

# Hurricane Manual Stainless Steel Wheatgrass Juicer

The Green Aisle's Healthy JuicingThe Wheatgrass BookHomegrown SproutsScience and Technology in Historic PreservationCrazy Sexy JuiceCrazy Sexy DietGuide to Weed Control, Field Crops - Pub 75AThe Business of FoodBe Your Own DoctorThe Ultimate Guide to Healthy JuicingThe Tao of FertilityMicrogreen GardenRecipes for Longer LifeMasters Theses in the Pure and Applied SciencesLDS Preparedness ManualSPIN-farming BasicsEnd Times Health WarThe Hippocrates Diet and Health ProgramWheatgrass, Sprouts, Microgreens, and the Living Food DietThe Permaculture HandbookRebuild Your HealthJuice AliveThe Sprout BookThe Hood Health HandbookThe Encyclopedia of Country LivingMicrogreensWheatgrassGreat Sausage Recipes and Meat CuringThe Mittleider Gardening CourseThe Sprouting BookRaw Vegetable JuicesWhy Suffer?Vetiver GrassHow to Grow Glorious Wheatgrass at Home TutorialThe Human-Powered HomeAmerican Regional CuisineA Dictionary of English Synonymes and Synonymous Or Parallel ExpressionsSite Planning and Design Handbook, Second EditionThe Microgreens CookbookGreat Inventions that Changed the World

## The Green Aisle's Healthy Juicing

Fasting is a great way to cleanse the body. During a fast, the body's natural processes change; waste is cleared from the digestive tract and chemicals stored in fat and other tissues are released. The right detox program can mean your clarity and focus improves; your sense of strength, energy, and happiness increases; your food cravings minimize; and you may even lose weight. In this book, certified health coach Michelle Savage aims to help readers restart, reset, and reclaim their lives by offering two types of juice cleanses: a 7-day cleanse, perfect for those who want to jump in with two feet, and a 30-day cleanse, great for those who are a bit hesitant to commit or whose lifestyles cannot support the shorter approach. First, learn all about the benefits of juicing, detoxing, fasting, and cleansing and how to do it the right way. Then, start juicing! The Green Aisle's Healthy Juicing includes meal plans complete with recipes for both juices and light snacks and meals for whichever cleanse you choose.

### **The Wheatgrass Book**

Ann Wigmore's Recipe for Longer Life describes her transition from a conventional diet to one of natural raw foods, sprouts, and food combining. Includes sprouting techniques, fermenting of vegetables, and menus for all day.

### **Homegrown Sprouts**

Sprouts are the ultimate in local food—harvested no further away than your kitchen counter, they are fresh, delicious, and versatile. *Homegrown Sprouts* is the complete guide to growing your own sprouts. Choose the right sprouter for you, be it a jar, a bag, or a tray, and learn the techniques to use it. Grow a wide variety of sprouts, including wheatgrass, leafy greens, mung beans, and alfalfa. Enjoy them on their own, or discover a variety of serving suggestions from salads to soups to juices. There's even a chapter on sprouting for your pets. Whatever the season, *Homegrown Sprouts* will take you on a germinating journey that you won't soon forget. When you learn how easy it is to grow nutrition-packed sprouts in your own home, you'll want to use them in every dish you make!

### **Science and Technology in Historic Preservation**

New England clam chowder . . . New Orleans gumbo . . . Southern fried green tomatoes . . . Texas barbecue . . . Each region of the United States has its own cuisine, with distinctive ingredients, techniques, and recipes. From north to south and from east to west, *American Regional Cuisine* explores this tremendous culinary diversity in a comprehensive cookbook and guide to the nation's cuisines. By placing each cuisine within its historical and cultural context, the book offers readers a deeper understanding of each cooking style and the qualities that make it unique. From the blue cornmeal and jalapeno peppers of the southwest to the zesty spices of Cajun cooking, it covers the indigenous ingredients whose flavor

and character do so much to give dishes their special regional "accent." Two hundred delicious recipes-twenty for each type of cuisine-are introduced by well-known chefs and restaurateurs, including Bert Cutino (owner of The Sardine Factory, Monterey, California), Michael Foley (owner of Printer's Row, Chicago), and Allen Susser (owner and executive chef of Chef Allen's, Miami). The recipes are drawn from every part of the menu, from appetizers to desserts, and detailed instructions ensure that nothing is left to chance in the kitchen. Perfect for anyone who wants to learn how to cook "fluently" in the language of the nation's regional cuisines, this book will bring new variety-and authenticity-to any cooking repertoire.

