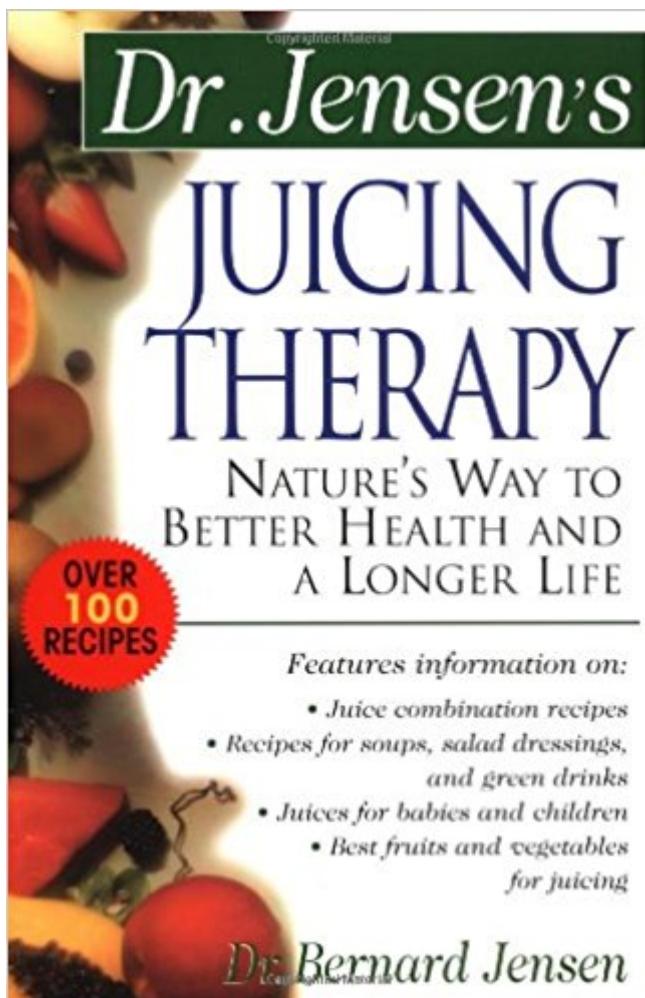


The book was found

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

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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 a nice 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.

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