

COMPLETE BOOK OF JUICING



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My family just started juicing around christmas. We are amazed at how great we feel and look! I have small children and none of us has been sick this year! The juices are great! We have two juicers because we travel some and were ever we go our juicer go's with us. A must read book, as well as all the other books by Jay.

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The Revised Complete Book of Juicing Doctor Murray

The first edition of The Complete Book of Juicing was published in 1992 and has been referred to as the definitive bible of the raw juice movement.

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You will find The Complete Book of Juicing, Revised and Updated is about more than juicing. It takes a look into the science behind juicing and it's recommendations are clinically and scientifically proven. This book refers to the nutrition from juicing as the base for optimal health and I totally agree with that.

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Complete Book of Juicing Your Delicious Guide to Youthful

This truly is a complete book of juicing. It provides recipes and reasons why you should try that particular recipe. With that information, you can try to create your own recipes, to get into a delicious drink whatever nutrients your body is crying for. My favorite recipe is a 1:1 glass of carrot and apple juice.

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About The Complete Book of Juicing, Revised and Updated. With fifty new recipes and new information on the benefits of juicing and juice cleanses, here is the completely revised and updated edition of this juicing category killer.

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