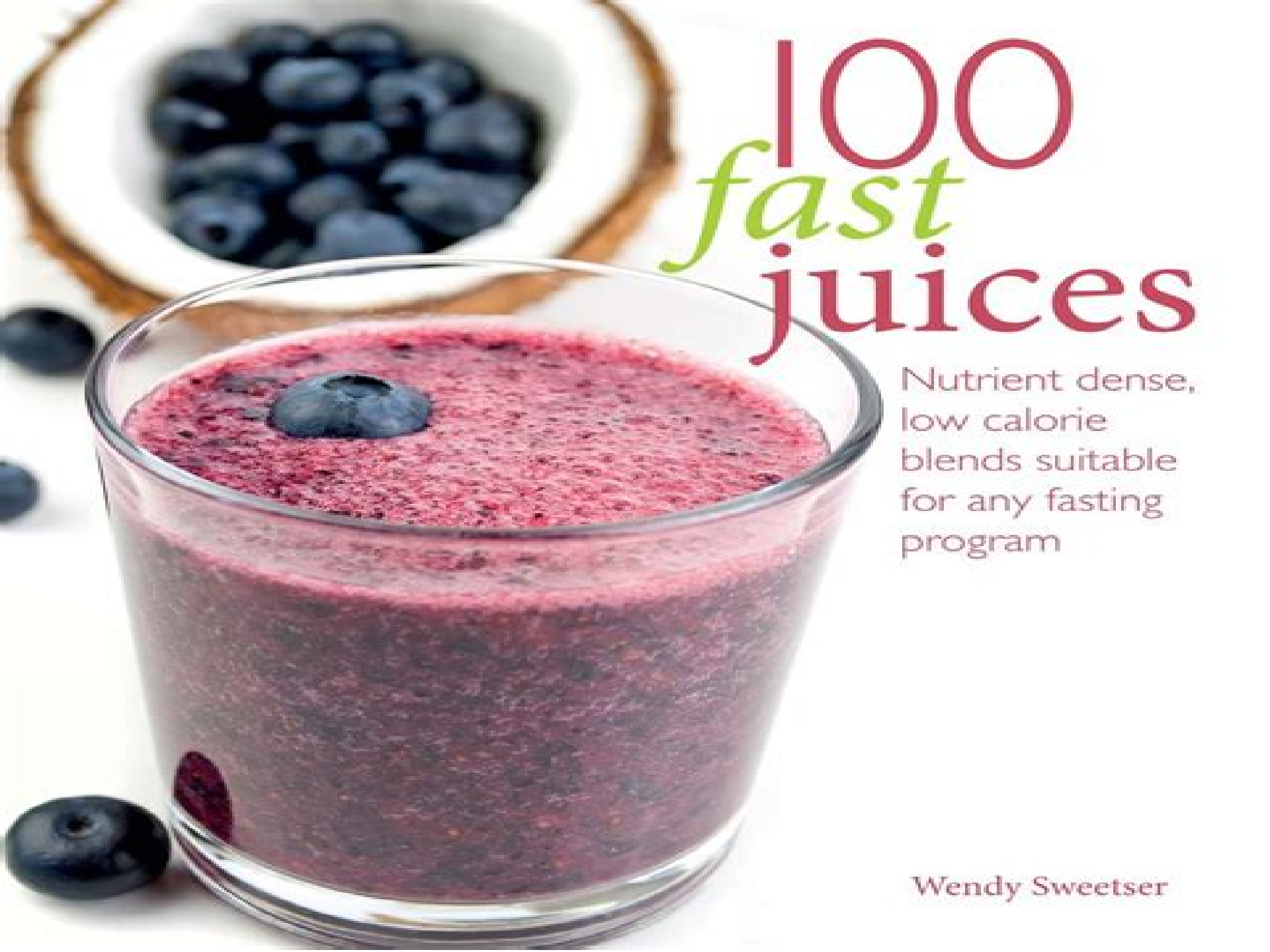


A glass of red berry smoothie with a blueberry on top, next to a bowl of blueberries and a coconut shell.

