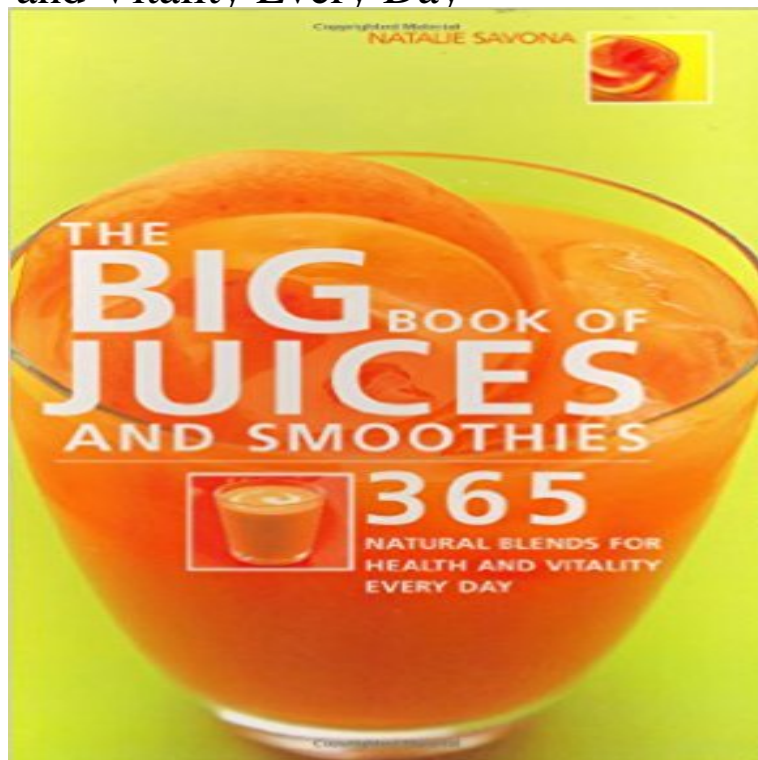


The Big Book of Juices and Smoothies: 365 Natural Blends for Health and Vitality Every Day



Look good and feel great all year round with this practical step-by-step guide to introducing juices and smoothies into your life. The Big Book of Juices and Smoothies is founded on two basic principles. First, that juicing is easy if we simply adopt the habit of it; and second, that juicing every day is a delicious way to get healthy and stay healthy. A 10-page introduction presents the principles of juicing, while the 365 different juice and smoothie blends are divided up into three central chapters: Making Juices, Making Smoothies and Juices with Fizz (juice recipes with a little added something - such as soda water, herbs or spices). Every juice and smoothie is given an at-a-glance nutrient profile (listing vitamins, minerals and phytonutrients), and a star-rating on its merits as an energy- and immune-booster, a detoxer, and a tonic for the skin. The last chapter presents nutrient and ailment charts, with full cross-referencing to the 365 blends, making this the most practical and comprehensive juice book on the market.

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