



The Healthy Juicer's Bible: Lose Weight, Detoxify, Fight Disease, and Live Long

Farnoosh Brock

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Whatever your fitness regimen, health goals, or daily routine--this is a massive book of juicing tips, guides, and how-to plus recipes for every occasion.

A Comprehensive Guide for All Your Juicing Needs

Free radical-fighting blueberries, nutrient-rich kale, or protein-packed spinach--every fruit and vegetable you can think of pairs up in this juice bible for devoted followers of the juice craze that's sweeping the nation.

A passionate green juicer for over five years, author Farnoosh Brock shares her knowledge, discoveries, best tips, and lessons learned from her years of green juicing! She gives you the good, the bad, and the ugly so you can make smart and informed decisions as you learn how to heal your body and return it to harmony using healthy plants from your farmer's market, garden, or produce aisle.

Uncertain how your body will react to green juicing with a sensitive stomach?

Wondering how to stay motivated after the initial excitement wears off?

Farnoosh talks you through all of those situations, and gives you tips on how to manage each as you move forward in this journey. She shares details on the benefits of juicing for life and on forming a habit. Whatever your fitness regimen, health goals, or daily routine--this is a comprehensive resource discussing every aspect of the wonderful world of juicing!

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Ruth Little:

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guide that offer you world inside ten or fifteen minute right but this publication already do that. So , this really is good reading book. Hi Mr. and Mrs. active do you still doubt this?

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