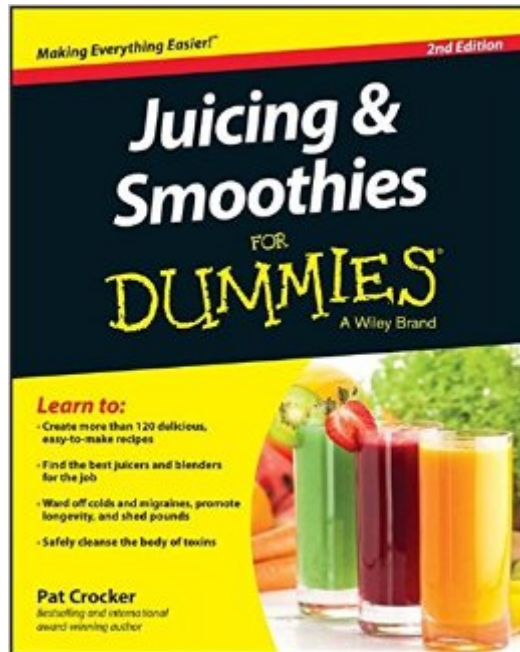


The book was found

Juicing And Smoothies For Dummies



Synopsis

Lose weight and feel great with juicing and smoothies For those of us who don't have time to cut up or cook fruits and vegetables with every meal, juices and smoothies are a fast and easy way to consume them at home or on the go. Packed with over 100 recipes, *Juicing & Smoothies For Dummies* covers the most up-to-date information on incorporating this healthy lifestyle into your everyday routine. From how to safely cleanse the body of toxins to the hottest ingredients to bolster juices and smoothies—including chia seeds, coconut oil, hemp seeds, bee pollen, and more—it arms you with everything you need to sip your way to a healthier, happier you. There are many health benefits to drinking freshly juiced fruits and vegetables. These tasty and nutrition-packed beverages can help protect you against cardiovascular disease, cancer, cellular damage, and various inflammatory diseases, such as rheumatoid arthritis. Plus, it's great for weight loss because juices and smoothies have hunger-reducing properties, on top of being filling. In this friendly and accessible guide, you'll find expert guidance on how to use juices and smoothies to reap all of these excellent rewards, while getting the recommended daily amount of fruits and vegetables—in a glass! Concoct more than 120 juicing and smoothie recipes using the hottest, most nutritious ingredients Find the best juicers and blenders for the job Ward off colds and migraines, promote longevity, and shed pounds Get a month's worth of grocery items to have on hand to make healthy juices and smoothies in minutes Whether you want to lose weight, cleanse, or simply add more healthy fruits and veggies to your diet, *Juicing & Smoothies For Dummies* makes it easy.

Book Information

Series: For Dummies

Paperback: 384 pages

Publisher: For Dummies; 2 edition (May 18, 2015)

Language: English

ISBN-10: 1119057221

ISBN-13: 978-1119057222

Product Dimensions: 7.4 x 0.8 x 9.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (13 customer reviews)

Best Sellers Rank: #396,833 in Books (See Top 100 in Books) #56 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #313 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #413 in Books > Health, Fitness & Dieting > Diets & Weight Loss >

Customer Reviews

July 2 2015 UPDATE: Just need to say that of the 429 reviews I ever wrote, THIS book is the most surprising item I ever ordered. The more we actually USE this, the more clear it becomes that we had become "juicing snobs" even if in the most innocent way. We never thought we knew it all by any means but we DID know we didn't need THIS or any other book with all of our experience. And we were 100% WRONG. The more we use this, the more outstanding it has become. I promise you if there was any one single book you ever want to buy about juicing, please TRY THIS BOOK! I never said this about any product, I don't like to "gush" about anything. But this book is amazing. It is all you need period. This book and the BEST juicer you can possibly afford. I honestly just can't recommend this book enough.-Mike-----PERFECT-Even For The Most Advanced Juicer. This VERY large paperback book is just that and for many reasons. As a juicer for over 40 years and even before good old Jack LaLanne made it famous, I have juiced it all. The key to this book is how it is organized. MY "secret" to enjoying juicing for over 40 years was also simple. NO recipes! I always found that just tossing in a little of this, a little of that was just fine. Always a bit different too. It also helped keep it from getting so monotonous. But eventually the same problem you encounter with hobbies like Aromatherapy rears its ugly head. You simply somehow get lost. I just lose interest and I think it is actually due to the very lack of structure. THIS book is all about structure. That is #1. #2 is a really BIG thing it gives you. Everyday COMMON items we all have in our fridges.

[Download to continue reading...](#)

Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Juicing for Beginners: Complete Juicing Start Up Guide and Nutrition Book with 100+ Juicing Recipes for Health, Weight Loss, Energy, Detox and More Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Juicing and Smoothies For Dummies Smoothie Recipe Book:

150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health
Green Kitchen Smoothies: Healthy and Colorful Smoothies for Every Day Smoothies For Kids: 80+
Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse
Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) Smoothies for Diabetics:
85+ Recipes of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox
Cleanse Diet, Smoothies for ... loss-detox smoothie recipes) (Volume 54) The Joy of Juicing, 3rd
Edition: 150 imaginative, healthful juicing recipes for drinks, soups, salads, sauces, entrees, and
desserts Juicing for Life: A Guide to the Benefits of Fresh Fruit and Vegetable Juicing A Beginners
Guide To Juicing: 50 Recipes To Detox, Lose Weight, Feel Young, Look Great And Age Gracefully
(The Juicing Solution) (Volume 1) Juicing: 7-Day Juicing For Weight Loss Recipes: Cleanse &
Detox Your Body Green Smoothies For Dummies Total Juicing: Over 125 Healthful and Delicious
Ways to Use Fresh Fruit and Vegetable Juices and Pulp Nutribullet Recipe Book: The New
Nutribullet Recipe Book with Fat Burning Smoothies for Weight Loss, Energy and Good Health -
Works with Nutribullet and Other Personal Blenders (Volume 1) Juicing, Fasting, and Detoxing for
Life: Unleash the Healing Power of Fresh Juices and Cleansing Diets Superfood Juicing and Diet
Book: Weightloss, Health, and Beauty

[Dmca](#)