



The Top 100 Juices: 100 Juices to Turbo-Charge Your Body with Vitamins and Minerals (The Top 100 Recipes Series)

Sarah Owen

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Did you know that apple juice boosts brain function? Or that wheatgrass can remove toxins from the body? Fresh fruit and vegetable juices are packed full of vitamins, minerals, and loads of beneficial phytonutrients that help the body heal itself and prevent or lessen the severity of many common illnesses. And there's never been a more accessible guide to juice than this; it covers everything from the juices of commonly found fruits and garden vegetables to that of exotic fruits from around the world. In addition to color photographs, there are nutritional analyses and lots of suggestions for squeezing and blending healthful juices at home, along with clever preparation methods that ensure the juices deliver the most benefits they can.

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