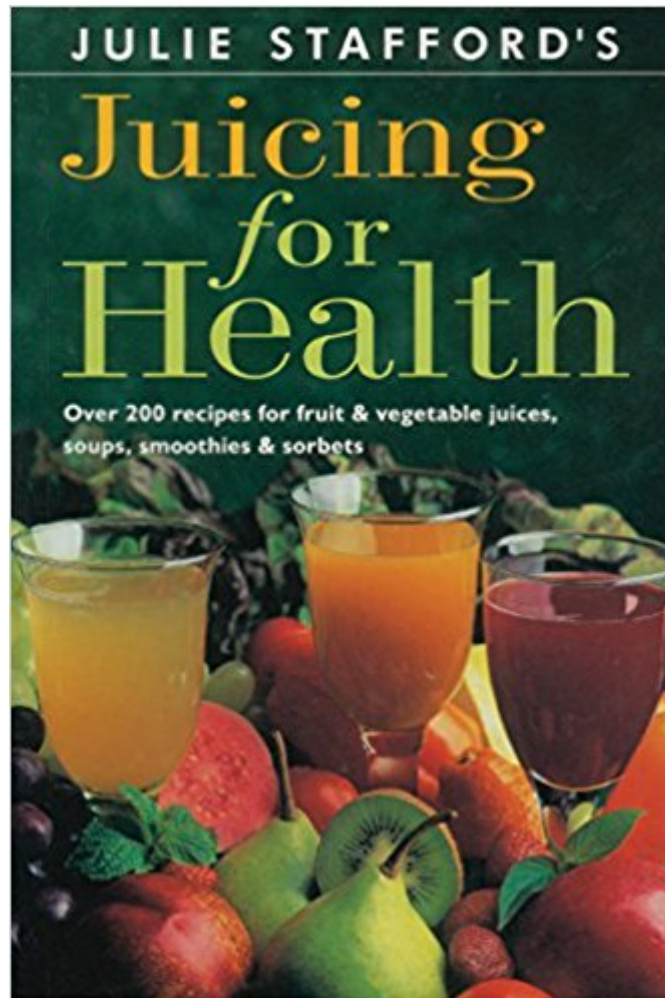




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Juicing For Health



Synopsis

Why is fresh juice better than bottled juice? Why are the vitamins and minerals in fresh juice more effective than supplements? How much juice should you drink, and when should you drink it? All these questions and more are answered by best-selling author Julie Stafford in *Juicing for Health*. In order for the human body to function efficiently it needs a regular supply of high-quality nutrients in the right combination and concentration. The interaction of these nutrients is the basis of good health and wellbeing. The best way of obtaining these nutrients is through eating fresh fruit and vegetables: human beings are living things and we need a large proportion of our food intake to be living also. Fruit and vegetables, especially in their raw state, contain living enzymes that are essential in the breaking down and absorption of nutrients. In this juicing book, Julie Stafford, a leading voice in the health and nutrition revolution, shows you the easiest and best-tasting way to get the vitamins and minerals you need to stay healthy. Juices are packed with nutrients and enzymes that help build a strong immune system and fight disease. Juices are fiber-free, so their nutrients are rapidly absorbed. Juices provide the extra boost that even a well-balanced diet needs. Juices are useful in weight-loss programs – they are filling yet low in calories, high in water and speed up the body's metabolism. Juices are delicious – and can be prepared in an instant! Julie Stafford's *Juicing for Health* is a positive approach to achieving better health. Packed with information about diet and nutrition, it also includes more than 200 juicing recipes for fruit juice, vegetable juices, soups, smoothies and sorbets – each recipe designed for maximum taste impact.

Book Information

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Customer Reviews

--This text refers to an out of print or unavailable edition of this title.

Julie Stafford is the highly acclaimed author of the bestselling Taste of Life cookbooks, which have sold more than 1.5 million copies worldwide. When her husband, Bruce, was diagnosed as having cancer, Julie became vitally interested in the relationship between diet and disease. She modified her favorite recipes and invented new ones that were low in fat and cholesterol, had no added sugar or salt, were high in fiber, and tasted delicious. Publication of her first Taste of Life cookbook followed Bruce's remarkable remission.

Some basic juicing information is given along with lots of recipes. But some of the information on juicing is taken straight from Jay Juiceman's book, right down to a few unsited direct quotes. The part that bothers me is that she fails to give him any credit anywhere in the book, not even a recommended reading list. So if it's more juice recipes you're after, get this book, if it's more detailed information on juicing, get the book she quietly used as a source _The Juiceman's Power of Juicing_ by Jay Kordich.

I found this book very interesting and very easy to follow. I love juicing both fruit and vege. Look forward to reading more.

Lots of good recipes

I like the fact that all the fruits and veggies have detailed info on their nutritional values. Great recipes with lots of variety.

One of the easiest books on juicing to understand. The vegetable and fruit combination "recipes" are short and simple to put together to provide the most satisfying taste.

I wanted a juicing book to use as a resource that was simple. Also, to use as an introduction to others about juicing. I enjoy this book and it is easy to use with a user-friendly index.

Helped me greatly.

I HAVE BEEN JUICING FOR SEVERAL YEARS AND THIS BOOK HAS HELPED ME TREMENDOUSLY.IT IS FILLED WITH ALL TYPES OF HEALTHFUL INFORMATION AND IS VERY EASY TO READ AND UNDERSTAND.IN FACT,THE BOOK ITSELF IS A DEFINITE KEEPER.GLAD I PURCHASED THIS AS I NEEDED IT TO COMPLETE MY QUEST TO LOSE SEVERAL POUNDS.SINCE MARCH 27,2012 I HAVE LOST 21 POUNDS.STILL JUICING.

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