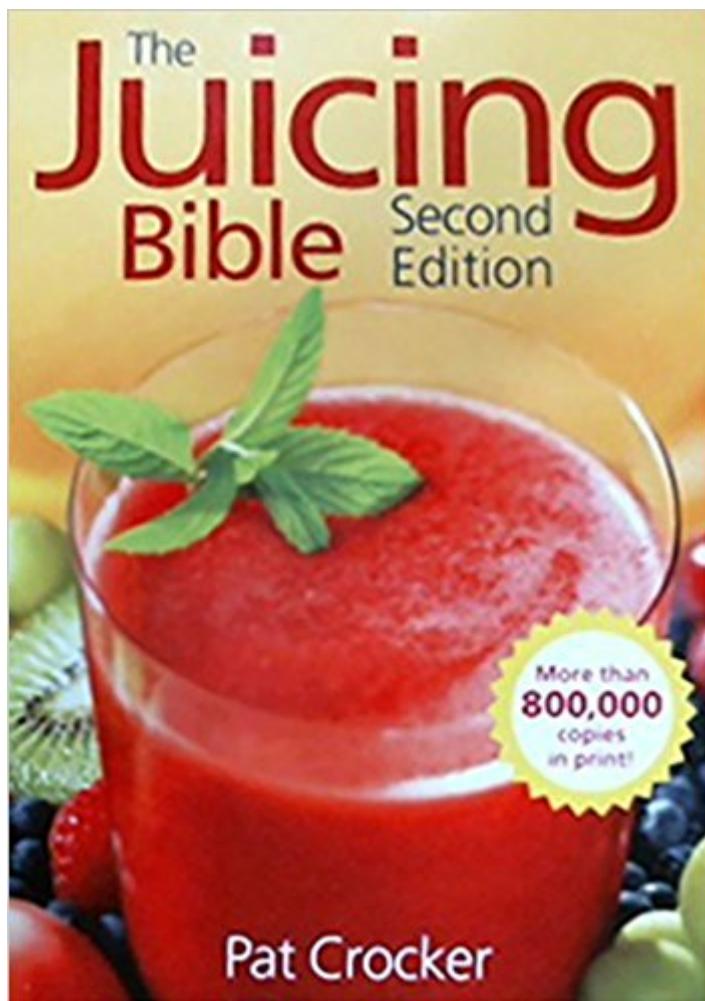


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# The Juicing Bible



## **Synopsis**

An enhanced bestseller that features 16 new, additional photographs. The first edition of The Juicing Bible won the 2000 International Cookbook Revue Award and has over 700,00 copies in print. It continues to be one of the bestselling juicing books in the marketplace. In response to consumer demand, we've decided to add more value to this comprehensive book with an additional 16 color photographs, which takes the total photographs up to 32. All the outstanding elements in this essential guide for anyone who wants to explore the wide-ranging nutritional and health benefits of juicing are still here: A market-leading 350 recipes -- delicious fruit and vegetable juices, tonics, cleansers, digestives, teas, roughies, smoothies, milk and coffee substitutes and frozen treats. Information on the seven body systems, including their importance to good health along with diet and lifestyle changes that will keep each system working as well as it can. Details on 80 common health concerns, with recommendations on how to use natural foods to combat each condition. 128 illustrations of fruits, vegetables and herbs, plus information on their uses and healing properties, and advice on purchasing and storage.

## **Book Information**

Paperback: 384 pages

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Product Dimensions: 7 x 0.9 x 10 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 808 customer reviews

Best Sellers Rank: #18,422 in Books (See Top 100 in Books) #3 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #22 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #63 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## **Customer Reviews**

This is not just a recipe book for great juicing, it is the ultimate resource on what to juice for 80 health concerns from stress to lack of sleep! Includes 350 great drinks from fruit and vegetable juices, smoothies to frozen drinks. It is all here and a must for today's healthy lifestyle. (Ann Coombs 7th Annual Summer Recommended Reading L 2011-04-24)Because experts recommend

that we get a "daily 8," namely five servings of vegetables and three servings of fresh fruit daily, Crocker's recipes will make that task easier, especially if there are finicky children in the house. (Larry Cox Tucson Citizen 2008-05-28) Its 350 recipes for juices, smoothies and more, including 16 pages of colour photos, make this book an inspiring juicing resource. The ingredient guide is cross-referenced with the recipes, making it easy to work with what you have. And the ailment section suggests healing drinks to help specific conditions. (Kat Tancock Best Health Magazine 2011-03-05)

