



The Juice Habit Made Easy: with tips, tricks & healthy fruit & vegetable recipes (The Personal Detox Coach's Simple Guide To Healthy Living Series) (Volume 1)

Jem Friar PDC

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Learn how to effortlessly adopt the routine of regular juicing in your life to boost your health & vitality! This book is for you if you: - are new to juicing - have already tried juicing but struggled to juice as much as you would have wanted to - you juice regularly but would love some more ideas about how to make juicing easier This information can be applied equally to home juicing for health, when following a juice diet for weight loss or doing a juice detox, juice cleanse or juice fast. The author is trained in Naturopathy & specializes in running juice fasting, health detox retreats. He brings a wealth of knowledge that can make it much easier to adopt a juicing lifestyle. The Juice Habit Made Easy firstly gives an overview of all of the benefits of juicing to inspire & inform you as to why it would be good to drink juices more often. The nutritional & detox benefits provided by fresh juices are awesome! It then details how to set yourself up for regular juicing by describing the different juicers that are available (with pros & cons) & letting you know what other equipment you will need in your kitchen. The tips & tricks section provides invaluable & very practical advice to help you to become "a juicer." These suggestions are the result of Jem having worked with & supported thousands of people to embrace healthier ways of living, so they are highly effective & easy to adopt. There is also a chapter on how to encourage children to get into fresh juicing. A must-read for any parent who is trying to make their children eat more healthily. Finally, there are a selection of juice recipes to make at home. These are delicious & varied to encourage the use of a wide range of fruits & vegetables when juicing. All in all this is an incredibly helpful & inspiring book that has been designed to improve your health & vitality by making it very easy to have more fresh juices in your daily life. Grab Your Copy Today - Boost Your Health & Vitality The Easy Way

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