### **Crazy Sexy Juice**

"I read the entire growing glorious wheatgrass book by Eryn Paige recently. Actually, I couldn't put it down - I loved it. It's amazing! The pictures are beautiful. You really captured what the seeds, soil, trays, sprayer, sifter - really look like. I'm a visual person so the pictures did the trick for me. I followed your wheatgrass growing instructions and have made tray after tray of beautiful wheatgrass. The wheatgrass tasted like the wheatgrass I have had previously, but was milder. I was able to drink a shot without gagging. With your instructions, this whole process from seed to juice was very easy. I'm amazed at how well my wheatgrass is growing - it's thriving!" - An honest review from a happy wheatgrass grower. Learn

how to grow thriving wheatgrass with over 200 beautiful pictures to guide you in this How to Grow Glorious Wheatgrass at Home Tutorial - With Salty Sea Mineral Eco-Fertilization for Superior Mineral Rich Soil. You will learn how to effectively grow this unsurpassed green vegetable in an especially nutrient rich way. This tutorial specifically zeros in on how to successfully grow wheatgrass at home. You will learn why good soil selection truly matters, how to exceptionally fertilize your soil in a safe manner, how to foliar feed your wheatgrass, how to select the right seeds, how to properly water, how to overcome challenges with mold, plus so much more. The growing wheatgrass instructions can be used to grow barley grass as well. It also contains research resources on the benefits of wheatgrass. Eryn Paige embraces the unrefined and truly mineral rich "sea salt" nourishment from the ocean to powerfully fertilize the appreciative wheatgrass - a fertilization method which she believes holds tremendous promise for an enhanced tomorrow. Glorious wheatgrass and its remarkable juice awaits you!

### **Crazy Sexy Diet**

### **Guide to Weed Control, Field Crops - Pub 75A**

The juice of fresh fruits and vegetables provides a powerhouse of antioxidants,

vitamins, minerals, and enzymes. The trick is knowing which juices can best serve your individual needs.

### **The Business of Food**

Discusses the importance of nutrition in physical fitness and recommends a vegetarian diet designed to reduce weight and improve general health

### **Be Your Own Doctor**

The Wheatgrass Book is written by Ann Wigmore - the woman who introduced wheatgrass juice to America 30 years ago. Ann's book contains a wealth of information on wheatgrass - from its nutrient properties to ways of easily growing it for the home juicer. Chapters include: green power from wheatgrass, how wheatgrass chlorophyll works, super nutrition from wheatgrass, how to grow and juice wheatgrass and the many uses of wheatgrass. This is a must for the person serious about incorporating wheatgrass into his or her health regimen.

### **The Ultimate Guide to Healthy Juicing**

## **The Tao of Fertility**

The author of the best-selling *Crazy Sexy Cancer Tips* and *Crazy Sexy Cancer Survivor* takes on the crazy sexy subject of what and how we eat, drink, and think. [Crazysexydiet.com](http://Crazysexydiet.com) On the heels of Kris Carr's best-selling cancer survival guidebooks and her acclaimed TLC documentary comes her new journey into a realm vital to anyone's health. Infused with her signature sass, wit and advice-from-the-trenches style, *Crazy Sexy Diet* is a beautifully illustrated resource that puts you on the fast track to vibrant health, happiness and a great ass! Along with help from her posse of experts, Carr lays out the fundamentals of her *Crazy Sexy Diet*: a low-glycemic, vegetarian program that emphasizes balancing the pH of the body with lush whole and raw foods, nourishing organic green drinks, and scrumptious smoothies. Plus, she shares the steps of her own twenty-one-day cleanse, and simple but delectable sample recipes. In ten chapters with titles such as, "pHAbulous," "Coffee, Cupcakes and Cocktails," "Make Juice Not War," and "God-Pod Glow," Carr empowers readers to move from a state of constant bodily damage control to one of renewal and repair. In addition to debunking common diet myths and sharing vital tips on detoxifying our bodies and psyches—advice that draws both on her personal experience as a cancer survivor and that of experts—she provides helpful hints on natural personal care, how to stretch a dollar, navigate the grocery store, eating well on the run, and working through the inevitable pangs and cravings for your old not-so-healthy life. *Crazy Sexy Diet* is a

must for anyone who seeks to be a confident and sexy wellness warrior.