Pat Crocker is a culinary herbalist, professional home economist and author with 25 years' experience with natural foods, including The Vegetarian Cook's Bible and The Smoothie Bible. In 2000, she won the International Cookbook Revue Award for the first edition of The Juicing Bible. She lives in Neustadt, Ontario.

I looked through the book prior to purchasing it so I knew what to expect, but if you've never seen the book, I'll provide a brief review. The book is divided into sections. There is one section which speaks to several ailments (in Alpha order) and tells you what to get more of, what to avoid and has page numbers to recipes good for those ailments. It also goes through fruits, veggies and herbs and how to juice them, pulp them and use them for teas, what to look for when picking your fruits and how to clean them. Then the book goes into recipes, first fruit juices, then veggie juices, smoothies, teas and cocktails. It is a great resource that I use often.

After reading several reviews about this book, one of which said that weird or unusual ingredients are called for I almost didn't purchase this book. I did see a copy in a store and took a brief look at it. Most of the recipes do not require special items. What blew me away about this book was the benefits given of specific fruits and vegetables. Not only does this book have juicing recipes but recipes for using your blender and for making teas. All of the recipes provide health benefits. This book is very handy for making healthy choices.

This has been our go to book for juicing. It is clear, precise and easy to read. It has a section on ailments and gives you corresponding recipes and actually tells you what page to find them on. There is an ingredient section broken down by 3 categories: Vegetables, Fruits & herbs. I find this extremely helpful and why I go to this book most. Example: I look in the fridge and find oh I need to use these red beets soon. I go to the book, look up beets it tells me the health benefits, vitamins

what parts to juice (and blending too) and what ailments it helps with. Then...one of the best parts, it lists all the recipes in the book that contain beets and what page they are on. It's great for people just starting to juice and who don't know if we should juice the carrot tops or apple seeds etc (no to both lol). The juicing bible definitely makes the whole juicing experience much easier and keeps you informed.

I have used this book every day since I received it (approximately 2 wks ago?) with a new recipe or two every day and I absolutely love it! So far I have started out in the veggie juice section and I am always pleasantly surprised by how delicious every juice is (except maybe the ones with onions which is sad because I love onions). Even my hubby who tends to be picky and hates to try new things loves it! Some of the recipes have items I have never heard of or don't know where to get them but it's really not that big of a deal. The first half of the book describes different body systems and health conditions which I haven't really used too much, but it gives you recipes to help support that system or help that condition. This book also has a list of ingredients (fruits, veggies, herbs) and describes what they do for the body along with recipes, etc. I would recommend this to all of my family and friends!

I truly cannot believe that this book got all the rave reviews it did. I can generally count on the overall reviews and make an educated decision about a book or a product. Boy, was I wrong in this case. While this book is very thorough, I personally find that I don't need or want any of that "thorough" information. All I want to do is juice. With the power of the internet, once can look up the properties of any fruit, veggie or herb. This book is a HUGE juicing "dictionary". The cross referencing sections are somewhat cumbersome. I really wanted a straight up juicing book. Unfortunately, this isn't it for me. I've been much better off finding yummy and simple recipes online, or just concocting my own. Sorry I wasted the \$15 on this book:(

Item as described, good transaction.

The recipes for me are too intense... I don't want to have to go to the store and buy a million things that I wouldn't normally use or I haven't even heard of. But the info in the book and medical stuff is really good. I don't usually read that kind of stuff, but I actually really enjoyed that part. If you have a juicer this is a good read, but buy it online where it is a lot cheaper DON'T buy in stores

This book is nothing short of amazing. It has tons of great recipes and even categorizes them with what to juice for any area you are focusing on or for particular things to heal or improve. It's fantastic! I highly recommend it!

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