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Juice, Smoothie, And Plant
Based Recipes Inspired By The
Joe Juice Documentary Fat, Sick, And
Nearly Dead

***The Reboot With
Joe Juice Diet
Cookbook: Juice,
Smoothie, And***

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With Joe Juice Diet Cookbook:
***Plant Based Recipes
Inspired By The Hit
Documentary Fat,
Sick, And Nearly***

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Dead
Juice, Smoothie, And Plant

*Teaches "you how to start using
juicing recipes today for weight loss
and better health, with 100 ...
juicing recipes, as well as a
complete guide to starting your own*

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juicing diet. Learn how to pick out the juicer and juicing recipes that are perfect for you. Discover the nutritional benefits of each ingredient, from oranges, to spinach, to wheatgrass, and find out how to create your own ...

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Detox your body naturally with a
healthy juice cleanse Renew your
body and revitalize your health with
a natural juice cleanse. Juice
Cleanse Recipes will show you how
to incorporate fresh, delicious fruit

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*and vegetable juices into a healthy
detox program to give your body a
nourishing boost while you
eliminate dangerous built-up toxins.
With over 125 fast and easy juice
cleanse recipes, and multiple detox
programs to fit your busy lifestyle,*

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*this comprehensive guide gives you
all the tools you need to lose
weight, restore optimal health, and
improve energy levels. Juice
Cleanse Recipes will make it easy
to restore balance to your system
and feel rejuvenated right away.*

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*Juice Cleanse Recipes will help you
kickstart a successful juice cleanse
today, with: · 125 flavorful juice
cleanse recipes to keep you
energized, such as Carrot-Orange
Juice, Papaya-Ginger Booster, and
Sweet Spinach-Basil Juice · Quick*

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*tips for creating delicious juice
cleanse recipes · Easy-to-follow
meal plans for a 1-, 3-, 5-, or 7-day
juice cleanse · Useful shopping lists
to help you save time and money ·
Handy fruit and vegetable nutrition
charts and measurement*

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*conversions Juice Cleanse Recipes
will show you how to create your
own successful detox program so
you can feel more youthful and
energetic than ever before.
Outlines a series of health "reboots"
that incorporate natural fruit and*

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*vegetable juices into the diet to
cleanse the system and improve
overall wellness.*

*365 delicious juice and smoothie
recipes - one for every day of the
year.*

Lose Weight & Feel Great in Just 5

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Days
Juice, Smoothie and Plant-based
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Documentary Fat, Sick and Nearly
Dead
Recipes for Living, Loving, and
Juicing Green

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The Reboot with Joe: Fully Charged
The Reboot with Joe Juice Diet
Recipe Book
365 juices + smoothies for every
day of the year

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Fresh juices have remarkable powers: they enable a clean inner system, while promoting weight loss, boosting energy and immunity, and enhancing natural

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beauty. The Juice Diet
offers more than 100
mouthwatering juice and
smoothie recipes divided
into three simple yet
super-effective diet
plans : Juice Blitz

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(quick weekend startup),
Based Recipes Inspired By The
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Juice Week (one-week
plan), and Juicing for
Nearly Dead
Life (a month-long
schedule). Additional
chapters cover juicing
for beauty, energy, and

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immunity, providing the
perfect balance to bring
out the body's true
potential.

Whether it's your first
Reboot, or your
fourteenth, or you just

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Reboot with Joe Juice
Diet Cookbook is full of
inspiration. Use the
recipes in this book as
a substitute for recipes

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in Joe's Reboot plans.
Or these are just great
recipes to have on hand
to combine with your
favorite healthy grains
or meat, or to enjoy on
their own!

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In Fully Charged, Joe
Cross shares what he's
learned since filming
Fat, Sick & Nearly Dead
about staying healthy in
an unhealthy world.

Whether you've followed

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the Reboot diet and are
looking for help in
sustaining your success,
or looking for advice
that will help you lose
weight and adopt a
healthy lifestyle, this

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book is full of
inspiration and
encouragement, as well
as practical tips for
diet, exercise, and
mindfulness. Adopt Joe's
7 keys and thrive! 1.

