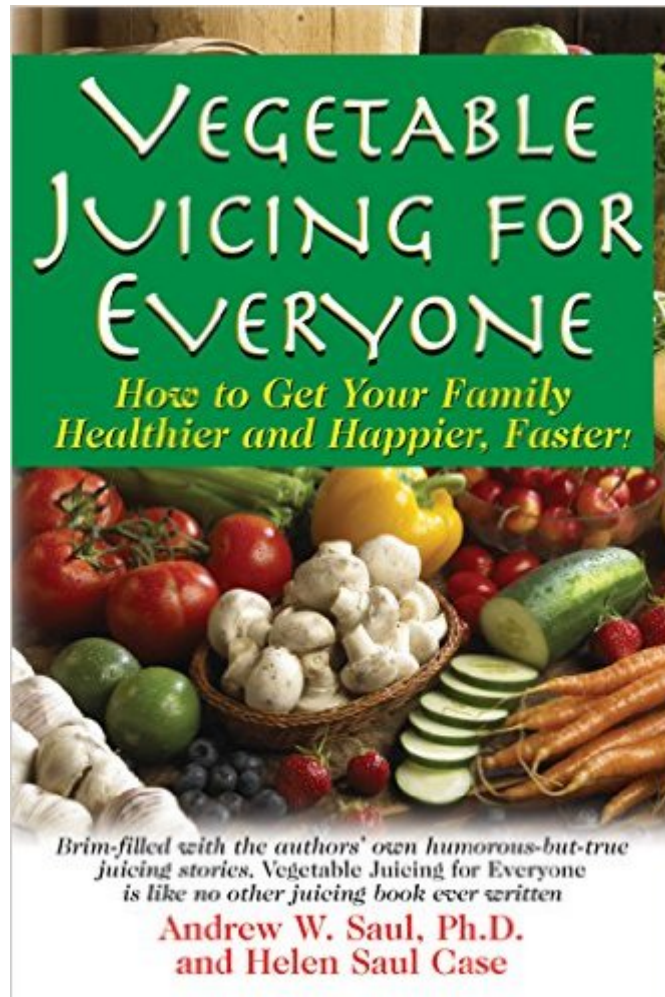


The book was found

Vegetable Juicing For Everyone: How To Get Your Family Healthier And Happier, Faster!



Synopsis

This is the ONLY juicing book that is really fun - and really funny- to read. Learn about how the authors' kids got their carotene tans . . . and their carrot juice mustaches. You will also hear what is like to grow up with juicing as a part of daily life. No antibiotics, not one, not ever. In fact, Dr. Saul's children never even met their pediatricians. You cannot buy freshly prepared vegetable juice in any store at any price... unless they literally juice the vegetables right in front of your eyes and you drink it down before they make you pay for it. Any juice in a carton, can, or bottle has been heat treated and was certainly packaged at least a few days, if not weeks, months, or even years ago. This applies to frozen juice, too. So you need to make your own. This book tells you how, and more especially, exactly why you want to juice. You will also find lots of juicing hints, personal stories, and solid medical support for juicing all manner of produce. Lose weight, eliminate gastrointestinal problems, banish fatigue, fight cancer, prevent chronic infection, and much more.

Book Information

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Customer Reviews

VEGETABLE JUICING FOR EVERYONE: How to Get Your Family Healthier and Happier, Faster!, is an absolute delight! Written by Dr. Andrew Saul and his daughter, Helen Saul Case, this book is a great introduction to the science of juicing. From the authors we learn how we can cure a multitude of illnesses, maintain good health, lose weight and feel better by consuming fresh juices. We learn how to juice (a juicer is helpful), what to juice (almost any vegetable or fruit), when to juice (right now is a good time), and are provided with lots of tasty recipes. More than just another great book on

juicing, *VEGETABLE JUICING FOR EVERYONE* takes us on Dr. Saul's journey from growing up eating canned foods, watered down ketchup and gray Jell-O, to discovering for himself the many wonderful benefits of juicing. Dr. Saul then shares his experiences of raising his children on a wholesome diet that, of course, included daily juicing. We then get Helen Case's perspective of growing up in this home, a household that was, I strongly suspect, very different from that of any of her friends. Growing organic vegetables in the family garden and daily juicing were the norm in the Saul household. Ms. Case tells us that, as a result of her experience of the many benefits of juicing, her young children are now enjoying fresh juices as well. Besides being an informative and fascinating account of two (and now three) generations of juicers, this book is fun to read, as both authors share a truly wonderful sense of humor. Once you start reading this book it is difficult to put it down (except, of course, if you are suddenly inspired to go the kitchen to make some juice).

Vegetable Juicing for Everyone is an important book for a couple of reasons. For one, it is about the health and wellness benefits of using natural materials (fruit and vegetables) as your maintenance program, from the perspective of a highly knowledgeable father and the daughter who was raised in a health-conscious household. Both Saul and Case have delightful senses of humor, both are highly intelligent and educated, and the information is presented in an easily digestible form. Parents' concerns and children's resistance and escape stratagems are discussed from a perspective of time and distance, often with humorous overtones. I really enjoyed this book. (Incidentally, Case and her siblings never had an antibiotic or vaccination, and she is now a beautiful, intelligent, health-conscious mom herself.)

I got the book because I like the author. He is very informative. There's good formulas for juicing. I would recommend this book and any book written by Andrew W. Saul anytime.

I just started reading this book this morning...I'm halfway through and have picked up only a little useful information. Yes, I do enjoy reading *SOME* about Dr. Saul's growing up years, parents, and his daughter's comments about growing up with juicing and gardening....but half the book? It's a small book anyway...1/4" thick, 6"x9". And rather high-priced for its size. I am about to get into the really useful part but it's only 1/8" thick. I could have probably got as much info from the internet. Maybe the first half is meant as incentive to juice vegetables but people who purchase this type of book are already motivated. I'm looking forward to the rest of the book..just rather disappointed that the first half is devoted to 'memoirs'.

Absolutely appreciate the information accumulated in this easy to read Juicing encyclopedia. Have pulled it out for reference several times already. Love it. Everything by Andrew Saul has been a great asset to our family.

When I ordered this book, I was expecting juicing recipes. At first disappointed, I started reading and was pleased to find the book informative and entertaining. Still, only two recipes, his and hers.

Not what I was expecting. Not alot of detail regarding the actual juicing part. more anecdotal stuff with stories. I was hoping for some detailed info about why this and not that.

Excellent book! Joy to read, laughter and sparkled with wit. I would recommend this book to everyone who would like to start juicing and further encouragement for those of people who are juicing.

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