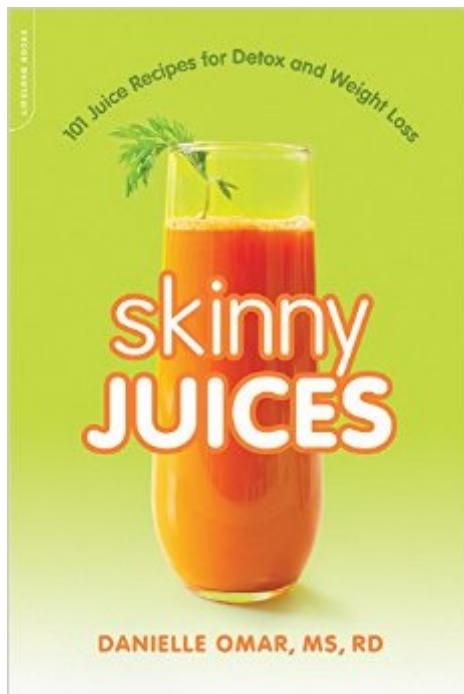


The book was found

Skinny Juices: 101 Juice Recipes For Detox And Weight Loss



Synopsis

Squeeze the most out of juicing! Juicing is the perfect way to cleanse your body with living enzymes, mineral-rich hydration, and easy-to-absorb nutrients. Many experts agree that juicing is a great way to get more fruits and vegetables into your diet; but store-bought juices can be expensive and laden with extra sugar. With 101 recipes emphasizing superfoods and special health-promoting ingredients, Skinny Juices is your go-to guide covering all the basics: how to choose the right juicer for your lifestyle; detailed information on superfood ingredients; list of foods to juice for specific nutrients; customizable detox plant tips for saving money and juicing on a budget; nutritional information for each recipe; and With 101 recipes for juices dedicated to cleansing and detox, weight loss, anti-aging, digestive health, and super immunity, Skinny Juices is an easy, delicious guide to health, vitality, and overall wellness.

Book Information

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Customer Reviews

I bought 6 copies of this book to give to several of my friends. Danielle explained very well the ins and outs of juicing - why juicing is good for you and the basics on how to juice fruits and vegetables. I bought a Jack Lalanne juicer from Costco several years ago and this book inspired me to pull it out of storage, fire it up and start juicing again. With 101 juice recipes, I will be able to add a ton of variety to my juicing plans. First one on my list is the Cucumber Cooler on page 132, because I have a ton of watermelon, cukes and mint in my garden ready to juice. I am so impressed with Danielle that I now follow her on her website and blog at www.foodconfidence.com. I hope she

keeps writing new books.

I'm learning so much about detoxing and what fruits and vegetables are good and bad. So informative! Good read!

I can't believe how easy-to-read and informative this book is! I've always been afraid of juicing because it seems so complicated, but this book really does a great job breaking it down and making it easy for the novice to understand. At the same time, the recipes are incredible and I feel like this book will motivate and empower me to take my healthy lifestyle to the next level. Highly recommend this book to anyone (novice or expert) - it doesn't disappoint! I also checked out Danielle Omar's information at www.FoodConfidence.com and can see why she has such a great following!

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