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Change Your Relationship
to Food (Don't Abuse
Food) 2. Change Your
Diet (Eat the Right
Stuff) 3. Change Your
Habits About Food (Find
a New Groove) 4. Embrace

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Community (Get a Little
Help From Your Friends)

5. Maintain the Machine
(Follow the Upkeep
Manual)

6. Practice
Mindfulness (Chill Out)

7. Respect Yourself

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'' Before I started
juicing, I was
overweight and taking
medication to treat an
autoimmune disease. By
drinking only fresh
vegetable and fruit

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Dead, I lost weight, got
off the medication, and
began to feel better
than ever! Today, I
still drink a lot of

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juice and eat a balanced
diet centered on fruits
and vegetables. But I've
also realized that
staying healthy is a lot
more complex than just
what you eat. I've

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distilled what I've
learned down to 7 keys
to health and happiness.

Paying attention to
these 7 keys helps me
thrive.' ' --JOE CROSS

A New York Times

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bestseller from
certified weight-loss
expert JJ Smith, Green
Smoothies for Life
offers a brand-new meal
plan to incorporate
green smoothies into

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your everyday routine
while developing
healthier long-term
eating habits and
improving your overall
health. More than a
weight loss plan, the

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Cleanse, designed by The
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nutritionist and
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certified weight-loss
expert JJ Smith, became
a way of life. Readers
reported that they not

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only shed pounds but
they also slept better,
thought more clearly,
and were in better over-
all health, with some
adherents, in
consultation with their

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doctor, even moving off
medication. As delicious
as her green smoothies
are, however, the
cleanser was designed
only to jumpstart a
detox and a new approach

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to eating—it's not a
Based Recipes Inspired By The
permanent solution. In
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her new book, Green
Nearly Dead
Smoothies for Life, the
highly anticipated
follow up to the #1 New
York Times bestseller

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10-Day Green Smoothie
Cleanse, Smith presents
a way that green
smoothies can be
incorporated into your
daily regimen. With over
thirty recipes for

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everything from hot
dinners to desserts and
snacks, sixty
thoughtfully composed
green smoothie recipes,
a thirty-day meal plan
and the corresponding

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shopping lists, the book
provides you with a step-
by-step prescriptive
daily regimen that shows
you how to eat mindfully
and healthily. In
addition to green

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smoothies and color
photographs of select
recipes, the book
includes more than
twenty effective methods
to detox (which helps
fuel weight loss),

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information on Smith's
DHEMM (Detox, Hormonal
Balance, Eat, Move and
Mental Mastery) weight
loss system, and
testimonials from
dieters who've change

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their approach to not
just food but also life
since while following
her advice. Whether you
are just starting out on
your weight loss journey
or already a smoothie

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convert, Green Smoothies
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for Life is the
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essential next step in
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continuing your pursuit
of a healthier
lifestyle.

My Year in a Women's

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Fully Charged
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Crazy Sexy Juice

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The Juiceman's Power of
Juicing
Lose Weight, Get Healthy
and Feel Amazing
*Discover Paleo Recipes
for Rapid Weight Loss:
50 Delicious, Quick &*

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*Easy Recipes to Help
Melt Your Damn Stubborn
Fat Away! Let me ask you
a few questions... Do
you find that you don't
have enough time to
prepare healthy and*

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*delicious meals and
snacks? Would you love
to have more energy, be
happier and feel
healthier every single
day? Do you want an
abundant supply of*

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*delicious, quick and
easy recipes at your
fingertips? If any of
the above questions made
you say "Yes," then this
book is for you! Inside
this book's pages,*

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*you'll be introduced to
the benefits of eating a
Palaeolithic diet while
getting 50 of the best
Paleo recipes out there
specifically designed
for weight loss and a*

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healthier version of
yourself. This book is
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point and organized in
such a way that you can
come back to it again
and again for easy

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*reference. Want to get
access to some
delicious, quick and
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*inside so we can get
started! Fat Loss Nation
Complete guide to using
juices to maximize
health and vitality.
Offers up-to-date
information on the value*

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*of juices in relation to
the body's needs.*

*Included are
comprehensive charts,
delicious recipes and
instructions on using
various juicing*

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equipment.

