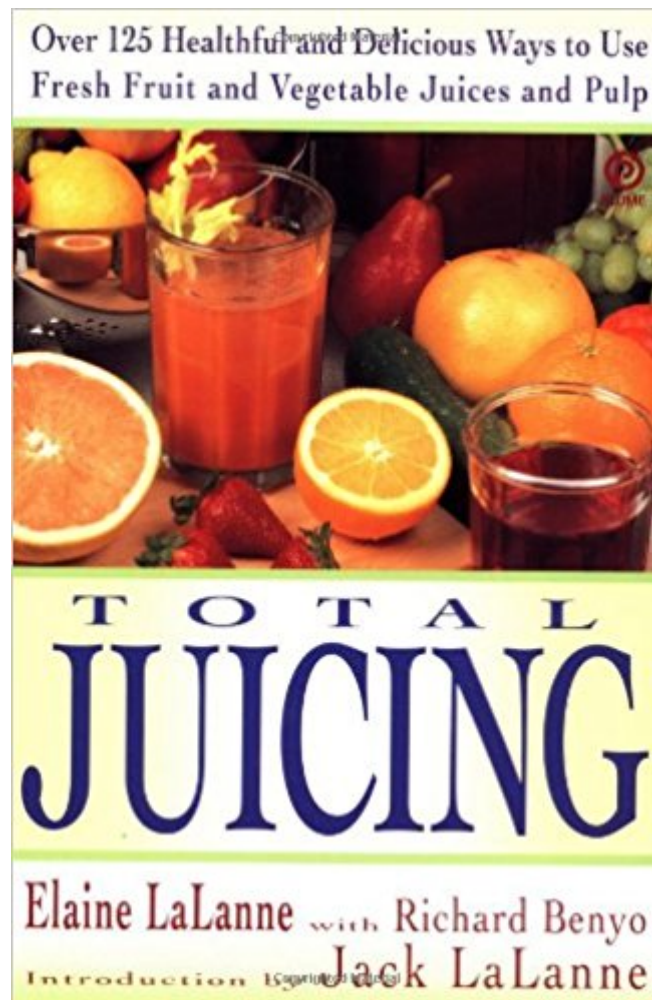




The book was found

Total Juicing: Over 125 Healthful And Delicious Ways To Use Fresh Fruit And Vegetable Juices And Pulp



Synopsis

Lose weight; lower your blood pressure; boost your energy levels; prevent psoriasis, stomach ulcers, arthritis, anemia, gout, and even cancer; and feel years younger—all in your own kitchen. Jack and Elaine LaLanne led a nutritional revolution in the United States, helping millions of people to discover juicing as an easy, inexpensive, and delicious way to enjoy amazing health and nutritional benefits. Take control over your well-being with antioxidant- and supernutrient-filled fresh-fruit and vegetable juices, and the fiber-rich pulp that your juicer leaves behind. With more than 125 mouthwatering recipes for breakfast drinks, lunchtime refreshers, dinner beverages, and flavorful desserts, *Total Juicing* also provides: An A-to-Z guide to juicing, vitamin and mineral content of fruits and vegetables, and the health benefits of specific foods A weight-loss program that works The dos and don'ts of making and storing juice Baby-food recipes Original recipes that use fiber-rich pulp Tried-and-true guidance on a healthy diet

Book Information

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Customer Reviews

ELAINE LALANNE has used juicing to complement her health-and-fitness lifestyle for many years. She authored four books and traveled extensively with her late husband, Jack LaLanne, lecturing and promoting the LaLanne fitness message. The LaLannes were married for over 50 years. JACK

LALANNE was an American fitness, exercise, and nutritional expert and motivational speaker known as the "godfather of fitness." He died in 2011 at the age of 96.

This is a good book to start off with, always loved watching Jack and Elaine LaLanne. Recently met Elaine at a health show. She looks great for her age. She has been juicing for many years. So I highly trust what they share in their books. This is filled with good information worth getting!!

If you want to know more about the secrets of juicing from the past, then learn about it from the LaLanne family. Jack and his wife revolutionized this industry. Half of the book they share their knowledge about the history and secrets of fresh fruits and vegetables. They tell you in detail why each fruit and vegetable is good or bad for you. The other half of the book is dedicated to recipes. It's good to learn from the past and expand on to your future. I recommend this book for any juicer or health conscious individual. I think this book in conjunction with Reboot with Joe's stuff is excellent.

This book is one of the earlier juicing books by Jack LaLanne and his wife, Elaine. It doesn't just give random recipes, it gives the basics of juicing, why it makes sense and how it can save you money. Then it goes into how to choose a juicer, how to use juicing to prevent Cancer, heart disease, and high cholesterol. It gives recipes on juicing to lose weight, gain healthy weight, recipes for children, seniors, active people, and recharging your battery. And that's only the beginning. This book is 232 pages packed solid with important information. Everyone trying to improve their health the natural way should have it.

I have been, like the late Jack LaLanne was at one point, a sugarholic. I've been looking for ways to lose all the weight I've put on because of all of that sugar I've consumed, and I've been looking into juicing as a result, and I wanted to buy just one book about juicing. I've listened to Stu's Show for about 3 years now and Jack LaLanne, before and since his passing, was an advertiser, and I remembered Elaine's book, Total Juicing, being mentioned a lot. So, I got it, and started reading, and was totally blown away by what I saw inside that book. I shan't spoil any of the details, but I learned more than a few things from this book. Please, whoever's in charge, please make a Kindle version available!

LOVE this book and the recipes. I have a few books too, I love this one.

I really wanted something more with pictures too. I know that sounds stupid, But I want to know what it is going to look like. Some people in my family will NOT drink some drink based on what it LOOKS like. Me....I love the drinks and will try anything because I know what is in there LOL. It does have a lot of recipes in there, but it does not warn you about drinking too much beet juice. It should have warnings. It does give you the benefits for each drink, which I really like.

I'm finding this book to be practical and straight forward. The well thought out format provides simple location to specific health care needs. It offers a wealth of information in layman's terms. For the new "juicer" this is a good resource for how to get started and educating yourself for better health. Counsel on food combinations to address certain health needs is well thought out. Discussions regarding types of juicers and care and maintenance makes it an invaluable resource. Due to the publication date of the book, there have been advancements in the nutritional information which makes this resource limited, but valid just the same. I highly recommend this book to anyone. The author's own health and long life makes this book speak for itself.

Juicing is a new thing for me, but this book was very helpful in putting me on the right track to get started. We started using it to get more vitamins into a cancer patient who was having difficulty eating meals. He'll drink some of the fruit concoctions, however, and we've got lots of choices to keep him interested. It also gives you good hints on juicing in general, caring for the juicer - and even choosing a juicer. Had I gotten it before I got our juicer, I definitely would have used it to help me make the choice. I'd recommend it to others.

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