### **Microgreen Garden**

Microgreens, the young seedlings of herbs, vegetables, beans, seeds, and grains, contain four to six times the vitamins and phyto-nutrients found in mature leaves of the same plants. This comprehensive resource explains how to grow microgreens at home, both inexpensively and easily. It provides detailed instructions for selecting seeds and soil, along with guidance on proper temperature, light, and ventilation. Also covered are methods for both small- and large-scale growing of microgreens, how to extend harvests, and techniques for preventing contamination by bacteria and mold. Filled with how-to information and vibrant full-color photos by the author, the book explores every aspect of this unique form of gardening. Included is a helpful guide to 55 species of microgreens, which profiles each green according to its flavor, preferred cultivar, special handling needs, and more.

### **Recipes for Longer Life**

Dubbed a culinary buzzword by National Public Radio, microgreens-vegetables harvested soon after sprouting- are expected to be one of 2009's hottest food

trends. With simple instruction, Microgreens teaches how to plant, grow, and harvest microgreens from one's own garden. The small amount of space needed to grow microgreens-a porch, patio, deck, or balcony will do--allows anyone to easily incorporate them into their daily meals, and the greens' nutritional potency make them a must-eat in a healthy diet.

### **Masters Theses in the Pure and Applied Sciences**

This third edition of a classic first published over twenty years ago presents Ann's beliefs about disease caused by the effects of bad digestion and poor nutrition along with the components of the Living Foods Lifestyle she created to reverse debilitating diseases and regain health. From primers on indoor gardening and composting, a discussion on the importance of having a healthy colon, instructions for making your own Rejuvelac, Energy Soup, and wheatgrass juice--the pillars of her living foods diet-- to an emphasis on relaxation and positive visualization, readers are given a sound toolkit for achieving better health. A section of simple recipes for raw food dishes is also included.

### **LDS Preparedness Manual**

An esteemed doctor who has helped countless women achieve their dream of

having a child offers his program for enhancing fertility through traditional Chinese medicine (TCM). Dr. Daoshing Ni, descended from more than 70 generations of Taoist masters, has achieved renown among high-tech infertility specialists, TCM practitioners, and his many devoted patients. The Tao of Fertility is the first book combining a practical plan for conceiving using TCM with empowering Taoist principles that can carry you through pregnancy, childbirth, and beyond. Structured according to a woman's journey to conception, The Tao of Fertility includes: A questionnaire assessing fertility potential A 28-day fertility enhancement program Simple meditations and acupressure points to improve reproductive circulation and relaxation Guidelines for mapping your fertility using Chinese methods of diagnosis Information on how herbs and acupuncture can increase fertility Eating plans for pregnancy, postpartum, and while breast-feeding. and much more Enriched by moving stories of women who became pregnant using TCM, this is a compassionate, comprehensive handbook.

### **SPIN-farming Basics**

Recipes are combined with advice in food preservation, gardening, beekeeping, raising livestock, soap making, and other farm and household activities.

### **End Times Health War**

Technology transfer has played an increasingly important role in historic preservation during the latter half of the twentieth century, a situation attested to by the undertaking of an important congressional study in 1986 that assessed the role of federal agencies in the field. In this book leading researchers update the earlier findings and contribute state-of-the-art reviews and evaluations of technological progress in their areas of expertise.