*"When I made my film
Fat, Sick & Nearly Dead
I literally was fat,
sick and nearly dead. I
was overweight, loaded
up on steroids and*

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*suffering from an
autoimmune disease. I
knew I had to
drastically change my
lifestyle. So I traded
in my typical junk food
diet and vowed only to*

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*drink fresh fruit and
vegetable juices for the
next 60 days. By juicing
fruits and vegetables, I
successfully lost the
weight and got myself
off all prescription*

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*drugs and truly Rebooted
my life. I live a happy
and balanced life at a
healthy weight and I
could never imagine
returning to my old ways
again. And you know*

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*what? If I can do it, so
can you!" JOE CROSS Joe
has distilled all he's
learned along his
incredible journey into
this book. Now you too
can take control of your*

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*diet and improve your
health by consuming more
fruits and vegetables.*

*It really is that
simple. When you consume
only juice, your system
is flooded with an*

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*abundance of vitamins,
minerals and nutrients
that help your body stay
strong and fight
disease. Includes 3-day,
5-day, 10-day, 15-day,
and 30-day Reboots! As*

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well as healthy-eating
plans, exercise tips,
the book includes
healthy inspiration for
your kitchen with Joe's
favourite juice,
smoothie, salad, and

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*other vegetable-focussed
recipes to help you feel
more energised and
healthy than ever.*

*Eating fresh fruits and
vegetables can boost
your energy level,*

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*supercharge your immune
system, and maximize
your body's healing
power. Convenient and
inexpensive, juicing
allows you to obtain the
most concentrated from*

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*of nutrition available
from whole foods. This A-
Z guide shows you how to
use nature's bounty in
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treatment of our most
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*This accessible book
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over 75 health problems,
telling you which fruits
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shown effective in*

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*combating specific
illnesses and why. Along
with hundreds of
delicious, nutrition-
rich juicing recipes,
this book provides
dietary guidelines, and*

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*Everything You Need to
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and Live Compassionately
in the Real World*

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Charged - 7 Keys to
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***Weight Loss, and Relief
from Scores of Common
Ailments***
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A NEW YORK TIMES BEST-
SELLER Since his documentary,
Fat, Sick & Nearly Dead, was
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worldwide sensation, Joe Cross
has become a tireless advocate
for the power of juicing. The
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brings us of the plan that allowed
him to overcome obesity, poor
health, and bad habits, and

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Juice, Smoothie, And Plant Based Recipes Inspired By The Hit Documentary Fat, Sick, And Nearly Dead presents success stories from others whose lives he ' s touched. Joe—who managed to lose one hundred pounds and discontinue all his medication by following his own plan—walks you through his life before juicing, sharing his self-

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defeating attitude toward food and fitness, and brings you along on his journey from obesity and disease to fitness, a clean bill of health, and the clarity of physical wellness. In addition to sharing Joe ' s inspirational story, The

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Reboot with Joe Juice Diet gives readers all the tools they need to embark on their own journey to health and wellness, including inspiration and encouragement, recipes, and diet plans.

Packed with 150 plant-based,

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Thrive nutritional philosophy,
Thrive Energy Cookbook brings
concepts that started the
functional, plant-based nutrition
revolution to life. Recipes are all

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vegan and allergen-free (or with
gluten-free options) to eliminate
wheat, yeast, gluten, soy, refined
sugar, and dairy from your diet.
Easy-to-make and performance-
enhancing, these chef-created
recipes merge purpose driven

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functionality (every ingredient
has a nutritional purpose) with
mouth-watering appeal. From the
alkaline-forming, plant protein-
packed Vanilla-Almond-Mocha
Motivator Smoothie to Roasted
Red Pepper & Sweet Potato

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Bowl, and desserts such as
Raspberry Chocolate
Pomegranate Tart, Thrive
Energy Cookbook will have you
quickly preparing nutrient-packed
and delicious dishes.

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Want To Lose Weight, Boost
Your Metabolism & Improve Your
Health? Saying "Diet Juice" three
times will not do the trick.

Discover how you can: Shed
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yummy juice recipes Give your

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metabolism a healthy boost with
fresh fruit & veggies Improve
your digestion & cleanse your
body with 50 mouthwatering
juices What Are You Waiting
For? Click "Buy Now" & Juice Up
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then you have probably heard about juice diet for weight loss, juice cleanse, juice detox and juice fasting. And you are probably confused. That's fine. This is not your typical juicing recipe book. Tim B. Rismo's

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juicing for weight loss guide will
offer you the opportunity to: Find
out more about juice diet & its
immense health benefits

Understand how juice diet works
& how it can help lose weight

Learn 50 easy & delicious juice

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recipes that will help you
effectively lose weight And the
best part? This weight loss juice
recipe book is fluff-free. Instead
of wasting your time with non-
essential details, you will be able
to learn exactly what you need in

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a simple and easy-to-follow way.
What's In It For You? Juicing is
one of the most convenient ways
to replenish your body with
essential vitamins, minerals,
antioxidants and other
micronutrients found in fresh fruit

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and vegetables. Plus, it's a great way to get your kids to eat their veggies. By the end of this comprehensive juicer recipe book for weight loss, you will be in a position to: Improve your overall health and balance your

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diet Feel more energized, more
productive and perform better
Make the yummiest juices for
you and your loved ones Click
"Add To Cart" NOW & Make The
First - And Most Delicious - Step
For Your Dream Body!

