



Complete Guide to Juicing for a Healthy Life (Paperback)

By Rod Stone

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Complete Guide to Juicing for a Healthy Life is the newest in the Healthy Food Series. It was written to help you in using food and nutrition to be healthy. It s well documented that many of us need to increase our daily intake of fruit and vegetables. Juicing is a great way to get your body pumped and primed for a lengthy workout session. When you juice, you cram loads of essential nutrients into one glass that will power your workout and improve your results. Hippocrates, the father of medicine said, Let food be thy medicine and medicine be thy food. When juicing is done right, that is when the majority of your juice blends is comprised of vegetables and very low sugar fruit you can easily boost your nutritional intake thereby improving your health and lower your risks for cancer.



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