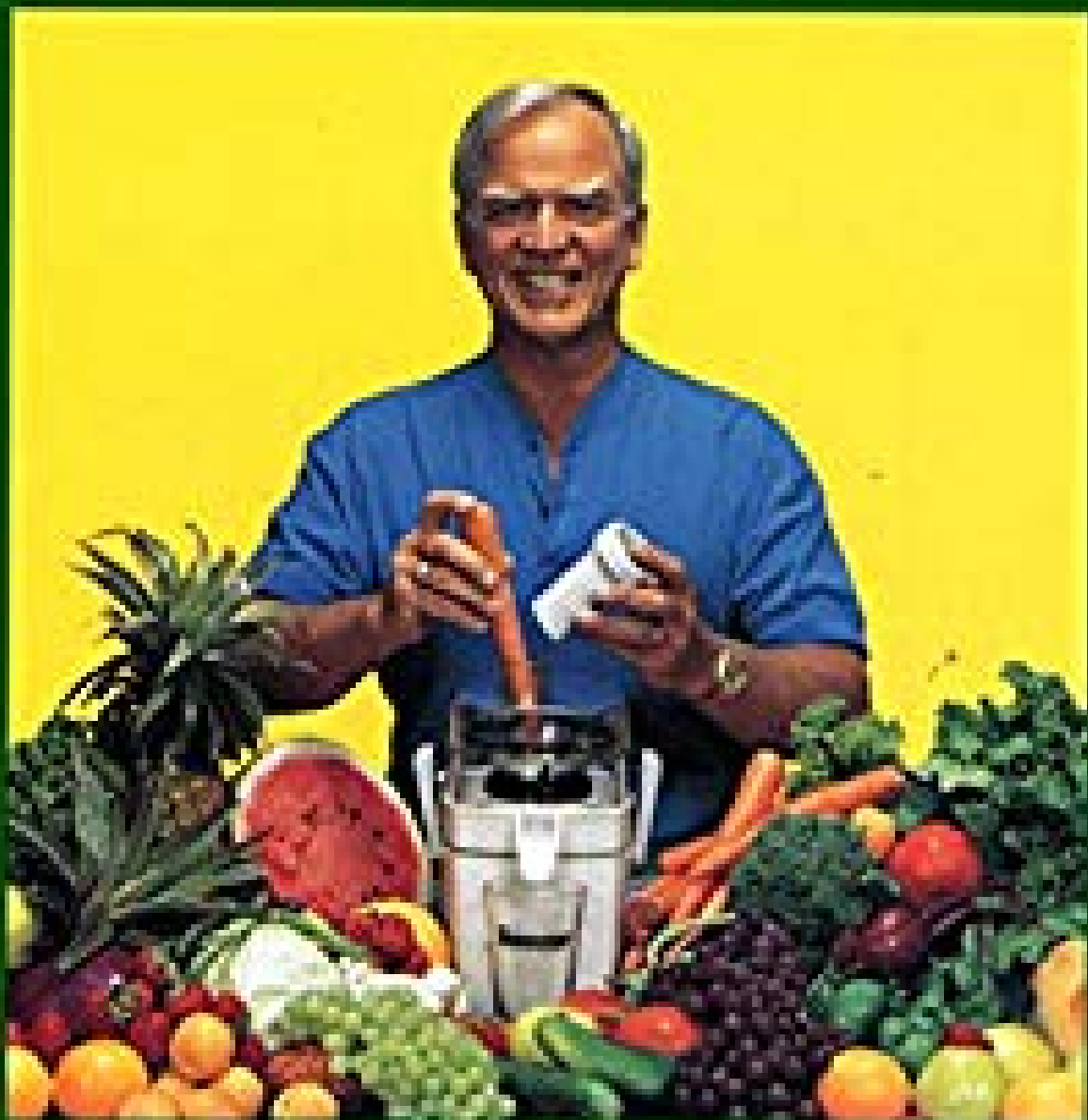


The Juiceman's Power of Juicing

DELICIOUS JUICE RECIPES FOR ENERGY,
HEALTH, WEIGHT LOSS, AND RELIEF
FROM SCORES OF COMMON AILMENTS

JAY KORDICH



Jay Kordich

The Juiceman's Power of Juicing



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Known as "the Juiceman" to the hundreds of thousands who've seen him on television, Jay Kordich has at last created a book detailing his groundbreaking program for remaining healthy, looking young, getting trim, and sense great -- all by taking advantage of the natural therapeutic power of fruit and vegetable juices...The Juiceman's Power of Juicing shows ways to use delectable fresh juice combinations to help decrease your cholesterol, overcome fatigue, drop weight, reduce your threat of many serious diseases, and relieve scores of common ailments, including head aches, insomnia, upset stomach . and even pimples! Don't delay . In The Juiceman's Power of Juicing, he has created the entire guide, for newbies and for avid juicers, to medical revolution that will give you more energy and have you feeling and searching better than you ever dreamed possible. It's easy and delicious.Jay Kordich has devoted the last five years to traveling the country promoting the recovery power of juicing... start juicing!



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An amazing story for you I actually first bought a juiceman juicer about thirty years ago and this book was included with it. It offers all the information you have to make healing juices for almost any health problem in the event that you read it correct. There are dishes for juice drinks but they are not important to follow. What is important to follow may be the information about each vegetable and what effects it offers and you will create a drink for whatever you are targeting healthwise. When a podiatrist was unable to effect any improvement in a badly contaminated toe that was dark purple for a month, he told me he would need to amputate it soon. I asked him if juicing was only a bunch of bull to sell machines or was it for genuine. I saw Jay on tv and visited a health food store and spoke to the dog owner. He informed me he had a clerk who was simply insulin dependent for diabetes and he juiced green coffee beans for a calendar year and proceeded to go off insulin completely. I waited about nine times after surgery and had no healing progress at all. Regularity and patience is crucial. I used non California carrots as a base so it was extremely bitter to drink rather than nice but I drank it in any case. The past due Kordich is a wise teacher and he taught me to control my diabetes. No amputation or additional doctor attention needed. I went to work following the weekend was over. Now. With this cancer operation I feared the most severe..some thirty years later we was in a crucial health crisis. I have been out of work due to a severe multiple kidney stone problem for ten weeks if they discovered cancer of the colon. So pay attention to the Juiceman he understands what he's talking about. A highly effective and useful read. Really Helps I have had to find ways to get more nutrients into my child and husband, especially. My house and car included. Seven years earlier I had two major abdominal surgeries and because of a diabetic condition I needed four a few months to heal up.. Fantastic recipes demystifies juicing I love and utilize