

A lushly illustrated and accessible guide to juicing and juice cleansing, featuring 75 recipes for making organic juices, milks, and other concoctions at home to provide the vital nutrients a healthy body needs to function at an optimal level. Once considered a fringe practice of raw-food zealots, juicing has gone mainstream. In this beautiful full-color health guide and cookbook--which requires only a juicer or blender to use--the founders of Los Angeles-based Pressed Juicery explain how juicing and juice cleansing can be part of a fit and healthy lifestyle. Featuring seventy-five recipes for the shops most popular juices--including greens, roots, citrus, fruits, aloe and chlorophyll waters, and signature beverages like Chocolate Almond and Coconut Mint Chip--this inspirational handbook outlines the benefits of juicing, explains how to do a juice cleanse safely, and shares testimonials from people who have experienced personal health transformations after integrating juice into their lives.

Innovate or Evaporate: Test & Improve Your Organizations IQ : Its Innovation Quotient, Rome: Against a Setting Sun, Whos Who in World Religions: 50 Names You Need to Know, Love Me Tender, How to Naturally Produce and Increase Testosterone Levels, Hispano-Jewish Culture in Transition: The Career and Controversies of Ramah (Harvard Judaic Monographs), Rollo in Naples, Her Lifeline: (A Romantic Suspense), Richard F. Burton ...: His Early, Private and Public Life; with an Account of His Travels and Explorations, Volume 2 - Primary Source Edition,

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