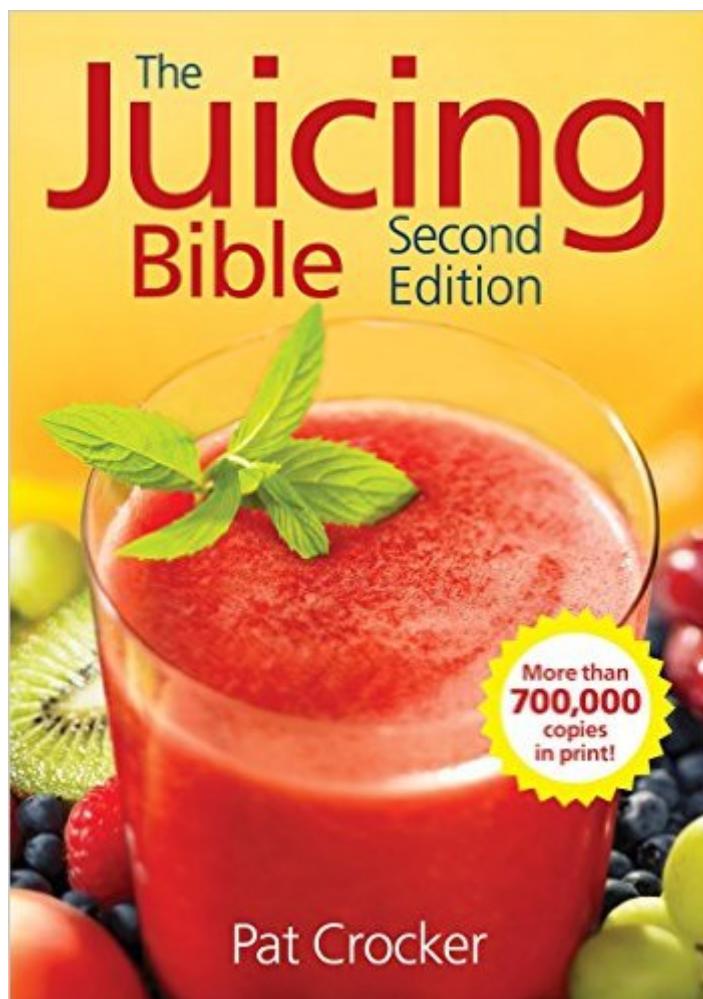


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# The Juicing Bible



## Synopsis

An enhanced bestseller that features 16 new, additional photographs. The first edition of The Juicing Bible won the 2000 International Cookbook Revue Award and has over 700,00 copies in print. It continues to be one of the bestselling juicing books in the marketplace. In response to consumer demand, we've decided to add more value to this comprehensive book with an additional 16 color photographs, which takes the total photographs up to 32. All the outstanding elements in this essential guide for anyone who wants to explore the wide-ranging nutritional and health benefits of juicing are still here: A market-leading 350 recipes -- delicious fruit and vegetable juices, tonics, cleansers, digestives, teas, roughies, smoothies, milk and coffee substitutes and frozen treats. Information on the seven body systems, including their importance to good health along with diet and lifestyle changes that will keep each system working as well as it can. Details on 80 common health concerns, with recommendations on how to use natural foods to combat each condition. 128 illustrations of fruits, vegetables and herbs, plus information on their uses and healing properties, and advice on purchasing and storage.

## Book Information

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Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ  (763 customer reviews)

Best Sellers Rank: #10,336 in Books (See Top 100 in Books) #3 inÂ  Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #15 inÂ  Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #31 inÂ  Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## Customer Reviews

"The Juicing Bible" seems to have been written for a very specific audience. If you have a well stocked cupboard filled with spices and a garden filled with herbs then this book might be what you are looking for. After looking through the entire book I found one recipe I could actually make without searching in a health store for uncommon ingredients. The recipe I tried was the "Apple

Spice Cocktail." This used ingredients I had in my refrigerator and instead of the spices recommended I just used cinnamon. So in a way I created my own recipe based on a good idea. Some of the ingredients in this book include: lavender, powdered licorice, dandelions, powdered linden flower, borage leaves, acai berries, red raspberry leaves, stinging nettle, kelp, astragalus root, meadowsweet and apricot milk. While I've heard of these ingredients before I have no idea where to get them. The small sources section at the back of the book doesn't really give me any clues as to who carries which herbs. Most of the spices used in this book can however be found at your local grocery store. This book is divided into 8 main sections which include: Healthy Body Systems - A brief discussion of the endocrine system, immune system, musculoskeletal system, nervous system and respiratory system. There is a short discussion of hyperthyroidism, hypothyroidism, arthritis, osteoporosis, muscle spasms, anxiety, depression, memory loss, asthma and allergies. Health Conditions - This is a comprehensive section organized alphabetically. It discusses things like cancer prevention, headaches, indigestion and water retention. Each illness is discussed and remedies are given. The remedies include healing foods and herbs. Healing drinks are listed at the end of each section.

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