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The Everything Juicing Book is loaded with nutritional advice and recipes. It offers suggestions for fruit and veggie juice combinations to promote health. I was especially fascinated by the commentary on tinnitus.

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and their function. This is an excellent home remedy book for all juicers. It has recipes for weight loss, asthma, detox, bloating, cancer fighting, heartburn, the list goes on. I don't feel the need to buy any other juicing books at this point.

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The Everything Juicing Book is a basic juicing guide that will teach you everything about fruit and vegetable juicing, including the healthiest ingredients, best process to prepare them, and the benefits of juicing. This book is ideal for those just starting out with juicing, but not a bad option for those who are experienced.

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The Everything Juicing Book is available on Kindle #4. The Juicing Bible. This book is an oldie but a goodie which lives up to its name. What I love about the Juicing Bible is that it goes into topics that are crucial to know if you're juicing for health.

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“The Everything Juicing Book” by Carole Jacobs & Chef Patrice Johnson This was actually the most recent juicing book I bought and it's done pretty well to get into my top 5 juicing books. It's a really informative and clearly laid out juicing book.

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My 5 Favorite Juicing Books

The Everything Juicing Book: All you need to create delicious juices for your optimum health Paperback – March 18 2010 by Carole Jacobs (Author), Patrice Johnson (Author), Nicole Cormier (Author) & 0 more

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support any conclusions he makes.

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The Everything Juicing Book A collection

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of 150 recipes, this book is great for beginners trying to incorporate more fruits and vegetables into their lifestyles. It covers the basics of juicing, detoxification and weight loss.

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