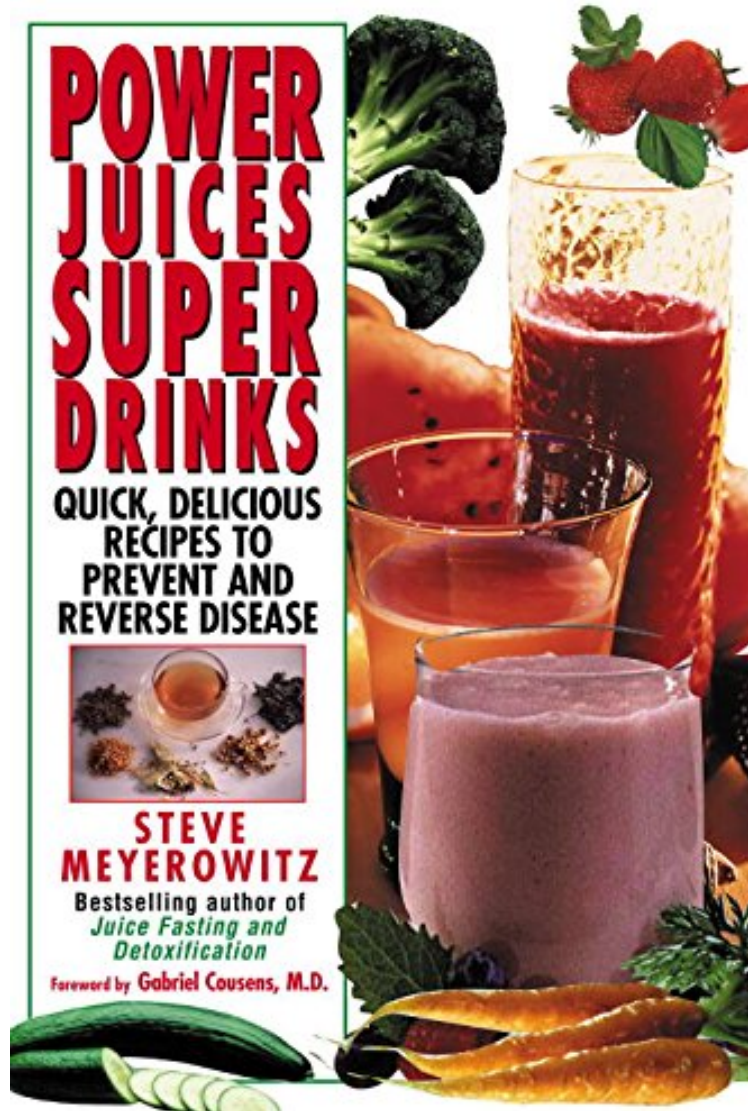


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Power Juices, Super Drinks: Quick, Delicious Recipes to Prevent and Reverse Disease

Steve Meyerowitz

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Steve Meyerowitz : Power Juices, Super Drinks: Quick, Delicious Recipes to Prevent and Reverse Disease
before purchasing it in order to gage whether or not it would be worth my time, and all praised Power Juices, Super Drinks: Quick, Delicious Recipes to Prevent and Reverse Disease:

10 of 10 people found the following review helpful. Too many additives required for juice recipesBy jmooseThis book has a lot of good information on nutrition and juicing. With that being said, the reason I gave it 4 stars is that 90% of

the juice recipes require additives. From powders to liquid extractions that has to be purchased from a health food store. Not what I was looking for in juice recipes. Natural juice only recipes are what I like. So if you don't mind purchasing a lot of additives to add to your juices or you are mainly looking for good nutritional and juicing for health information this is a great book. 0 of 0 people found the following review helpful. Love this book!!! By Nicole RI am a juicer for life, however I have yet to purchase a book like this until now! I have purchased the smoothie Bible and other books like that but this book gives you so much more information. Now I can truly set a goal to my juicing. This book covers a multitude of medical ailments and condition with ways to prevent or reverse them. I am a nurse so I am particularly excited about that part. I can't praise this book enough! Hope it's not copyright infringement but I took example photos of some of what the book covers. This is a must buy book for anyone worried about their health or just want to better their health. I can't wait to purchase other books from this author. 0 of 0 people found the following review helpful. Goodbye to sluggishness By CRAZY OSU BUCKEYE Lots of great drinks. Hide vegetables in the drinks with fruits / berries....read how to in here. Berries can be stored in freezer so they don't go bad. Ready to stick in blender. I stopped getting UTIs after starting this with simple recipes. Pineapple juice is in some of them. Most just need REAL vitamin C that's not man made vitamins. (junk). If you want the unsuspecting victims (husband and kids) to drink it - DON'T say its good for them even though it is... (reverse psychology). Buy a pineapple corer if you like fresh pineapple. So much easier. ~ \$ 3.95 ADD SOME (FOOD GRADE) DIATOMACEOUS EARTH (DE) TO YOUR DRINKS. www.diatomaceousearth.com

Bestselling author of Juice Fasting and Detoxification Steve Meyerowitz provides quick, delicious recipes to prevent and reverse disease. Featuring dozens of tasty and easy recipes, this guide will help readers tap into the restorative power of natural fruits and explains how drinking fresh juice can lead to improved health. An excellent read for anyone trying to make juicing quick and simple enough to fit into just about any lifestyle. Written by a nationally-recognized expert on the benefits of juicing, Power Juices, Super Drinks contains natural solutions for more than 100 conditions ranging from anemia, excess weight, chronic fatigue, and so much more. Learn how to help a headache with a two-ingredient juice. Discover how pineapple can help those suffering from arthritis. Other ailments and conditions discussed in Power Juices, Super Drinks include acne, depression, hot flashes, and pregnancy. Some of the herbs and foods, along with the most recent nutritional research about how they can help you, include: garlic, parsley, Echinacea, and much more.