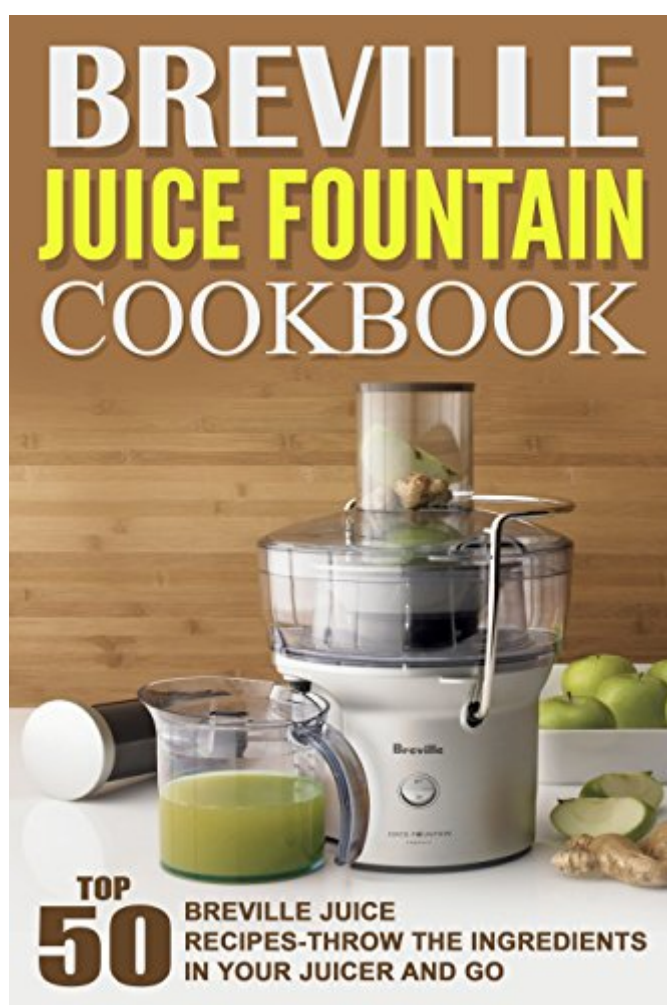


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Breville Juice Fountain Cookbook: Top 50 Breville Juice Recipes-Throw The Ingredients In Your Juicer And Go



Synopsis

Top 50 Breville Juice Recipes-Throw The Ingredients In Your Juicer And GoJuicing makes it easy to achieve what's sometimes called "rainbow nutrition," or consuming the widest possible variety of fruits and vegetables. We need a spectrum of different-colored fruit and vegetables in our diet, because each color holds its unique combination of nutritional coding that feeds and heals the body. Fresh fruit juices are known for their body-cleansing potential and their energy life force. During the juicing process, the cell wall of fruits and vegetables is cut open, releasing an abundance of nutrients, such as amino acids, vitamins, minerals, enzymes and chlorophyll. As soon as you drink fresh juice, those nutrients are quickly absorbed by the body and create such an energizing effect. Juice requires hardly any digestion, so all its nutritional goodness gets rapidly into your system while simultaneously giving your digestive system a rest. Your body can then use that saved energy to clean out old matter, especially from the small intestine. The average person holds 5-10lbs of toxic old matter in their intestines, and Fasting is an ideal way to release it, giving the body a phenomenal chance to rejuvenate and restore. Far from being a time of deprivation, this extraordinary healing programme is an experience of abundance and massive nutritional intake. We lose weight, skin becomes radiantly healthy, illnesses are healed, scar tissue rejuvenates, and we detox our whole system on a massive scale. Download your copy today!

Book Information

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Customer Reviews

I like this so much. I like juices and this cookbook offers a lot of juice recipes. There's nothing else I could ask for. It's not just a juice that you can bought on a grocery store. It's a do it yourself one that will surely gives a healthy outcome. It's absolutely fresh and as far as I know, it helps in body cleansing and it has a lot of benefits. So, why not just have juice out of fresh fruits? You can never go wrong with this and I'd like recommending it to all.

I don't diet ever but I'm seriously considering getting this juicer so I can get more fruits and veggies in my diet. There are a lot of great recipes in this book, with ingredients I wouldn't have thought to use. There are recipes for certain things like fat burner and anti arthritis...I'll definitely be trying the belly burner one haha. Overall I would recommend reading if you are interested in buying a juicer.

Very nice book. Easy recipes for that juicer.

This book is a magnificent little read for those who are new to the juicing culture. The recipes are simple enough and provide an absolutely delicious way to get healthy!! Love it!!

I tried some of the juices and liked them!

Great read for people who have a busy schedule but still want to eat healthy fruits and vegetables in their regular diet!!

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