this book daily. I acquired this one from Amazon and reread it. Determined never to lose everything and prevent any reoccurrence of the tumor I bought a Norwalk juicer and produced some juice to improve my immune system ahead of surgery. The effect of the juice was therefore powerful because of the extra garlic I utilized that I got to sit down for two hours as I could not stand up safely. His recipes will help anyone We think and so are all tasty. Thank you Juiceman. I purchased the juicer and browse Jay's details. I was in a bind and had to get back to work so I did a batch after researching the vegetables again. When we drank it slowly we got intense spasms develop and I feared my insides would tear aside so I went right into a prone placement plus they eased a little bit I quickly fell asleep for the first time without heavy duty pain killers. I awoke eleven hours afterwards to find a rigorous itching all over my belly! For example in case you have a headache the Juiceman includes a recipe for that. I was afraid to juice the very next day because of the intense spasms but did it on the 3rd day anyway. Once again I acquired the spasms and fell asleep for about twelve hours and awoke to a blessing. The pain was 95% eliminated as was the vast majority of the swelling. A small hole was healed currently and I had almost no difficulty getting up and down at all. Juicing is a self-discipline and unfortunately we fell from it. the Juiceman's first video from 1986 which I recommend. Everybody who went through the previous recovery nightmare with me was stunned at this amazing event. Juicing is a robust thing when it comes to your wellbeing. This book has some tasty recipes for juices of fruits and vegetables. Just love it Great Four Stars Nice book Five Stars The Juiceman's book is the standard! Very easy to read, and the recipes are great! Read and follow Jay's suggestions my friends and live a wholesome presence. P.S. I always made a habit to drink a maximum quantity of vegetable juice meaning just as much as I could. I don't wish you to have the impression I was drinking an eight ounce glass. This book has helped me find out about the healing power of juicing, The author is a cancer survivor for most decades, and he has since promoted the power of juicing since the seventies. You cannot overdose onto it in fact it is all great why not? He's 78, and provides been juicing for 10-15 years and his medical issues were solved within the first couple years of third , book... For my dad -- these juicing recipes got rid of his diabetes and his prostate cancer! It'll function in the event that you commit to it and have some self-discipline! He lost the initial copy he previously and had me buy that one for him to possess again. For my father -- these juicing recipes got rid of . What took four a few months previously without juicing required only three days with juicing! Whether it was a deciding factor or not I cannot let you know but more than likely it was. It is stronger than doctors or medicines sometimes. The author also has a lovely video on YouTube, an launch to juicing, the Juiceman's initial video from 1986 that I highly recommend! This book saved my Dad's life! I am still making the juices and heading strong. Father ate a limited diet and started juicing. I can just grin and bear poor tasting juice but my hubby and daughter won't touch it if it preferences poor. This therapy

