



## The Definitive Guide to Juicing: What Everyone Should Know Before a Juice Diet (Paperback)

By Eric Tompkins

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The movement towards juicing and juice fasting as a dietary option is growing as both a lifestyle practice and as a viable industry. Whether household or commercially based, it is essential that users serious enough to purchase products take the time to educate themselves with regard to the numerous options that are available. Equally important, knowledge of sound and safe juicing practice is essential in matching both juicing equipment and foods to individual need and preference. Juicing programs require direction in order to allow for proper and successful planning. This book examines many of the considerations related to successful juicing. It looks at basic equipment requirements, outlines options for start-up and selection of programs and products, and provides numerous ideas on how to go about creating pleasantly tasting juice mixtures. A great deal of the article is devoted to nutritional considerations, outlining benefits, potential hazards, and specific guidelines for best nutritional choice juicing practice. A significant consideration dealt with is how to best approach juicing as a means of weight loss. Closely related, the book also presents guidelines for successful juice fasting. People...



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