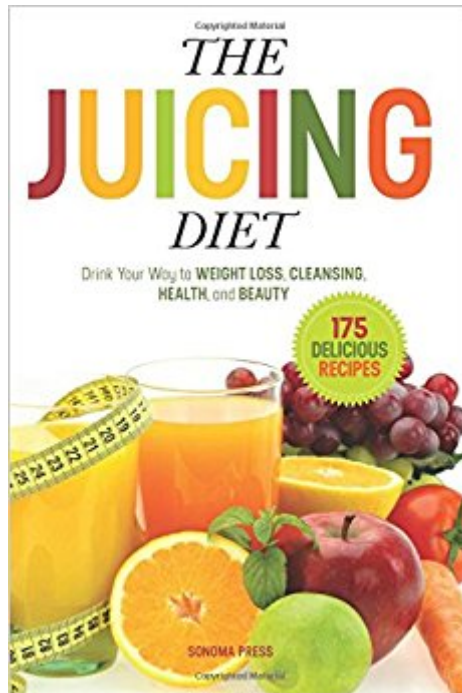


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# The Juicing Diet: Drink Your Way To Weight Loss, Cleansing, Health, And Beauty



## Synopsis

A juicing diet can boost your immunity and help you lose weight. Studies have shown that adding juicing into your diet can improve your body's immune response, reduce your risk for chronic disease, improve your skin and hair health, and help you easily lose weight. Fresh fruits and vegetables are loaded with vitamins and minerals, and by juicing your produce, you get all of the benefits of your produce in the purest form. *The Juicing Diet* is your guide to experiencing the benefits of a juicing diet. With 175 delicious juicing recipes packed full of nutrients and antioxidants, you can detox your body and begin to feel more energetic right away. *The Juicing Diet* will help you lose weight and improve your well-being with: 175 delicious and nutritious juicing recipes  
Introduction to the many health benefits of juicing  
30-day juicing weight-loss plan  
Special tips on juicing for beauty, weight loss, and detox  
10 steps for success *on a juicing diet*  
Whether you're looking for a foolproof way to lose weight, or you just want add more nutrients to your diet, *The Juicing Diet* is sure to quench your thirst and give you an energy boost to power you through your day.

## Book Information

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## Customer Reviews

Even if you're motivated, it's still hard to figure out on your own how to use juicing as a tool for healthy weight loss. I like THE JUICING DIET because it recognizes that you can't change overnight. Instead, it suggests a sequence of menu changes that support you as you move from eating an unhealthy diet that is keeping you heavier than you'd like and

evolve into someone who can manage a 15 day juice cleanse. This book provides an abundance of delicious-sounding juices – 40 green juices, 45 fruit juices, 60 vegetable juices, and 30 savory/spicy juices. But even with all those great recipes, you still have to figure out how to make juicing work. You begin with a 7 day “reboot”, and each day you let something go, whether it’s processed meats (goodbye, bacon), dairy, caffeine, and ultimately all meat products. Then you begin a 5 day intro to the juicing lifestyle, snacking on juices twice a day but still eating healthy vegan foods at each meal. Then you’re ready to take the leap “and get slimmer. A 15-day all-juice, all the time, cleanse, is hard to contemplate but it can be great for your body. You drink 5 juices a day – two eight-ounce juices as snacks and three twelve-ounce juices at meals. After that, you transition back to eating solids, but in a healthy way. This book makes you believe you can do it – or if you aren’t ready to commit to all juices, still gives you the tools to add tasty healthy juices to your daily food plan.

The Juicing Diet by Sonoma Press is one of the best books on juicing I’ve ever read, and I’ve read quite a few. Aside from the fact that it’s well researched and written, it is more ambitious than other books on the subject in that it covers more of the reasons for juicing, along with offering many delicious recipes and explaining the benefits thereof. Juicing for weight loss, cleansing, and health and beauty, all listed in the book’s subtitle, are all dealt with in a creative and thorough way. This is a great book on juicing, and an in-depth but compelling explanation of the wonderful and vital benefits of nature’s gift of fruits and vegetables. I strongly recommend it.

As a person who hates taking pills but needs a convenient way to get my nutrients in I loved the idea of drinking an entire day’s worth of vitamins in a single meal! I’ve always been interested in juicing and the book says that the juices boost the body’s immune response. I’m allergic to most store/brand synthetic bottled vitamins. I’ve gotten headaches, migraines, constipation and the like from huge vitamins but like most people I don’t have the time to make sure I eat 5 oranges in a day and a pound of beets. The solution: raw juicing. Juicing vegetables with fruits to mask the flavor is an invaluable life hack! Totally love that idea and how clearly it’s explained in this book.

This is a very comprehensive book for juicing. The index in the back is very nice because I can just look up any random ingredient I have in my fridge and then see what recipes have that ingredient. It has a lot of recipes and the first several chapters have information about the ingredients and about juicing itself and the way that juicing changes the food you are eating.

I really enjoyed this book on Juicing. It provided plenty of benefits, downfalls, instructions, different options, etc. It was also extremely easy to read. I really am interested in getting a whole day's worth of vitamins in one glass, instead of taking pills or eating a huge amount of fruits or vegetables. I was also surprised to hear that some of the fiber is removed when juicing, so to keep some of the skin on it; that was an interesting fact. There are great tips they give you, on how to really boost the power of your drink, or add a piece of fruit to make it sweeter and easier to drink, etc. I am excited to start this regimen in my every day diet. I love that it helps your metabolism, promotes heart health, and so many more benefits, depending on what types of fruits or vegetables you decide to use. The possibilities are ENDLESS! Not to mention so much cheaper than the \$5-7 dollar fruit smoothies you get at other places. This was such a great and helpful read.

One of my Christmas presents was a Breville juicer so I was looking for a good source of information when I bought *The Juicing Diet: Drink Your Way to Weight Loss, Cleansing, Health, and Beauty*. This book goes into detail about the pros and cons of juicing as well as how the different fruits, vegetables, and other ingredients that can be added to juice will affect the health benefits and taste of the juice. It features a 30 day detox program with day-by-day guidelines as well as a 7 day quick cleanse. Plus, tons of recipes to try. Definitely worth the purchase.

Personally, I felt the "pre-recipe" beneficial and nutrition information was a bit too much and repetitive (which was why I knocked off a couple of stars) but I was impressed by the recipe section. It has a lot of different combinations and there are some ingredients that I may never have tried if I had not opened this book (seriously pine needles and wheat grass!?). The recipe combination suggested for the cleanse and detox days are definitely not appalling and the author has put in extra effort to vary up the juices and give the dieter something to look forward to. The one thing I do regret though is not reading this book before I shelled out money for my juicer. I definitely would have made another choice based on my needs rather than my pocket.

The Juicing Diet is very different but also highly tasty and interchangeable. You have countless ways to lose weight but this way actually does more than help with weight loss. With all the natural fruit and vegetables you will clean your system out making you even that much more, healthy. All the time I doubt dieting plans but the way this book describes the benefits of the Juicing Diet I am starting to believe this one could actually work. This seems to me a great way to stay in shape and

in control of a simple diet plan.

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