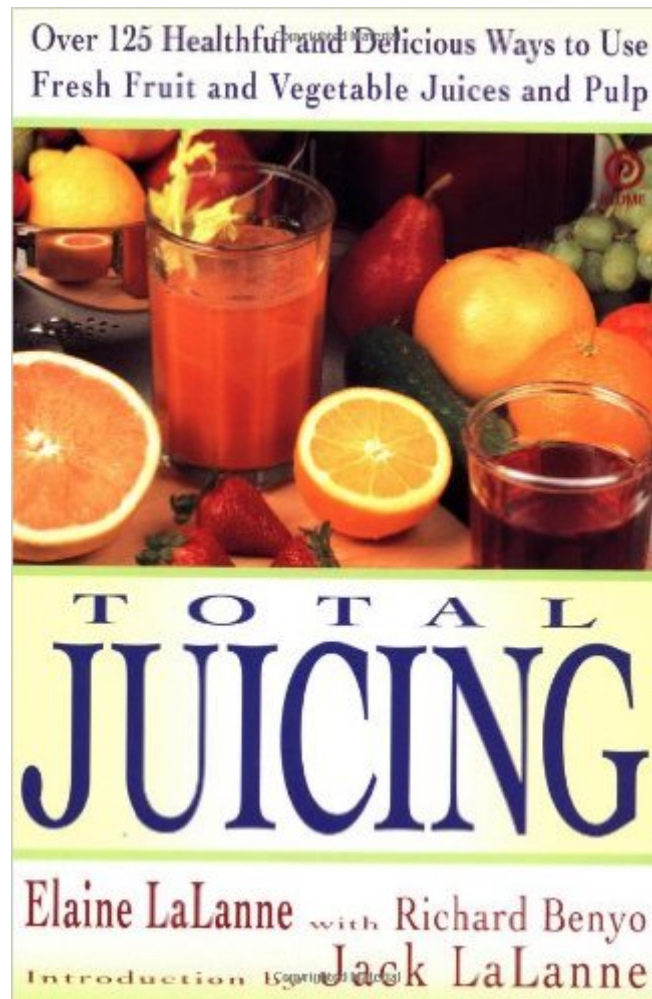


The book was found

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 youngerâ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 donâ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

Paperback: 256 pages

Publisher: Plume (November 1, 1992)

Language: English

ISBN-10: 0452269288

ISBN-13: 978-0452269286

Product Dimensions: 5.3 x 0.7 x 8 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (122 customer reviews)

Best Sellers Rank: #135,227 in Books (See Top 100 in Books) #23 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #128 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #2075 in Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

I picked up Elaine's book in Barnes and Noble in Dec of 2007. While I was still having heaps of fun with my juicer, I was in dire need of some exciting recipes, even as experimenting with countless fruits and vegetables with my own creativity was still fun. The book is a wonderful resource if you want to know exactly what benefits each fruit, vegetable and herb has and what application is good for it. She also has tons and tons of recipes, some of them seem really odd combinations so I didn't try them and I consider myself a rather adventurous juicer. One thing though: I'm afraid I did not

agree with Elaine's suggestion of having the green juice with a meal or a snack. I would highly recommend AGAINST that advice for the following reasons: From all my other research, green juices should be drunk in a reasonably empty stomach so that it is absorbed immediately by your cells. No food should be ingested in the next hour at the minimum and if you can go longer, even better. This way the juice can have the best results which is to help your body eliminate waste. If you have nausea or light-headedness, a light cracker can help settle the stomach. Cracker is dry, easy to digest, and soothing for nausea but that's only if you react poorly to the juice which I have rarely experienced. The very best parts of the book are Chapters 4 and 5. Chapter 4, Essential Ingredients: She talks about nearly all fruits and vegetables, the benefits of each, whether they juice well, what they mix best with, top nutrition provided, and other related advice. Chapter 5 with the 125+ Recipes: The recipes are good and abundant, covering every fruit and vegetable imaginable.

[Download to continue reading...](#)

Total Juicing: Over 125 Healthful and Delicious Ways to Use Fresh Fruit and Vegetable Juices and Pulp Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo Juicing for Life: A Guide to the Benefits of Fresh Fruit and Vegetable Juicing Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Fresh Vegetable and Fruit Juices Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) The Joy of Juicing, 3rd Edition: 150 imaginative, healthful juicing recipes for drinks, soups, salads, sauces, entrees, and desserts Juicing for Beginners: Complete Juicing Start Up Guide and Nutrition Book with 100+ Juicing Recipes for Health, Weight Loss, Energy, Detox and More Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Juicing, Fasting, and Detoxing for Life: Unleash the Healing Power of Fresh Juices and Cleansing Diets The Everything Juicing Book: All you need to create delicious juices for your optimum health Raw Juices Can Save Your Life: An A-Z Guide to Juicing. Fruit Infused Water: 98 Delicious Recipes for Your Fruit Infuser Water Pitcher Homemade Soda: 200 Recipes for Making & Using Fruit Sodas & Fizzy Juices, Sparkling Waters, Root Beers & Cola Brews, Herbal & Healing Waters, ... & Floats, & Other Carbonated Concoctions The Grain-Free Family Table: 125 Delicious Recipes for Fresh, Healthy Eating Every Day A Beginners Guide To Juicing: 50 Recipes To Detox, Lose Weight, Feel Young,

Look Great And Age Gracefully (The Juicing Solution) (Volume 1) Juicing: 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body Vegetable Juicing for Everyone: How to Get Your Family Healthier and Happier, Faster! The Prevent and Reverse Heart Disease Cookbook: Over 125 Delicious, Life-Changing, Plant-Based Recipes

[Dmca](#)