

Feeling sluggish? Suffering from a poor complexion? Trying to lose weight but can't succeed? Many people spend countless hours and hundreds of dollars seeking help for health problems and weight loss, but Zafirah Hashim shows us how we can turn to our juicer instead. Zafirah, the author of Juice! Mother Nature's Recipe Book, began juicing to speed up weight loss; she soon found the all-natural nutritional approach not only helped her lose twenty pounds but boosted her immune system, cleared her skin and eliminated muscle pain as well. In Juice!, Zafirah shares over one hundred delicious and healthy recipes that will help your body run at its optimum potential. In the pages preceding the recipes, Zafirah discusses the importance of incorporating a 'rainbow of colors' when juicing, to ensure your body receives the maximum amount of essential vitamins and minerals. Each color is discussed in length, listing its nutrients and the benefits to the body. For instance, did you know red fruits and vegetables contain a variety of nutrients known to help with support joint tissue and reduce blood pressure? Each recipe also includes information about the benefits of the fruits and vegetables being used in the drink. Want to improve your skin? Try the Peach Pear Apple. Seeking to promote weight loss? Try Cucumber Madness, which can increase energy levels while cleansing the body. This invaluable recipe book offers new and experienced juicers a variety of recipes and valuable information on the benefits of juicing. Those new to juicing may want to pair it with Zafirah's Juicing The New American Diet, which outlines the proper method for juicing fresh produce to shed unwanted pounds.

The Boom: How Fracking Ignited the American Energy Revolution and Changed the World, The Economics of Sports Broadcasting, The Revolution Starts at Home: Confronting Intimate Violence Within Activist Communities (Paperback) - Common, Bib : Holy Bible : Warner Sallman Art Edition : Large Print King James Version, The Botany Of The Antarctic Voyage: Of H. M. Discovery Ships Erebus And Terror In The Years 1839 - 1843 Under The Command Of Captain Sir James Clark ... - Dicotyledones, Volume 3, Issue 1...

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