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Wendy Sweetser

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Sheila Dean



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fasting Asha Thorat, 2014-01-13 Fasting is one of the greatest healing gifts from nature Your digestive system needs a vacation from food Fasting allows the entire system to rest and regenerate It helps in releasing impurities and cleanses the blood stream which results in rebooting the immune system When you over work without enough rest your body and mind get down and crave for rest The same way your sends signals like obesity indigestion when it needs rest for internal organs especially your digestive system **Easy Juice Fasting for Weight Loss and Better Health** Steve Meyerowitz, 2018-04-05

JUICING FOR BEGINNERS Deborah Hoglund, 2025-03-05 Easy and effective juice cleansing recipes for weight loss and detox Looking for an easy and delicious way to improve your health and well being Do you want to quickly get rid of unwanted pounds without making major changes to your diet Have you ever wanted to try a juice cleanse but didn't know how to do it If you answered Yes to these questions this is the book for you This juicing cookbook is full of delicious easy to make recipes With over 120 recipes to choose from you're sure to find what you're looking for in this cookbook What is juicing Juicing is the process of extracting the juices from fresh fruits and vegetables This usually involves removing most of the solid parts including the seeds and pulp from whole fruits and vegetables The resulting liquid contains most of the vitamins minerals and antioxidants naturally found in the whole fruit or vegetable Juicing Methods There are several different juicing methods from squeezing the fruit by hand to motorized juicers Two common types of juicers are Centrifugal juicers These juicers chop fruit and vegetables into a pulp by spinning them at high speed with a cutting blade The spinning also separates the juice from the solid components Cold presses These devices also known as kneading juicers chop and press fruits and vegetables much more slowly to extract as much juice as possible Benefits of Juicing Increased Nutrient Absorption Your body can absorb nutrients faster when you drink juice because it doesn't have to work as hard to break down fiber and other components of whole meals Drinking juice allows you to absorb more vitamins and minerals perhaps more than you would with your regular diet Cardiovascular Support Consuming pure fruit and vegetable juice can increase nitric oxide levels in the blood Your blood vessels stay flexible and healthy thanks to the effects of nitric oxide as it opens blood vessels and lowers blood pressure Excessive Sugar Intake Sugar is the main culprit in the calorie content of fruit juice Because the juice contains fiber which slows the body's absorption of sugar people who drink juice often notice a spike in their blood sugar levels after drinking Consuming vegetable juices that are either entirely or mostly made from vegetables is the most effective strategy for reducing the amount of sugar you consume each day These diets have also been shown to help with weight loss increase energy levels detoxify and have anti aging properties You can find more information in the book

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Juice Fasting Simplified a Practical Approach James C. Tibbetts, 2015-05-28 This book explains the two basic types of fasting water fasting and juice It also explains the basic lengths of fasting three day fast seven to ten day fasts and longer therapeutic fasts It goes over various techniques and methods of fasting and various professional opinions on fasting It covers some of the detoxification methods that can be used during a fast such as colon therapy or enemas dry brushing and your tongue The purpose of this work is three fold First it is to give a basic scientific approach using some of the leading experts and research in the field as well as Jim's own insights Second is to give a practical approach that anyone can use to guide themselves on a fast under ten days or even to twenty one days Third is to give some therapeutic fasting understanding and evidence Also chapters on Extending Lifespan with Fasting Nutrition after the Fast and Fasting Scriptures and Spirituality are included

Crazy Sexy Juice Kris Carr, 2015-10-20 In *Crazy Sexy Juice* wellness advocate and New York Times best selling author Kris Carr teaches you everything you need to know about creating fresh nutritious juices and smoothies and creamy indulgent nut and seed milks With enough recipes to keep your juicer and blender humming through every season she shows you how to fit them into your life helping you make health deposits instead of withdrawals Cha ching She guides you through her wonderful world by teaching you How to create flavor combinations that tantalize your taste buds How to choose the best juicer blender and kitchen tools Ways to save money while prioritizing fresh organic produce Troubleshooting advice for common kitchen mishaps Tips for selection storage and preparation of ingredients Answers to frequently asked questions and health concerns Suggestions for juicing and blending on the go Tips on how to get your family onboard and make this lifestyle stick And oh so much more Whether you're an old pro at making liquid magic or just starting out Kris will help you experience juicing and blending as a fun and delicious journey into the transformative powers of fruits and veggies By simply adding these nutrient dense beverages to your daily life you can take control of your health one sip at a time With more than 100 scrumptious recipes and oodles of information you'll be ready to dive into a juicing paradise Cheers to that Includes an easy and energizing 3 day cleanse

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