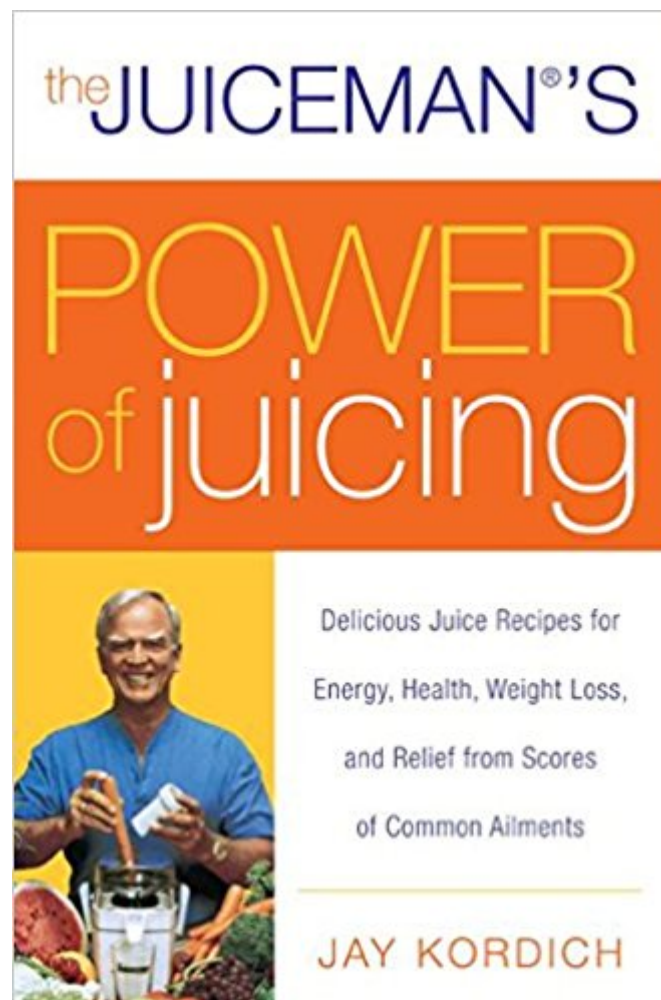




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The Juiceman's Power Of Juicing: Delicious Juice Recipes For Energy, Health, Weight Loss, And Relief From Scores Of Common Ailments



Synopsis

The secret to staying healthy, looking young, getting trim, and feeling great? The natural healing power of fresh fruit and vegetable juices. The Juiceman's Power of Juicing shows how you can use fresh juice combinations to improve your health. Simple, flavorful recipes for drinks such as Grape-Pineapple Punch, Carrot-Cantaloupe Coolers, and Pear-Apple Cocktails can help you lose weight, overcome fatigue, reduce your risk of many serious diseases, and relieve scores of common ailments. The Juiceman's Power of Juicing is the ultimate guide, for beginners and for avid juicers, to the health revolution that will give you more energy and have you feeling and looking better than you ever dreamed possible!

Book Information

Paperback: 288 pages

Publisher: William Morrow Cookbooks; Reprint edition (March 27, 2007)

Language: English

ISBN-10: 0061153702

ISBN-13: 978-0061153709

Product Dimensions: 6.1 x 0.7 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 212 customer reviews

Best Sellers Rank: #129,321 in Books (See Top 100 in Books) #17 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #103 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #1625 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

Written by juicing pioneer and juice machine marketer "The Juiceman" Kordich, this primer will attract readers hip to a new health craze. Juice is the health food of the moment, a tonic, some believe, for various maladies. And while the author is cautious about depicting his juices as panaceas (he heralds juicing simply as "a magnificent way to feed the body with valuable vitamins and minerals"), he clearly believes people should use juicing for what ails them. Recipes like "the blemish blaster" are fully designed with sickness in mind. Yet not all the juices are medicinal. Included are some interesting fruit combinations: morning blush (pineapple and pink grapefruit) and ginger jolt (apples, pears, gingerroot). The two "milkshake" recipes--"creamsicle in a glass" and strawberry shake--are inventive, calling for fresh-squeezed fruit juices and a too-tiny-to-be-toxic