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Nutritional health expert Natalie
Savona improves on her
500,000-copy selling Big Book of
Juices & Smoothies, with this
even bigger book of recipes
guaranteed to boost your health
and vitality – a comprehensive

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introduction to juicing. The Big Book of Juices is a new edition of Natalie Savona's classic title, now with even more juices and smoothies and more than 250 photographs. It is founded on two basic principles. First, that

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juicing is easy if we simply adopt
the habit of it; and second, that
juicing every day is a delicious
way to get healthy and stay
healthy. Following a
comprehensive introduction to
juicing, 405 different juice and

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smoothie blends are divided up
into three central chapters:
Making Juices; Making
Smoothies; and Making
Quenchers (juices with a little
added something, such as soda
water, herbs or spices). Every

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blend is given an at-a-glance
nutrient profile (listing vitamins,
minerals and phytonutrients),
and a star rating on its merits as
an energy- and immune-booster,
a detoxer, and a tonic for the
skin. The recipes can be sourced

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in several ways: by fruit or
vegetable of choice (the chapters
are organized by main
ingredient); by health benefit (an
alphabetical chart lists
approximately 50 common
ailments or disorders, and cross-

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references them to the juices that will help overcome them); and by nutrient (a list is given of all the major vitamin and mineral nutrients, each with cross-references to the relevant recipes in the book). The last

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chapter – a juicing reference
section – includes the nutrient
and ailment charts as well as
suggested juice courses for
detoxing and immunity boosting,
making this the most practical
and comprehensive juice book

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on the market.

The Juicing Book

The Reboot with Joe Juice Diet

Lose weight, get healthy and feel
amazing

101 Smoothie Recipes

7-Day Juice Challenge

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All you need to create delicious
juices for your optimum health
Juice on with the Creator of Fat,
Sick and Nearly Dead

The Essential Guide to Juicing
Recipes and Juicing for Weight
Loss

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Don't eat your veggies,
drink them! If you're
one of the millions of
Americans who doesn't
get their recommended
daily amounts of fruits
and vegetables, juicing

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Juice, Smoothie, And Plant
is the perfect solution!

This book is packed with

150 recipes to make

consuming fruits and

veggies fast, delicious,

and fun, including:

Asparagus squash medley

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Grape citrus apple juice
Orange lemonade lift-off
Broccoli apple carrot
with parsley and lemon
juice Strawberry patch
juice This handy guide
explains why millions of

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people have turned to
juicing to help ward off
everyday disorders like
colds and migraines,
promote longevity, shed
excess pounds, and
prevent and treat

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serious diseases.

Whether you want to get
more nutrients, cleanse
your body of toxins, or
prevent disease and live
longer, juicing is the
answer!

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Green juicing and smoothie recipes combine the healing properties of vegetables, such as kale and spinach, with fruits full of flavor, antioxidants, and

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essential vitamins.

Whether you are looking
to lose weight, cleanse
your system, or are
seeking a daily health
supplement, THE GREEN
JUICING DIET PROVIDES A

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NUTRITIONAL PATH TO A
HEALTHIER YOU.

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Jump-Start Your Life in
Just Five Days! Juice It

to Lose It is the all-
new, easy juice diet
from The New York Times

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Joe Cross
has done all the hard
work already--all you
have to do is commit to

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five short days! In that
time, this simple,
foolproof plan--complete
with recipes--will jump-
start a change in your
life, health, and
waistline. Our bodies

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are built to feel and
look energized, vibrant,
happy, and healthy. But
if we eat too many
processed foods, we
begin to feel and look
sluggish. When that

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happens, our bodies are often slow to reset themselves the way they should. Joe's juice kick-start will help you get back to the way you're supposed to feel by

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knocking out all the
junk that's clogging
your system. The
shopping lists, meal
plans, and encouragement
from Joe in Juice It to
Lose It will make it

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simple and fun for you
to fill up on the
nutrient-dense, sunlight-
nourished foods that
will help restore your
body's balance. Whether
you're a long-time

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follower of Joe's
juicing diets or looking
for a brand new way to
turn your health around,
Juice It to Lose It is
here to help with a
fresh look at juicing.

