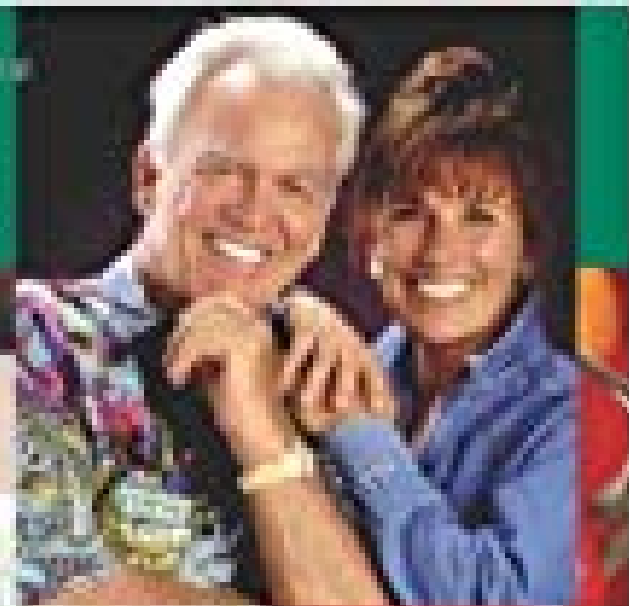


DISCOVER OUR SECRETS TO CREATING VITAL
HEALTH, ENERGY & LONGEVITY USING
THE POWER OF JUICING & LIVING FOODS



LIVE FOODS LIVE BODIES! RECIPES FOR LIFE

JAY & LINDA KORDICH

AUTHOR OF THE #1 NEW YORK TIMES BESTSELLER, THE JUICEMAN'S POWER OF JUICING

Jay Kordich

Live Foods, Live Bodies!



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After selling close to one billion dollars in juicers and writing a number-one New York Times bestseller, Jay Kordich—known globally as The JuiceMan—realized that juicers were simply the first rung on the ladder in teaching people about vital foods and energetic living. A lot of people now find themselves overweight, addicted to dangerous foods, and unhappy with their lives. This book was designed to help you transform the person you are into the person you want to become. In this brand-new reserve, Jay Kordich and his wife, Linda, reveal all their personal secrets, including juice therapy, living foods, and positive considering. Live Foods, Live Bodies! But Jay understands that a wholesome, satisfying existence is at your reach if you find out the secrets to good health. This book is split into two parts. Part Two puts everything together by installation of what's needed in the living kitchen; It clarifies the many benefits of getting a vegetarian, and it presents the dos and don'ts of fresh juices—the very subject that propelled Jay to fame. Component One explores the energy of the living enzymes within fruits, vegetables, and especially greens—chlorella, green barley, wheatgrass, and even more. With Jay and Linda as your teachers, you will discover a new world of great tastes and long-lasting health. Whether you are in your forties, in your fifties, or in your nineties, you can live healthier and happier, with an increase of vitality. and providing basic yet effective ideas for making use of your new skills to create a better, more fulfilling life style. offering recipes for superb salads, dressings, foods, and drinks;



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Excellent book for Juicing I had cancers in 1989 and started juicing because I did not want chemotherapy or radiation. I had intense energy after juicing every day as I do now juicing for my own health. In case you are in need of even more energy or for curing this is the method to go nonetheless it does take discipline. Great reserve. Also, Dr Gerson can be a great resource... Llive . I was diagnosed with cancers and my sister brought me this reserve from the library. Jay is a full time income example of what it could do for you personally and he shares what occurred it him. We will miss you Jay! Way ahead of his time Back in the first ' 50s, he would have been considered "off-center. Jay Kordich and his wife provide many great recipes and explanation of the value the fruits and vegetables have on your body.. Worth the read This is a amazing cookbook. If you prefer a healthier life style this is the reserve for you!.. It had been very user friendly and made food planning simple. I was identified as having cancer and my . It's true! Live food is curing, easy to prepare, and life-changing! I love Jay and Linda Kordich!. Great publication. My doctors are amazed at my healing and how well I am dong and i attribute it to God's blessings including leading me to smart counsel as can be in this book.Book Wow, what a great reserve! Anyone that is worrying about their health, fat, etc. this may be the publication you should have as component of your treatment solution. I would recommend this to anyone who is trying to improve their nutrition. great book, very informative great publication, very informative, I should use it more regularly, great for people attempting to improve their diet, simple easy to check out, it's all why & what without offering one a headache to learn & follow, he Jay is a living proof one can age group gracefully & shine with health! I purchased the book and also recommended it to a pal with a fresh diagnosis of tumor during her very overwhelming first information period when you wish to keep things basic." **smile** Not today. You and Jack Lalanne established the bar high for us young men. Five Stars love the book can wait to start using the recipes Jay you're a legend brother I purchased this book mainly because a tribute . Five Stars Covers lots of good topics.. What an excellent way to include more fruits and vegetables into a diet. Juicing is essential. She found it simply as helpful. It make a great deal of feeling and its written well and easy." What an effective way to include even more fruits and vegetables right into a .. This reserve is full of beautiful pictures and recipes that inspire taking action on your own health and wellness. It is a great story about changing your diet plan and what it can do for you. I've paid attention to your messages since I was a kid and thanks to you I've produced my health amazing and I strive to live well into my hundreds . If you Netflix, view the video "Fat, Sick, and Almost Dead. You will really be skipped .! Rest in peace Jay! I'm excited to read your reserve and try you and your wife's recipes . It includes a "Living Pie" recipe that is therefore great that my hubby ask me to make it for him once again. Great info Great info Jay offers you all the info to make nice tasting and body healing quality recipes!.. Love the recipes Excellently written. Like the quality recipes. It got me began with better nutrition with practical recipes which have easy to find ingredients!..



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