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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

Working on revising The Complete Book of Juicing was truly a labor of love. With all of the new information on the medicinal aspects of fruits and vegetables that have been discovered over the past 20 years, the book is almost entirely new. I also more than doubled the number of recipes and created an extensive guide to using fresh juice as medicine.

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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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Dr Michael T Murray The Complete Book of Juicing

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