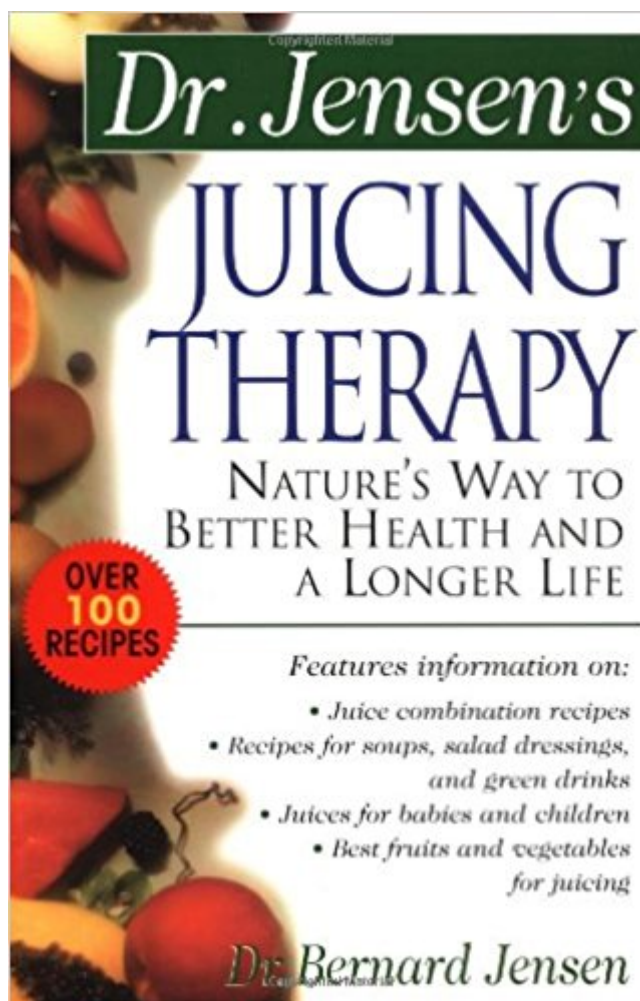


The book was found

# Dr. Jensen's Juicing Therapy : Nature's Way To Better Health And A Longer Life



## Synopsis

Dr. Jensen's years of study have proved the juices--both fruit and vegetable--are the fastest method for getting nutrients into our bodies. Dr. Jensen's Juicing Therapy offers more than 100 nourishing, easy-to-make juice combinations to enhance health and well-being. Also included are case histories demonstrating the extraordinary effects juices can have on rejuvenation and healing.

## Book Information

Series: Dr. Bernard Jensen Library

Paperback: 176 pages

Publisher: McGraw-Hill Education; 1 edition (April 22, 2000)

Language: English

ISBN-10: 0658002791

ISBN-13: 978-0658002793

Product Dimensions: 6.4 x 0.6 x 8.9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (13 customer reviews)

Best Sellers Rank: #489,301 in Books (See Top 100 in Books) #69 inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #372 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #388 inÂ Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

## Customer Reviews

This book contains absolutely NO juicing recipes, just ones for blending. Because of that, I was thoroughly disappointed in this book. Although, to be fair, the "blending" recipes were a plenty, varied largely in flavor and type and were very interesting. The title led me to believe that it would contain ways in which to heal myself through juicing. While Dr. Jensen did go into extensive detail about the therapeutic effects juicing can have and mentioned some combinations for certain ailments, it spanned only a couple of pages and was formatted in chart form. (AND the chart is also available in, at least, one other book by him.) It definitely was not the in-depth how-to guide I was looking for. Dr. Jensen also goes into great detail about ALL of the vitamins, minerals and trace elements the body needs and where one can find them in food items. He does provide a chart which lists all the food items he considers beneficial to juice, which chemicals are predominate, and for what ailment they can be useful for. Again, though, this chart is in at least one other of his books. So, while I was disappointed about the lack of juicing recipes, the book contained enough

information and facts to allow me to overlook that. All in all, it was a worthy read, and one I would suggest to someone looking to really get a grasp on the physiological needs of the human body and how juicing can help someone attain them.

The previous comments that say this book contains no juicing recipes are a bit off skew. I'm halfway through the book and already know a lot MORE now about concocting juices. Dr. Jensen describes "how to" choose fruits/veggies. He describes the value and methods for combining juicing with blending. Also how juicing fits into your personal menu plans. This is much more valuable to me than the standard type of recipes. But then, again, I'm an experimenter in the kitchen. You know, we can go online to find juicing recipes galore ... but to read methodology from a man whose ideas and documentation saved 1000's of lives ... and continues to impact health around the globe ... priceless. Who else talks about how to juice if you cannot afford a juicer?!?!? But that's exactly how Dr. Jensen's own journey into juicing began, successfully guiding the recovery of a woman who had 13 ulcers on her legs. Well worth reading!

not a bad book, but a little more info than I was looking for. recipes are really for "blending" and not necessarily just for those using a "juicer," and especially if you are just starting out. if you just want the basics, try The Juiceman's Power of Juicing. it is really good!

Great book. Dr. Jensen has made it an easy read and as nice a reference as well.

Dr. Jensen is timeless and informative. I really appreciate all the work and travels he did in order to be thorough in his researched presentations. I Love this book!

Another FABULOUS book.

good book

I found some good things in this book, and some that I've read in a number of other books. It's more of a reference book for me. It's not one that I would go out and buy again, but it's ok.

[Download to continue reading...](#)

Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes  
Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo  
Dr. Jensen's Juicing

Therapy : Nature's Way to Better Health and a Longer Life Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Juicing for Beginners: Complete Juicing Start Up Guide and Nutrition Book with 100+ Juicing Recipes for Health, Weight Loss, Energy, Detox and More Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Jensen and Jensen-Healey (Sutton's Photographic History of Transport) Juicing for Life: A Guide to the Benefits of Fresh Fruit and Vegetable Juicing The Joy of Juicing, 3rd Edition: 150 imaginative, healthful juicing recipes for drinks, soups, salads, sauces, entrees, and desserts A Beginners Guide To Juicing: 50 Recipes To Detox, Lose Weight, Feel Young, Look Great And Age Gracefully (The Juicing Solution) (Volume 1) Juicing: 7-Day Juicing For Weight Loss Recipes: Cleanse & Detox Your Body Living the Farm Sanctuary Life: The Ultimate Guide to Eating Mindfully, Living Longer, and Feeling Better Every Day The Juicing Diet: Drink Your Way to Weight Loss, Cleansing, Health, and Beauty Sleep Smarter: 21 Essential Strategies to Sleep Your Way to A Better Body, Better Health, and Bigger Success by Shawn Stevenson | Book Summary Includes Analysis Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success Eat Better, Live Better, Feel Better: Alkalize Your Life...One Delicious Recipe at a Time The Process of Creating Life: Nature of Order, Book 2: An Essay on the Art of Building and the Nature of the Universe (The Nature of Order)(Flexible) Anatomy of Drumming: Move Better, Feel Better, Play Better The Happiest Baby on the Block; Fully Revised and Updated Second Edition: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer

[Dmca](#)