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Give it five days, and
you will see and feel
the power of juicing!

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NETFLIX ORIGINAL SERIES

With a career, a

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boyfriend, and a loving family, Piper Kerman barely resembles the reckless young woman who delivered a suitcase of drug money ten years before. But that past

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has caught up with her.
Convicted and sentenced
to fifteen months at the
infamous federal
correctional facility in
Danbury, Connecticut,
the well-heeled Smith

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College alumna is now
inmate #11187-424—one of
the millions of people
who disappear “down the
rabbit hole” of the
American penal system.
From her first strip

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search to her final
release, Kerman learns
to navigate this strange
world with its strictly
enforced codes of
behavior and arbitrary
rules. She meets women

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from all walks of life,
who surprise her with
small tokens of
generosity, hard words
of wisdom, and simple
acts of acceptance.

Heartbreaking,

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hilarious, and at times
enraging, Kerman's story
offers a rare look into
the lives of women in
prison—why it is we lock
so many away and what
happens to them when

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they're there. Praise
for Orange Is the New
Black "Fascinating . . .
The true subject of this
unforgettable book is
female bonding and the
ties that even bars

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can't unbind."—People
(four stars) "I loved
this book. It's a story
rich with humor, pathos,
and redemption. What I
did not expect from this
memoir was the

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affection, compassion,
and even reverence that
Piper Kerman
demonstrates for all the
women she encountered
while she was locked
away in jail. I will

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never forget
it.”—Elizabeth Gilbert,
author of Eat, Pray,
Love “This book is

impossible to put down
because [Kerman] could
be you. Or your best

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Times "Moving . . .

Nearly Dead
transcends the memoir
genre's usual self-
centeredness to explore
how human beings can

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always surprise
you."—USA Today "It's a
compelling awakening,
and a harrowing one—both
for the reader and for
Kerman."—Newsweek
Super Juice Me!

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The Prevent and Reverse
Heart Disease Cookbook
How Fruits & Vegetables
Changed My Life
As seen in the hit film
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28 Day Juice Plan Over 125 Delicious, Life- Changing, Plant-Based Recipes

"Before I started juicing, I was
overweight and taking

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medication to treat an
autoimmune disease. By
drinking only fresh vegetable
and fruit juices while making
my film Fat, Sick & Nearly
Dead, I lost weight, got off the
medication and began to feel

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better than ever! Today, I still drink a lot of juice and eat a balanced diet centered on fruits and vegetables. But I've also realised that staying healthy is a lot more complex than just what you eat. I've

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distilled what I've learned down to 7 Keys to healthy and happiness. Paying attention to these 7 keys helps me thrive."

JOE CROSS In Reboot with Joe: Fully Charged, Joe Cross shares what he's learned about

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staying healthy in an unhealthy world since filming Fat, Sick & Nearly Dead. Whether you've followed the Reboot diet and are looking for help in sustaining your success or looking for advice that will help

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you lose weight and adopt a healthy lifestyle, this book is full of inspiration and encouragement, as well as practical tips for diet, exercise and mindfulness. 1. Change Your Relationship to Food

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(Don't Abuse The Food) 2.
Change Your Diet (Eat the
Right Stuff) 3. Change Your
Habits About Food (Find A New
Groove) 4. Embrace
Community (Get a Little Help
From Your Friends) 5. Maintain

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Mindfulness (Chill Out) 7.

Respect Yourself Adopt these 7
keys and thrive!

Before I started juicing, I was
overweight and on medication

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to treat an autoimmune disease. By drinking only fresh vegetable and fruit juices while making my film, Fat, Sick & Nearly Dead, I lost the weight, got off those drugs and started feeling better than ever! To

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keep healthy and happy today,
I drink a lot of juice and eat a
balanced diet centred on fruit s
and vegetables -this book will
help you feel great too!

"Kris Carr's Crazy Sexy Juice is
a completely original, up-to-

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date, and colorful (of course!)
guide to the wonderful world of
fruit and vegetable elixirs.

100+ all-new
recipes--developed especially
for this book--contain
superpowers ranging from

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immunity boosters,
inflammation fighters,
happiness helpers, longevity
leaders, mood fixers, and
booty enhancers. The all-green
healthful tonics and fruity and
refreshing potions are

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organized by function, including The Cleansers, The Healers, The Boosters, and The Beautifiers. Fiber-rich superfood smoothies are likewise categorized, as star pH Warriors, Body Boosters, Age

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Defiers, and Superheroes. A section on Nut Milks helps you get your protein power on. Not only are there enough recipes to keep your juicer and blender busy through every season, but Kris also addresses every

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concern you may have about juicing and blending. From selecting the right equipment for your needs and budget, to choosing and storing the most nutritious produce, she takes you through every aspect of

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the process--and helps make it
a habit that sticks for life.

