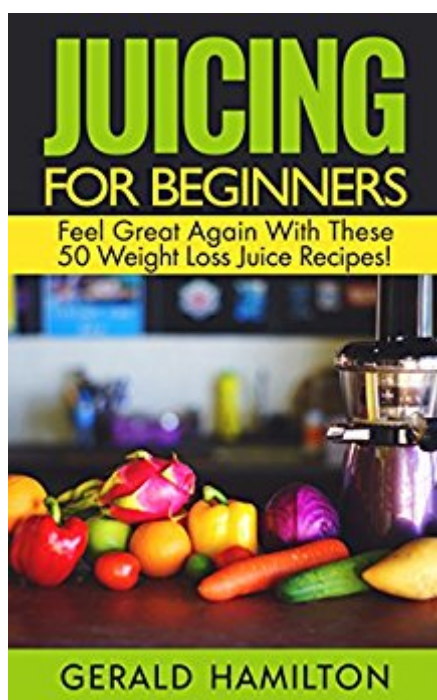


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# Juicing For Beginners: Feel Great Again With These 50 Weight Loss Juice Recipes!



## Synopsis

Learn why successful people like Gwyneth Paltrow, Owen Wilson and Selena Gomez all juice to stay healthy and fit! Get access to 50 juicing recipes and step-by-step juice instructions on how you can add juicing to your diet. Do you feel healthy and energized most of the time? When you wake up, do you jump out of bed, ready for an action-packed day? Many people don't. 70% of Americans are either overweight or obese. And 64% of employees report having high levels of stress. No wonder that an astonishing number of people are on prescription drugs! Maybe you are one of them. Joe Cross sure was. Until one he decided to take back control of his health. He did a juice fast, which you can follow in the documentary 'Fat, Sick & Nearly Dead'. He came out 82 pounds lighter, and lost all of the symptoms of his autoimmune disease. This is the promise that juicing holds for you. With Juicing For Beginners, you will embark on a health journey that will make you feel fit, energetic and happy again. A state you were born to inhabit. Your body is like a Ferrari: you need to give it the right fuel to perform well. Ferraris can't race on beer. But if you fill it up with the right gasoline, oh boy, you better buckle your seat belts! Juicing is an excellent way to lose weight, cleanse your body, detox and feel good about yourself. In 'Juicing For Beginners' You Will Learn:

- The Basics of Juicing
- The Health Benefits of Juicing
- The Difference Between Juicing and Blending
- What to Look for When Buying a Juicer
- How to Juice
- The Top 10 Best Vegetables to Juice
- How to do a Juice Fast
- 50 Juicing Recipes to get you started
- And Much More!

This book is full of practical tips and tricks to get you started with juicing. If you start juicing, within just a week you will:

- Start losing weight fast, even if you don't exercise much
- Boost your immune system
- Expel toxins from your body, and
- Feel more energized

Sound good? Then let's get started! Now is the day on which you can take the first step to changing your life through juicing. SO ARE YOU READY TO TAKE ACTION?==> ACT NOW! Scroll up now and click the 'buy' button to get your copy today!

## Book Information

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## Customer Reviews

This juicing book was great for a beginner like me. I was diagnosed with cancer last year and now that I am cancer free I'm trying to overhaul my eating habits. Articles that I've read have mentioned juicing. I've had a really nice juicer sitting in a box for years. The book gave me excellent tips and I especially enjoyed all the recipes provided. I saw a lot of recipes of items that I would never have thought to put together. I'm looking forward to testing out more delicious juices.

I've flirted with juicing in the past, although never really started. This book helped me get things going and kicked off my first juicer purchase. I'm not sure I'll be trying all 50 juicing recipes, but the ones I've tried so far are all pretty good. Sweet fennel was quite an interesting one! I recommend trying the rhubarb and mint for a punch as well!

Delicious recipes for people new and old to juicing a lot of helpful information to get you started on a healthier path. It is definitely worth reading and having it around for reference material. There are quite a few recipes and pages in this book. Great job!

I thought this book gave a great introduction to juicing! It breaks everything down for you from the health benefits of juicing, what to look for in a juicer, and how to do a juice cleanse, plus you get a huge list of recipes. And I love how the recipes were broken down by season, with lighter and fruitier juices for spring/summer and warmer and spicier juices for autumn/winter. And I haven't tried a bad recipe yet!

This book is awesome! So happy I ran into this

Great resource for both beginners but also for experienced juicers (like me :) Absolutely recommended!

I've been disappointed before, when I searched for juicing books and ended up with nothing more than a pamphlet with 50 copy/paste recipes. Not so with Juicing For Beginners by Gerard Hamilton! This is an extraordinary book that really explains everything you need to know about juicing. I learned valuable tips on the health benefits of juicing (not just weight loss, did you know it also slows down aging?), how to find the best juicer and how to do a juice fast. Felt truly inspired to incorporate juicing in my diet! The 50 nomnomnom recipes at the end are just the icing on the cake. This has to be one of the most complete, well written introductions to juicing and weight loss on the market.

Thanks to Juicing For Beginners, I'm starting to feel much healthier, lose weight, and have more energy. The juice recipes are really great and easy to make. With their variety, as well as the 10 best vegetables to juice, you won't need to look anywhere else for months! I like how the author sneaks in small personal snippets on how juicing changed his own life, yet he doesn't make the book revolve around him. I really felt like he really guided me well in taking my first steps on the juicing path. I've already lost weight, and will continue to juice regularly. Why? Because I feel great!

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