



Complete Book of Juicing: Your Delicious Guide to Youthful Vitality

By Michael T. Murray N.D., Trillium Health Products

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“A must-read for anyone interested in juicing as a part of a healthy lifestyle.”
—Jay Kordich, “The Juiceman”

Freshly squeezed juice is the tastiest way to satisfy your nutrition needs while you quench your thirst. Now, one of the world’s leading experts on natural nutrition and health offers you clear information on the healing and revitalizing power of various fruit and vegetable juices combined with a mouthwatering collection of over 150 recipes. *The Complete Book of Juicing* reveals how specific juices can help:

- Combat cancer
- Relieve arthritis
- Lower blood pressure
- Resist aging
- Reduce high cholesterol
- Treat kidney stones and ulcers
- And much, much more!

You also get detailed nutritional information for each recipe plus a safe and effective (and optional) guide to fasting with juices. This is the only juice book you’ll ever need!

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Editorial Review

Review

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From the Inside Flap

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