Whether you're an old pro at
making liquid magic or if you're
just starting out, you will
experience juicing and
blending as a fun and delicious

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journey into the healing powers
of fresh, raw fruits and
vegetables, as well as nuts and
seeds. Here's what else you
can expect from this essential,
concise (crazy, sexy)
reference: Flavor combinations

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that tantalize your palate; Tips for blending and juicing on the go; Handy lists of helpful kitchen tools; The 411 on alkalinity and why it's important; A pick of the crop nutrient guide Handy

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substitutions for food sensitivities; Hints on handling mental and emotional hurdles that come with change; Plus an easy 3-day cleanse and so much more. Drink your veggies. Change your life. Join

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Kris Carr on yet another
adventure in health, happiness,
and the delicious food that can
make a powerful impact on
your overall vitality. Cheers!"--
The long-awaited cookbook
companion to the revolutionary

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New York Times bestseller
Prevent and Reverse Heart
Disease. "I hope you'll treat
yourself to one of these recipes
and just open that door. I
guarantee you won't close it!"
—Samuel L. Jackson Hundreds

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of thousands of readers have been inspired to turn their lives around by Dr. Caldwell B. Esselstyn's Jr.'s bestseller, Prevent and Reverse Heart Disease. The plant-based nutrition plan Dr. Esselstyn

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advocates based on his twenty-year nutritional study—the most comprehensive of its kind—is proven to stop and reverse even advanced coronary disease, and is built on the message the Esselstyn

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family has lived by for years:
Your health is truly in your own
hands, and what you eat
matters. Mother-daughter team
Ann and Jane Esselstyn have
decades of experience
developing delicious, healthful

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recipes for both their family
and Dr. Esselstyn's many
grateful patients. Now, they
combine their expertise to
offer you the cookbook
companion to Dr. Esselstyn's
groundbreaking book, with

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more than 125 easy and mouthwatering recipes, brimming with nourishment for your heart and your overall health. From their quick and easy meals like Fast Pasta and Greens and delicious "Sloppy

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Joel's" to their indulgent desserts like their signature Kale Cake and Minty Frozen Chocolate Balls, these recipes will empower you to reclaim your health and discover the pleasures of eating plant-

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based.

100+ Simple Juice, Smoothie &
Nut Milk Recipes to

Supercharge Your Health

Green Juicing Diet

Juice Diet for Rapid Weight

Loss

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Weight Fast

Green Smoothie Joy

The Everything Juicing Book

7lbs in 7 Days Super Juice Diet

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Holdings**

**Overweight, loaded up on
steroids, and suffering from a
debilitating autoimmune disease,
Joe was at the end of his rope and**

the end of his hope. With doctors and conventional medicine unable to help, Joe traded in junk food and hit the road with a juicer and generator in tow, vowing only to drink fresh fruit and vegetable juice for 60 days. Across 3,000

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**miles, Joe had one goal in mind: to
get off his pills and achieve a
balanced lifestyle.**

**The Juice Lady, Cherie Calbom,
provides all of her most popular
recipes for juicing, smoothies,
shakes, soups, and sauces, in one**

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complete volume.

DIETS & DIETING. "Before I
started juicing, I was overweight
and taking medication to treat an
autoimmune disease. By drinking
only fresh vegetable and fruit
juices while making my film **Fat,**

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**Sick & Nearly Dead, I lost weight,
got off the medication and began
to feel better than ever! Today, I
still drink a lot of juice and eat a
balanced diet centered on fruits
and vegetables. But I've also
realised that staying healthy is a**

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**lot more complex than just what
you eat. I've distilled what I've
learned down to 7 Keys to healthy
and happiness. Paying attention to
these 7 keys helps me thrive."**

**JOE CROSS In Reboot with Joe:
Fully Charged, Joe Cross shares**

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**what he's learned about staying
healthy in an unhealthy world
since filming Fat, Sick & Nearly
Dead.**

The Juicing Bible

**A Guide to the Benefits of Fresh
Fruit and Vegetable Juicing**

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Green Juice Detox Plan for
Beginners-Includes Green
Smoothies and Green Juice
Recipes**

