

## Pat Crocker

## The Juicing Bible



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An enhanced bestseller that features 16 new, additional photographs. Details on the seven body systems, including their importance to great health along with diet and lifestyle changes that will keep each system working in addition to it can. It is still among the bestselling juicing books available on the market. All the outstanding components in this essential information for anyone who wants to explore the wide-ranging nutritional and health benefits of juicing are still here: A market-leading 350 dishes -- delicious fruit and vegetable juices, tonics, cleansers, digestives, teas, roughies, smoothies, milk and espresso substitutes and frozen treats. In response to customer demand, we've made a decision to add more worth to the comprehensive book with yet another 16 color photos, which takes the full total photos up to 32. The first edition of The Juicing Bible gained the 2000 International Cookbook Revue Award and provides over 700,00 copies in print. Information on 80 common health issues, with recommendations on how exactly to use organic foods to fight each condition. 128 illustrations of fruits, vegetables and herbal remedies, plus information on their uses and curing properties, and guidance on purchasing and storage space.



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