stimulates your disease fighting capability and that will the healing slowly but only if one's body is clean. This book saved my Dad's life! The juice man really demystifies juicing. Through the years, Dad and I've purchased this reserve for most people who were fighting serious health issues. An effective and useful read. After a minor investment into a juicer (I bought a Jack LaLanne, not really the Breville or Juiceman or perhaps a Vitamix, as per my funds), I needed some other recipes. This reserve had audio tapes at one time which accented the book. This is simply not overnight recovery. Within two years, Dad's doctors got him off the transplant list because his liver regrew! I made a pitcher full and drank it. If you are serious about this issue, read this once, study the fruit and veg choices for their nutritional constitute, and then read it again. Probably hard to find today but worth a appear. The transverse colon had to be removed and the surgeon told me i could be unemployed for up to three months. I remembered jay and the info in this reserve but i no more had it!! The swelling was down over fifty percent and the discomfort was down by half too! He includes a recipe for more powerful nails and glowing epidermis. Simply amazing. Juiceman tells which vegetable juice good together and which ones don't. If you juice some vegetables jointly you may experience bloating. It was caught in time right before it was to use to my liver. All three doctors i got used were totally at night about juicing and its effects on the body. Great little book! We had a friend who was doing the Gerson method to cure her malignancy. Thank goodness I did. The book tells you what fruit and veggies are good for what. Well, I offered my old book to my friend and got myself that one! I've had this publication for years and understand that the writer also understood about the Gerson technique - he mentions it in the very beginning of the book - and since that time, has sort of produced up his own method, and is now well! My dad was on the transplant list for a new liver after having his ruined by an experimental center medication back the late 1980's and early 1990's. This story is true and it is not really my only excellent results that i experienced but i shortened it up. The book is little and fits easily in the kitchen therefore I can consider it often. He has a very positive method of writing. I would lose everything. Among the original works about effective spending budget conscious juicing. I use 2 medium carrots, 1 green apple, and 3 cups of leafy greens. My hubby and child are healthier therefore am I - at least when I can find the period to do juicing. After the surgery the doctor advised me not to juice and i was too afraid to disobey him. This is his juicing bible! Large ratio of vegetables and one kind of fruit equals a yummy drink for me personally. In two times the dark purple toe switched pink! Father of Juicing I love this book and inspires me to maintain juicing! These do help. Yummy! Very Upset I'm extremely Upset I payed for a hard duplicate of the book and We received a paper back again. This book may be the place to begin and maintaining the discipline may be the rest of it. Four Stars Excellent book! Five Stars Purchased for a friend Four Stars Love it



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