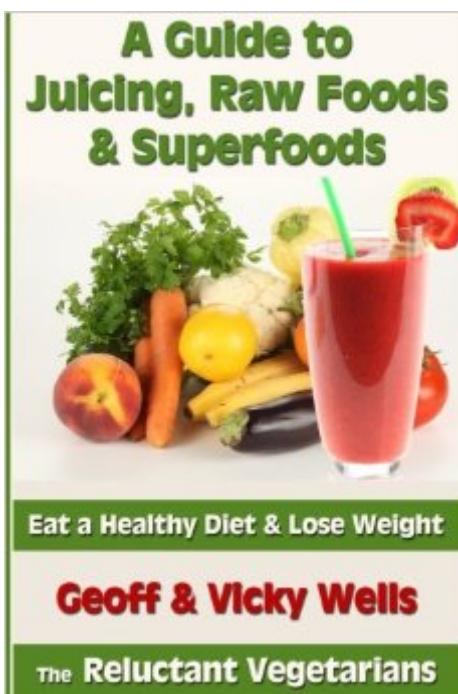


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# A Guide To Juicing, Raw Foods & Superfoods: Eat A Healthy Diet & Lose Weight (Reluctant Vegetarians)



## Synopsis

Eat a Healthy Diet & Lose Weight Without HungerÂ "A Guide to Juicing, Raw Foods & Superfoods" is a compendium of information that not only highlights the amazing benefits of adding juicing, raw foods and Superfoods to your diet, it also includes over 30 delicious and easy to follow recipes. It is the first step on your journey to finding the best options for a healthy lifestyle. The authors, Geoff and Vicky Wells, have already begun this journey and are seeing some remarkable results. They are aware that there is an ever-increasing group of people who are looking for natural solutions to their health problems and have sought to provide a number of solutions from their own experiences. The items that are recommended can easily be found in any local farmers market or grocery store and, if your shopping is properly planned, it will not put a strain on your grocery budget. Both the information and tasty recipes in this book are a must-have for any individual who wants to achieve optimal health. It also serves as a reference for those who are just beginning to research the benefits of a juicing, raw foods and Superfoods diet. Now is always the best time to begin your journey to a fitter, longer, healthier life. Here Are Just A Few Headings From Our Linked Table of Contents

What Is Juicing? Types of Juicers What Is A Raw Food Diet? Do I Eat Nothing But Raw Food? What Are Superfoods? Some Highly-Rated Superfoods What Are the Benefits of Juicing? Juicing Helps Boost Your Immune System Juicing Helps Clean Out Your Digestive System Juicing Helps You Lose Weight Juicing Gives You More Energy Juicing Helps You Improve Your Skin and Keeps You Looking Young Juicing Gets Even the Pickiest Child to Consume Vegetables What Are the Benefits of Eating Raw Foods? Weight Loss Better Skin More Energy Lower Cholesterol Digestion More Time You Can Eat A Lot Saves Money Protein What Are the Benefits of Superfoods? And Here Are Just A Few Of The More Than 30 Recipes

Almond Milk Cashew Milk Chocolate and Coconut Smoothie Fresh From The Garden Vegetable Cocktail Geoff's Famous Hummus Goodness Gracious Green Hot Veggie Drink Minty Green Refresher Multi-Bean Salad Peachy Green Smoothie Peppered Strawberries Raw Fruit Salad Raw Veggies and Dip Rice Milk Tomato, Cucumber and Cilantro Salad Very Berry Smoothie Vicky's Granola Almost Waldorf Salad (No Mayo) Nut Butter

## Book Information

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## **Customer Reviews**

I really appreciated the openness and frankness of the authors in sharing how eating raw foods and juicing changed their health and their life. While they weren't excited about it at first, as they learned more about the food they had been eating, they were compelled to make lifestyle changes. They go on to provide detailed, usable information about superfoods and how to practically incorporate them into your everyday diet. This book has a lot of great ideas to help you get on the right track towards juicing, and eating more fruits and veggies. And then there are a ton of fabulous recipes! I especially like the Multi-Bean Salad, as well as the Frosty Carrot Juice. There are a lot of other great recipes too. For anyone who wants to improve their health and incorporate more fruits and vegetables, this book is a great place to start. It will not only inspire you, but it will give you the tools and recipes to start to make small and gradual changes in your diet. Highly recommended.

This is not a book but a pamphlet. Secondly This pamphlet is not about juicing it is strictly about BLENDING! It in fact shows a blender inside the pamphlet and does not refer to anything having to do with juicing. The title to this pamphlet is absolutely misleading and I'm truthful. The information contained in the pamphlet is so basic you would know 90% of it on your own.

What I especially liked about this book is the interview style presentation of the two authors, in which they candidly give their own personal account of how they incorporated juicing and raw food diet in their own lifestyle and how by doing this they have experienced a happier, healthier life. I also liked the rich variety of recipes, which I definitely look forward to start trying. Highly recommended.

About twenty minutes of reading and a few nice recipes. Glad I did not buy it in print. Not even

certain it is worth \$2.99, but I will probably use a tip or two out of it.

This book is chock full of terrific information covering Juicing, Raw Foods, Superfoods (as the Title says) -- and that's for starters. As an example, would you like to know what Superfoods are actually Superfoods? What Raw foods are best for juicing or eating whole? The included recipes alone are worth more than the price of this book. If healthy eating is of interest (and it should be), this book will certainly point you in the right direction. Nicely presented.

I bought the book and I absolutely HATE it. Give me a break. This book IS called 'A Guide to Juicing...' is it not? So why am I told that the best BLENDER to buy is a Vitamix and nearly every recipe starts with "place in blender"? On page 30, the reader is told about how much they dislike using an actual juicer, so they switched to blending, but somehow this is still juicing. It is not. A more appropriate title is needed here. If you are looking for an actual book on juicing, 'The Healthy Juicer's Bible' and 'The Juicing Bible' are much better resources for a beginning juicer.

There is a lot of value in this book for the price. I feel like I bought 3 books in one plus a recipe book with all that is covered. I'm anxious to start improving my health with what I learned and have many tasty recipes to try. I am very pleased with this purchase.

I expected more recipes - this book is basically describing the individual benefits of different fruits and vegetables, which I could of found online for free. It's a nice book though and it arrived new and quickly, so over all A+.

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