### **The Hippocrates Diet and Health Program**

What if I could harness this energy? An unusual question for anyone putting in a long stint on a treadmill perhaps, and yet human power is a very old, practical and empowering alternative to fossil fuels. Replacing motors with muscles can be considered a political act -- an act of self-sufficiency that gains you independence. The Human-Powered Home is a one-of-a-kind compendium of human-powered devices gathered from a unique collection of experts. Enthusiasts point to the advantages of human power: Portable and available on-demand Close connection to the process or product offers more control Improved health and fitness The satisfaction of being able to make do with what is available This book discusses the science and history of human power and examines the common elements of human-powered devices. It offers plans for making specific devices, grouped by area of use, and features dozens of individuals who share technical details and photos of their inventions. For those who want to apply their own ingenuity, or for

those who have never heard of human-powered machines, this book is a fine reference. For those who are beginning to understand the importance of a life of reduced dependency on fossil fuels, this book could be a catalyst for change.

### **Wheatgrass, Sprouts, Microgreens, and the Living Food Diet**

"Kris Carr's Crazy Sexy Juice is a completely original, up-to-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 immunity boosters, inflammation fighters, happiness helpers, longevity leaders, mood fixers, and booty enhancers. The all-green healthful tonics and fruity and refreshing potions are 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 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 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 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 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 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 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 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 Permaculture Handbook**

The Hood Health Handbook is a comprehensive source of information and insight on nearly every health issue faced by the urban community. In plain language, the authors draw on well-known examples from urban culture to illustrate what works and what doesn't. Focusing on natural and affordable approaches, the authors provide recommendations that anyone can put to practice. Volume One focuses on the status of health in the urban community, the "wrong foods" that make us unhealthy, the history of diet and healthcare among Black and brown people (focusing on how things changed for the worst), the diseases and illnesses that plague our communities, and holistic (natural) methods to heal and treat ourselves into wellness.

## **Rebuild Your Health**

"What is the Mittleider Gardening Method? A complete gardening system developed by Dr. Jacob R. Mittleider which guarantees high-yields, no guesswork, and success anywhere in the world." -- partial back cover.

## **Juice Alive**

## **The Sprout Book**

Explains how to smoke brine, and cure meats, demonstrates sausage making techniques, provides recipes, and tells how to start a sausage-making business

## **The Hood Health Handbook**

Essential site planning and design strategies, up-to-date with the latest sustainable development techniques Discover how to incorporate sound environmental considerations into traditional site design processes. Written by a licensed landscape architect with more than 20 years of professional experience, this authoritative guide combines established approaches to site planning with

sustainable practices and increased environmental sensitivity. Fully revised and updated, *Site Planning and Design Handbook, Second Edition* discusses the latest standards and protocols-including LEED. The book features expanded coverage of green site design topics such as water conservation, energy efficiency, green building materials, site infrastructure, and brownfield restoration. This comprehensive resource addresses the challenges associated with site planning and design and lays the groundwork for success. *Site Planning and Design Handbook, Second Edition* explains how to:

- Integrate sustainability into site design
- Gather site data and perform site analysis
- Meet community standards and expectations
- Plan for pedestrians, traffic, parking, and open space
- Use grading techniques to minimize erosion and maximize site stability
- Implement low-impact stormwater management and sewage disposal methods
- Manage brownfield redevelopment
- Apply landscape ecology principles to site design
- Preserve historic landscapes and effectively utilize vegetation

## **The Encyclopedia of Country Living**

Filled with essential vitamins, proteins, and enzymes that cleanse, rejuvenate, and heal the body, sprouts just might be the perfect food. In *The Sprouting Book*, nutritionist Ann Wigmore unlocks the secrets to one of nature's most beneficial foods, arming readers with all they need to know in order to eat, grow, and reap the benefits of sprouts. This comprehensive guide offers:

- Information on how

sprouts work to strengthen your immune system, boost your metabolism, and increase your energy Methods on how to grow the best-looking, best-tasting sprouts for you and your family Facts on how sprouts can help to heal illness and improve your health More than fifty quick, simple, and delicious sprout recipes A trusted and celebrated source from a pioneer in natural health, The Sprouting Book is the perfect guide for dieters, vegetarians, athletes, or anyone who wants to look good and feel better.

### **Microgreens**

Here is everything you need to know about this wonder plant and its miracle cures. Get step by step, detailed information on how to grow wheatgrass and use it for maximum therapeutic benefit in a total health restoration program. Includes real life testimonies by real people who have used wheatgrass to heal themselves after the medical establishment had given up on them.

