



Green Juice Book (Hardback)

By Sara Lewis

Anness Publishing, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. Here is the simplest and quickest way to get vitamins and minerals into your diet. Blending gives an instant nutritional hit, with all the benefits of raw ingredients. Fruits are good for you but can be high in natural sugars - so they are used here as back-ups to the folate-, zinc-, selenium-rich green vegetables. Kale, spinach, broccoli, cabbage, spring greens, lettuce, pea shoots, watercress, parsley, mint, cucumber, celery, green apples and pears are used - not to mention wheat grass, seaweeds, spirulina, green tea and all kinds of seeds and other superfoods. The chapters offer blends to enhance energy, detox, lose weight, and to boost your natural immunity.

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Reviews

It in a single of my favorite pdf. Yes, it is engage in, still an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Keeley Windler**

Excellent electronic book and helpful one. Better then never, though i am quite late in start reading this one. You wont truly feel monotony at whenever you want of your time (that's what catalogues are for relating to when you question me).

-- **Mabelle Dach III**