



## Juicing & Smoothies For Dummies (2nd Revised edition)

By Pat Crocker

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Juicing & Smoothies For Dummies (2nd Revised edition), Pat Crocker, Lose weight and feel great with juicing and smoothies For those of us who don't have time to cut up or cook fruits and vegetables with every meal, juices and smoothies are a fast and easy way to consume them at home or on the go. Packed with over 100 recipes, Juicing & Smoothies For Dummies covers the most up-to-date information on incorporating this healthy lifestyle into your everyday routine. From how to safely cleanse the body of toxins to the hottest ingredients to bolster juices and smoothies including chia seeds, coconut oil, hemp seeds, bee pollen, and more it arms you with everything you need to sip your way to a healthier, happier you. There are many health benefits to drinking freshly juiced fruits and vegetables. These tasty and nutrition-packed beverages can help protect you against cardiovascular disease, cancer, cellular damage, and various inflammatory diseases, such as rheumatoid arthritis. Plus, it's great for weight loss because juices and smoothies have hunger-reducing properties, on top of being filling. In this friendly and accessible guide, you'll find expert guidance on...



**READ ONLINE**  
[ 2.57 MB ]

### Reviews

*The ideal publication i ever read through. It is probably the most amazing ebook i have read. You wont really feel monotony at at any moment of your own time (that's what catalogues are for concerning should you request me).*

-- **Kianna Cummings MD**

*Most of these ebook is the ideal book offered. It is rally interesting throgh reading through time. Your way of life span will be enhance the instant you complete reading this ebook.*

-- **Antonina Friesen**