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Juice, Smoothie, And Plant
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**Lose up to 7lbs in 7 days
with The Juice Master Jason
Vale's ultra-fast 1-week
super juice cleanse. The**

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**man who helped Jordan to
get her post-baby body back
has designed a healthy and
effective diet and exercise
programme to reshape your
body in just one week, but
with lasting results.**

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**From the author of 101
Juice Recipes and the New
York Times best-seller, The
Reboot with Joe Juice Diet,
comes a new collection of
healthy, plant-based recipes
- this time in smoothie**

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**form. The book features
101 delicious recipes,
containing Joe Cross'
favorite ingredients, some
of which can't be juiced,
such as nuts, nut milks,
avocados, and even**

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**chocolate, in its purest
form. Recipes are organized
by color to ensure you
receive a wide spectrum of
nutrients and flavors. Have
a health condition? Follow
the key that indicates what**

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**juices are best for fighting
specific conditions like
diabetes, high cholesterol,
osteoporosis, etc. If you're
new to blending, this book
includes detailed tips on
how to prepare your**

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**ingredients to save you time
and help your smoothies
taste delicious.**

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super juice cleanse. The**

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**one-week super juice diet
with fast, body-
transforming results from
the UK's leading health
coach and seminar leader
Jason Vale - aka The Juice
Master. This highly**

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**motivational and hard-
hitting programme for
effective, speedy weight
loss has made health
headlines around the world.
Now updated with sizzling
new content and a new**

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**cover, 'The Juice Master
Diet' can help you look
sensational in that little
black dress or give you a
beach-perfect body in no
time. With this simple diet
and exercise programme**

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**combined with Jason's
inspirational coaching, you
will not only lose weight but
have higher energy levels,
clearer skin, more
motivation and - best of all -
be free from the dieting**

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**trap forever. Not only will
Jason Vale's carefully
designed juicing plan help
you diet more effectively
than ever before, it will also
power-pack your body with
nutrients and enzymes for**

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**the ultimate body boost and
help you keep weight off
permanently. Reshape your
body in just one week by
following Jason Vale's
effective juicing
programme, and feel**

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**invigorated and energised
while you do it!
Hollywood celebrities are
doing it. Corporate moguls
are doing it. But what about
those of us living in the real
world—and on a real**

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**budget? Author and holistic
health practitioner Victoria
Moran started eating only
plants nearly thirty years
ago, raised her daughter,
Adair, vegan from birth,
and maintains a sixty-pound**

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**weight loss. In Main Street
Vegan, Moran offers a
complete guide to making
this dietary and lifestyle
shift with an emphasis on
practical "baby steps,"
proving that you don't have**

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**to have a personal chef or
lifestyle coach on speed dial
to experience the physical
and spiritual benefits of
being a vegan. This book
provides practical advice
and inspiration for**

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everyone—from Main Street
to Wall Street, and
everywhere between.

"Finally, a book that isn't
preaching to the vegan
choir, but to the people in
the pews—and the ones who

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**can't fit in those pews. This
is a book for the Main
Street majority who aren't
vegans. Once you read this,
you'll know it's possible to
get healthy and enjoy doing
it—even if you live in**

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**Paramus or
Peoria."—Michael Moore "A
great read for vegans and
aspiring vegans."—Russell
Simmons "Yet another
divine gift from Victoria
Moran. Main Street Vegan**

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**covers it all—inspiration,
information, and out of this
world recipes. This book is
a gem."—Rory Freedman, co-
author Skinny Bitch "Main
Street Vegan is exactly the
guide you need to make**

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**changing the menu
effortless. Victoria Moran
covers every aspect of plant-
based eating and cruelty-
free living, with everything
you need to make healthy
changes stick."—Neal**

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**Barnard, MD, president,
Physicians Committee for
Responsible Medicine, and
NY Times bestselling
author of 21-Day Weight
Loss Kickstart "A great
book for anyone who's**

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**curious about veganism. It
shows that not all vegans
are weirdos like me."—Moby**

**Juicing for Beginners
Paleo Recipes for Rapid
Weight Loss
50 Delicious, Quick and**

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**Easy Recipes to Help Melt
Your Damn Stubborn Fat
Away!**

**Main Street Vegan
More than 400 Natural
Blends for Health and
Vitality Every Day**

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**Green Smoothies for Life
Over 100 Recipes Inspired
by the Film 'Fat, Sick and
Nearly Dead'**