### **Wheatgrass**

Creative recipes for cooking with microgreens--the flavor-packed shoots of young herbs and leafy greens--a popular new ingredient used both by top restaurant chefs and home cooks. This beautifully designed cookbook will appeal to health-

conscious home chefs and gardeners and those looking to expand their interest in sustainable consumption, with a collection of mouthwatering recipes for easily incorporating the healthy and nutritious baby greens into everyday meals. The East End's Good Water Farms teamed up with top food bloggers and chefs to offer creative, microgreens-driven recipes. Traditionally used more for garnish, here microgreens are elevated to key ingredients in unexpected and delicious ways. More than twenty varieties of microgreens are featured. The sixty recipes include roasted figs with lemon balm and fennel microgreens; grilled red cabbage and purple radish daikon noodles with red shiso microgreen dressing; Parmesan and farro "risotto" with truffle, roasted monkfish, arugula, fennel, and red mustard microgreens; and coconut water microgreen pops. Along with artful photography of plated dishes, this comprehensive cookbook includes a section on how to save money by easily growing your own microgreens at home year-round and a microgreens glossary.

### **Great Sausage Recipes and Meat Curing**

Published since 1947, OMAFRA's Guide to Weed Control has been the definitive resource for the summary of herbicide options to control weeds in agricultural crops. The 2018 edition has been split into two versions, as was common place during the 1950's. This is the field crops version (Pub 75A) while a horticulture crop version (Pub 75B) can also be purchased.

## **The Mittleider Gardening Course**

### **The Sprouting Book**

A step-by-step guide to creating resilient and prosperous households introduces permaculture as a practical way to live well with less money, convert waste into wealth, and reduce dependence on fossil fuels.

### **Raw Vegetable Juices**

Whats missing on your bookshelf? This new addition!! The lack or deficiency of certain elements, such as vital organic minerals and salts from our customary diet is the primary cause of nearly every sickness and disease. How can we most readily furnish our body with the elements needed? It is hoped that this delightful book will prove to be of considerable help to those who wish to derive the utmost benefit from natural food.

### **Why Suffer?**

SPIN-Farming Basics outlines how to make money growing common vegetables in

backyards, front lawns, neighborhood lots or as part of larger acreages in the country. SPIN stands for small plot intensive, and SPIN-Farming Basics provides everything you'd expect from a good franchise: a business concept, marketing advice, financial benchmarks and a detailed day-to-day workflow. It is non-technical, easy-to-understand and inexpensive-to-implement and shows readers how to farm commercially wherever they live, as long as there are nearby markets to support them.

### **Vetiver Grass**

Overcome the enemy's assault against you and your family's health! The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. (John 10:10) Is a good diet really that important? Is healthy living just a fad—or is it a vital key that protects you from the devil's end-time assault? Steve Wohlberg delivers a prophetic health "survival guide" that will equip you for victory in these last days. In this timely book, you will... Learn... how toxins, additives, chemicals and junk food are strategies of spiritual warfare aimed against the body of Christ Discover... simple secrets such as good diet, sunlight, water and exercise that overcome demonic attacks against your health Be equipped... to have the winning edge against the tactics satan uses to "steal, kill, and destroy" your health and the health of your family. Your body is the temple of the Holy Spirit. The devil knows this, and it terrifies him. This is why his attack is so stealth

and so lethal. It's time to take back your health, and the health of those you care about as you walk in victory over the enemy in this end-time health battle.

### **How to Grow Glorious Wheatgrass at Home Tutorial**

Discover the inventions that have made our world what it is today A great invention opens the door to a new era in human history. The stone axe, for example, invented some 2 million years ago in East Africa, enabled us to enter the human path of endless improvements through inventions. The taming of fire enabled us to cook food as well as leave the warmth of Africa and move to the frigid lands of the North. From the stone axe to the computer and the Internet, this book provides a fascinating tour of the most important inventions and inventors throughout history. You'll discover the landmark achievements and the men and women that made the world what it is today. Great Inventions That Changed the World is written by Professor James Wei, a renowned educator and engineer who holds several patents for his own inventions. Following an introductory chapter examining the role of inventors and inventions in fueling innovation and global advancement, the book is organized to show how inventions are spurred by human needs and desires, including: Work Food, clothing, and housing Health and reproduction Security As you progress through the book, you'll not only learn about inventions and inventors, but also the impact they have had on our lives and the society and environment in which we live today. Inventions solve problems, but as

this book so expertly demonstrates, they can also directly or indirectly create new problems as well, from pollution to global warming to bioterrorism. By enabling us to understand the impact of inventions throughout history, this book can help guide the next generation of citizens, decision makers, and inventors.

