



**The Everything Juicing Book: All you need to
create delicious juices for your optimum health
(Everything®)**

Carole Jacobs, Patrice Johnson

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Don't eat your veggies, drink them! If you're one of the millions of Americans who doesn't get their recommended daily amounts of fruits and vegetables, juicing is the perfect solution! This book is packed with 150 recipes to make consuming fruits and veggies fast, delicious, and fun, including:

- Asparagus squash medley
- Grape citrus apple juice
- Orange lemonade lift-off
- Broccoli apple carrot with parsley and lemon juice
- Strawberry patch juice

This handy guide explains why millions of people have turned to juicing to help ward off everyday disorders like colds and migraines, promote longevity, shed excess pounds, and prevent and treat serious diseases. Whether you want to get more nutrients, cleanse your body of toxins, or prevent disease and live longer, juicing is the answer!

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