smidgen of nonfat dry milk. Recipes, however, are really a small portion of the volume. Kordich delves into the nutritional values of assorted fruits and vegetables, and gives information about purchasing and storing perishable produce. He also includes a question-and-answer section about juicing, containing his very practical solutions to some of juicing's challenges. Author tour; BOMC alternate. Copyright 1992 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Television's "Juiceman" Kordich has collected nearly 100 of his favorite fruit and vegetable juice recipes along with a general introduction to the health benefits of juicing. The book nearly glows with the author's enthusiasm for his mission, helped along by the sunny colors and summery, fruity tastes of his mixtures with names such as Tropical Sunset, The Key Wester, Crimson Song, and Tangerine Sky. In addition to the standard carrot and apple, Kordich has created quite a number of unusual juice combinations; he even manages to make Red Pepper Juice sound appetizing, although the jury is still out on Sweet Potato Magic. To his credit, Kordich makes no outrageous health claims, although it is clear that he attributes his own good health to a daily regimen of fruit and vegetable juices and a low-fat, high-fiber diet. Kordich's book is not the last word on the subject, but it is filled with new, unusual, and delicious recipes to add to your juicing file. Recommended for most libraries.- Jeffery Ingram, Newport P.L., Ore.Copyright 1992 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I think this is still one of the best juicing books out there, and it's one of the first ever written on the subject. The author starting selling juice machines fifty years ago and he's still going strong. His recipes are great and I make these for myself or friends every day.I like the juices with cucumber for that summer swelling you get in your feet and legs. The addition of ginger to many recipes makes my sore joints feel better. A glass of this juice first thing in the morning is more stimulating than coffee and gives a real lift on the way to work. My favorite mixture is base of apple-carrot-celery-ginger with a quarter of a beet and a half a lemon and a handful of parsley.Two other tricks: find your favorite recipe in this book and freeze the juice in ice pop molds. You can have a frozen treat with no added sugar and it's very refreshing on those hot summer afternoons. Also good for kids who want frozen treats and you don't want them swilling sugar all day. A sneaky way to get vegetable vitamins into them. The second trick is to use up vegetables that need to be finished up in your refrigerator. If those carrots or apples have been there for a bit, juice them to save them from spoiling. Freeze any excess juice in quart freezer bags. Not ideal as juice should be

drunk immediately to get the enzyme benefits, but certainly convenient and freezing slows down any degradation or fermentation.

This book saved my Dad's life! My dad was on the transplant list for a new liver after having his ruined by an experimental heart medication back in the late 1980's and early 1990's. Dad ate a restricted diet and started juicing. This is his juicing bible! Within two years, Dad's doctors took him off the transplant list because his liver regrew!!! Over the years, Dad and I have purchased this book for many people who were struggling with serious health issues.

I have purchased many books on juicing. Most of them have strange ingredients in the recipe or hard to find ingredients. Not this book. The author gives some very simple and yet wonderful recipes that I use on a daily basis. I live in a small rural town so it isn't practical to have a juicing book that requires hard to find ingredients. I can find all the ingredients that the author has listed in this book. If someone asked me to recommend a book on juicing, I would recommend this one as their first choice. It is not only good for the beginner but also the more experienced juicer. Happy Juicing! Thanks Jay for such a great and yet simple book.

I have been eating raw fruits and vegetables for 7 weeks and juicing for the past 2 weeks. My focus is to eliminate toxins from my body and put into my body only that which is healthy. My weight loss of 15lbs is a huge bonus. Since I am a beginner, I need information on what to eat for general health, what to eat for specific ailments, how important each of these foods is for my body, which food combinations should and should not be created, many recipes and how to select and store fruits and vegetables. This book has it all. I checked this book out of the library yesterday and devoured it within hours, even reading all of the recipes. I wanted my own copy to highlight important pieces of information I can refer to it at a glance, so I just purchased this book today. I will refer to this book many times a day until I have it memorized. I will recommend it to anyone interested in healthy eating and juicing. I have watched every documentary on Prime and Netflix on healthy eating, many of which are specifically about or at least refer to the Gerson Therapy. This Juiceman book states in the intro, that the author was cured of ailments back in the 50's by Max Gerson and this is why he understands how important it is to eat raw fruits and vegetables and juice them. This is the only mention of the Gerson Therapy in this book.

Jay Kordich has the best tasting juicing recipes there is, get healthy with flavorful juices,

For my dad -- these juicing recipes got rid of his diabetes and his prostate cancer! It'll WORK if you commit to it and have some discipline! He lost the first copy he had and had me purchase this one for him to have again. He's 78, and has been juicing for 10-15 years and his health issues were cleared up within the first couple years of following this book.

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