### **The Human-Powered Home**

### **American Regional Cuisine**

This handbook has been prepared to support fieldworkers and farmers in developing vegetative systems of soil and moisture conservation that will meet the requirements of small farmers in developing countries, most of whom reside in the tropics and semitropics. Experience has shown that conventional systems of earth bunds or terraces on small farms are expensive and in many cases, especially in modern times, ineffective. When applied correctly, vegetative systems of soil and moisture conservation - particularly the system of hedges of vetiver grass described in this handbook - have proved cheaper and more effective.

### **A Dictionary of English Synonyms and Synonymous Or Parallel Expressions**

This is the first encyclopedia to help the general reader understand the myriad components of what sustains us: the food and drink industries.

### **Site Planning and Design Handbook, Second Edition**

Ann Wigmore, the mother of the living-foods diet, recounts her inspiring story of fighting dietary ignorance and disease. She begins with her early childhood experiences watching her grandmother heal the sick in war-torn Central Europe. The knowledge Ann gained from these observations led her to discover the healing powers of wheatgrass, the bedrock of her living-foods diet. This narrative weaves together how Ann's religious faith supported natural healing and how her positive nature and independent spirit overcame every limitation she encountered.

### **The Microgreens Cookbook**

The book about the power of sprouts as an ultra-food for health, weight loss, and optimum nutrition by Doug Evans, the co-founder of Organic Avenue and the founder of Juicero The Sprout Book is a transformative plan to empower readers to embark on a plant-based way of eating that's low-cost and accessible. With a foreword by Joel Fuhrman, M.D., this book introduces sprouts, one of the most nutritious sustainable foods on earth, by adding a few dishes to a diet and then

shifting into a raw, whole foods plant-based diet. Among the mind-blowing nutritional qualities of sprouts: — they have 20-30 times the nutrients of other vegetables and 100 times those of meat — they are cancer-fighting and help to protect us from cardiovascular disease and pollutants in the environment — they help with digestion — they are a healthier alternative to juice cleansing, and will leave consumers with more energy and fuller stomachs for fewer calories, sugars, and carbs The forty recipes contain at least 50% sprouts on top of raw vegetables, fruits, nuts, seeds, spices, medicinal mushrooms, sea vegetables, and top-quality cold-pressed vegetable oils. After ten days of sprouting, a reader will lose weight, gain energy, reduce inflammation, sleep better, become more regular, and think more clearly.

### **Great Inventions that Changed the World**

100 quick and easy plant-based detox recipes to restart, reset, and reclaim your life! Fasting is a great way to cleanse the body—waste is cleared from the digestive tract and chemicals stored in fat and other tissues are released. The right detox program can improve your clarity and focus; increase your sense of strength, energy, and happiness; minimize your food cravings; and you may even lose weight. In this book, certified health coach Michelle Savage helps readers restart, reset, and reclaim their lives by offering two types of juice cleanses: a seven-day cleanse, perfect for those who want to jump in with two feet, and a thirty-day

cleanse, great for those who are a bit hesitant to commit or whose lifestyles cannot support the shorter approach. First, learn all about the benefits of juicing, detoxing, fasting, and cleansing and how to do it the right way—with the help of a journal worksheet and a cleanse schedule and meal plan. Then, start juicing! The Ultimate Guide to Healthy Juicing includes one hundred recipes for both juices, light snacks, and meals for whichever cleanse you choose, such as: Superfood Tea Matcha Madness Citrus Sunshine Sexy Smoothie Immunity Juice Elixir Celery Mint Cleanser Wheatgrass Shot Jolly Green Giant Turmeric Latte Oat and Flax Mylk Macrobiotic Healing Soup Orange Poppy Seed Drizzle Salad Homemade Sauerkraut Raw Protein Brownies And More!

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