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THE Healthy JUICER'S Bible

Lose Weight, Detoxify, Fight Disease, and Live Long

Farnoosh Brock

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Whatever your fitness regimen, health goals, or daily routine? 50 color photographs this is an enormous book of juicing quality recipes for every occasion.



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2. But know the cons Even though I rated this publication 3 stars I would buy it again and again. Let me start with the cons...1. There are are more tales, more information (of which some I take issue with) than recipes. I believe the author has answered provides answered these complaints by stating you can find 47 juicing dishes in this book. That's not a small amount of juices to sneeze at, however when you break it down by, "fruits & I'd hate think a centrifugal owner would toss apart juicing during the workday or a juice fast entirely based on her assistance.when I handed my BF a glass of juice he asked..the quantity appears to shrink. The juice dishes are from p. 135-172. And the images? The written text of the reserve is 281 pages. Why can be. I am familiar Veggies that provide me that advantage, a beginner might not! I have seen her circumstances quoted verbatim on many websites. There pulp recipes & suggestions though. Very Informative Starter Book This was an excellent, informative, beginners guide for juicing.....what's that one carry out? Let me start by stating that I did NOT purchase this publication with the intent ongoing on a juice diet plan. It offers helped me tremendously, as I am no more afraid of my juicer, lol The book I wish was available when I started juicing (and lost 80 pounds. in evaluating to various other books I personal, it generally does not give that vital details. I need magnesium & adrenal boosters for instance. not information this publication is not for you. I'd have to remove half a star for this one. Some may think it silly, but a friend asked if she could juice a banana. The masticating vs centrugal juicing machine argument..!sigh. It offers lots of valuable info to consider before laying out any cash on a fresh juicer. never to juice.1) Great Presentation2) Attractive Photos3) An excellent collection of recipes - though usually do not purchase this if you want thousands of juice recipes - there are many cheap kindle books for that.this little book covers everything! Brock supplied no scientific research/research to back again her statement "you need to have a masticating juicer to store your juice". Remove half of a star. I'll edit this review with my fave juices from her book from time to time. I did so not find one study conducted on the nutritional content material of masticating vs centrugal juices after they have been stored 8-12 hours. vegetables I don't juice or can't find or that aren't in time of year"or I cannot juice wheatgrass in my own machine. Remove 1 star for failing woefully to provide references. Is usually this a fact or an impression?Pros1. Great little publication nonetheless. She re-influenced me to keep juicing which her statement "juice should taste great"! Whoa, no other reserve I own addresses taste. I have been a keep you nose, beverage it down juicer for some weeks. I ha e experienced her "green explosion" and it's really delicious! There was only one scientific study I could find (from meals matters) that compared the two types of juicers, temp, effect on veggies,etc. I believe you will have many.Buy it! She addresses planning ahead, shopping, washing & storing for your veggies.! I have already been googling that information, therefore i am thankful to own it in a reserve. Her advice is good and solid and can declutter my fridge a little bit and make taking my veggie inventory less complicated. other problems). And I shop my juice, typically for less than 12 hrs.3. I laughed, but it sparked a debate at work!3. Inspiration. She provides it in bulk. 20 juicing benefits, her personal story, short tales of others she's helped.. At about 7" x 6" it's the perfect size to handle easily without having to be unwieldily. I believe this will be the tastiest juices of the 3, with regards to reviews she has received the 2nd highest review. (The juice woman provides no index!! She discusses veggie shelf-life. & She addresses what things to & In terms of useful scientific information about juicing & juices she has provided minimal.All told I'd buy it again, simply for the tasting juices, her suggestions for alternatives & Most of the juices tasted great as well. the inspiration/motivation. I'll eventually own about 5 juicing books and am picky about the types I buy. This makes an excellent library addition, but I still haven't discovered that quintessential, all-encompassing 5-star juicing book. Absolutely Fantastic! We are so incredibly happy with The Healthy Juicer's Bible! We have been juicing for more than a year and sort of "fell right into a rut"

with our juicing. If you are searching Purely for juicing quality recipes & This is all new to me, and I required a reserve to reference. In full disclosure I own 3 juicing books. we kept doing the same 1 or 2 recipes again and again Not a huge offer but after a couple of months of the same juice it gets just a little "routine." We wanted to put a little more excitement inside our juicing life and along emerged this book! Let's simply say that items got a whole lot juicier around right here! 4) Juicing Success Stories 5) Preparation tips 6) Great explanations on the types of juicers out there. I'll keep this close at hand due to the simple recipes and great explanations. From discussing the benefits of juicing, through how to decide on a juicer, to the ultimate goal... I strongly recommend this publication as a starter reserve for juicing. Benefits are not discussed.. I am disappointed that Ms. Today the bonus(s): This small book is gorgeous! At 288 pages, the content certainly isn't "little", however the size of the reserve is perfect! I have already been juicing since March '13. 1-2 per page. BEAUTIFUL!!! So, if you're on the fence between this reserve among others, we found this to end up being the most in depth, well rounded, easy to follow and informative for all of the levels. Further, it by far has the most quality recipes of any other book we've purchased. So, bottom line, choose the Healthy Juicer's Bible with confidence, realizing that it's a powerhouse of great guidelines, information, pictures, and amazing dishes! Enjoy! 2. Many other books breakdown the advantages of the quality recipes. 10) Most of all for us you can find strategies on how to succeed.. That being said, I actually read this reserve from begin to end. Great Resource This book has a wealth of information in it, especially for those that are not used to juicing. non-e of the ingredients were difficult to find. additions & conducting a juice fast. I know collards are abundant with magnesium, cucumber is certainly hydrating, etc.) As someone who shed 80 pounds through juicing, runs a popular blog and podcasts at JuicingRadio I've read my fair talk about of juicing books. The Healthy Juicers Bible by Farnoosh Brock gets a 5 star rating from me for the following reasons. I juice during the workday. This book is great for all levels of juicer; I know this is often a minefield for the uninitiated. 7) Written in ordinary English 8) Not hippy dippy/alternative - the writer does not guarantee that juicing beet greens will treatment cancer for example. 9) Great tips on how to detox. I just wanted a publication to explain the pros and cons of various kinds of juicers, along with the benefits of juicing specific fruits, and vegetables. Some great motivational suggestions and the author does accurately point out that juicing is normally a lifestyle not a fad. Very user friendly. Excellent book for beginning juicers I'm thrilled with this reserve as We received a juicer as a present and didn't know where to begin. someone just getting into juicing, someone who is a regular juicer, and also expert juicers will see some great new recipes and assistance. Five Stars Informative I love this publication! Ms Brock hasn't written this reserve to push her own supplements or products, the book contains great honest juicing information that I wish I had when I started juicing. Superb for beginners! Four Stars Not nearly as many recipes as the Smoothie book. The authors writing design held me interested, and I found her dishes to be quite easy to make. I'd actually advise that people buy this book before investing in a juicer. I do believe masticating juicers are greatest, but I personal a centrugal juicer. Great for beginners Great for us as we start our juicing journey Three Stars don't like Five Stars Love it.



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