The secret to staying
healthy, looking young,
getting trim, and feeling

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great? The natural healing
power of fresh fruit and
vegetable juices. The
Juiceman®'s Power of Juicing
shows how you can use fresh
juice combinations to
improve your health. Simple,
flavorful recipes for drinks

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such as Grape-Pineapple
Punch, Carrot-Cantaloupe
Coolers, and Pear-Apple, And
Cocktails can help you lose
weight, overcome fatigue,
reduce your risk of many
serious diseases, and
relieve scores of common

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ailments. The Juiceman®'s
Power of Juicing is the
ultimate guide, for Sick, And
beginners and for avid
juicers, to the health
revolution that will give
you more energy and have you
feeling and looking better

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Off the back of his Sick, And
groundbreaking and
critically acclaimed film,
Super Juice Me! The Big
Juice Experiment, comes
Jason Vale's most

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comprehensive juice
programme to date.
The latest recipe book from
Joe Cross, star of the
inspiring weight loss
documentary Fat, Sick &
Nearly Dead, contains 101
delicious juice recipes

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(with 101 pictures!) to
Based Recipes Inspired By The
Hit Documentary Fat, Sick, And
you slim down, and satisfy
your taste buds. The recipes
include everything from
Joe's signature Mean Green
Juice to exciting new juices
like the Green Honey, Mexi

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Cali and the Peach Chai.
Based Recipes Inspired By The
Whether you're new to
Hit Documentary Fat, Sick, And
juicing, looking to complete
Nearly Dead
a Reboot or just want to add
variety to your daily
juicing routine, this book
is for you. The recipes are
organized by color to ensure

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you enjoy a range of flavors
and more importantly,
receive a wide spectrum of
nutrients. Have a health
condition? Follow the key
that indicates what juices
are best for fighting
specific conditions like

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diabetes, high cholesterol,
osteoporosis, etc. You'll
also find guidelines for
cleaning and storing your
fruits and veggies and a
substitution chart if you
want to swap fruit and
veggies you don't like or

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are hard to find in your
area. Try a new juice every
day!

Juice fasting can be a
powerful, transformative
undertaking that does
absolute wonders for the
body. From detoxifying and

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cleansing, to weight loss,
to increased energy and a
reinvigorated digestive
system, a juice fast can
transform the body in a
matter of weeks, or even
days. However, maintaining a
fast can also be a difficult

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undertaking without proper
instruction and an
understanding of the
nutritional components of
the fast - so clear guidance
and recipes that satisfy the
palate are essential to
success. The authors of The

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Complete Idiot's Guide® to
Juice Fasting take readers
through a number of, Sick, And
different fasts and help
Nearly Dead
them choose the right fast
to lose the pounds, cleanse
their systems of undesirable
waste and toxins, and be on

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their way to feeling renewed
and recharged. The authors
arm readers with over 75,
fantastically delicious and
powerful juice recipes that
will not only give readers
what they crave in taste,
but will help them fully

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Juicing for Life
The Juice Diet
Juice It to Lose It
Orange Is the New Black
Thrive Energy Cookbook

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Fat, Sick, & Nearly Dead
From Acai to Zeolite,
Everything You Need to
Create Amazing Recipes

Jump-Start Your Life in Just Five Days
How often have you said, "Today is
the day " when deciding to making a
major change in your life, only to find

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yourself saying the same thing the next day? This new book from juice guru Joe Cross--New York Times best-selling author and creator of the documentary Fat, Sick & Nearly Dead--will help you leap over the hurdles blocking your way to finally getting your health and weight back

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under control. It's all about bursting through the mental barriers that have been holding you back, and to do that, you only have to commit to five short days. In that time, the simple, foolproof Juice It to Lose It plan will jump-start a change in your life, health, and waistline. The fresh new recipes,

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shopping lists, meal plans, and encouragement from Joe in Juice It to Lose It will make it simple and fun for you to fill up on the nutrient-dense, sunlight-nourished foods that will help restore your body's balance. Whether you're a long-time follower of Joe's juicing diets or looking for a brand new

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way to turn your health around, Juice It
to Lose It is here to help with a fresh
look at juicing. Give it five days, and
you will see and feel the power of
juicing

Green smoothies like Ginger Green.

The Big Book of Juices

Juice Cleanse Recipes: Juicing Detox

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The Complete Idiot's Guide to Juice
Fasting

7 Keys to Losing Weight, Staying
Healthy and Thriving

A Complete Guide to the Juicing of

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Health Recipes Inspired By The
Over 75 Fresh and Tasty Recipes to
Cleanse and Nourish Your Body