

The Healthy Juicer's Bible: Lose Weight, Detoxify, Fight Disease, and Live Long

By Farnoosh Brock

Whatever your fitness regimen, health goals, or daily routine--this is a massive book of juicing tips, guides, and how-to plus recipes for every occasion.

A Comprehensive Guide for All Your Juicing Needs

Free radical-fighting blueberries, nutrient-rich kale, or protein-packed spinach--every fruit and vegetable you can think of pairs up in this juice bible for devoted followers of the juice craze that's sweeping the nation.

A passionate green juicer for over five years, author Farnoosh Brock shares her knowledge, discoveries, best tips, and lessons learned from her years of green juicing! She gives you the good, the bad, and the ugly so you can make smart and informed decisions as you learn how to heal your body and return it to harmony using healthy plants from your farmer's market, garden, or produce aisle.

Uncertain how your body will react to green juicing with a sensitive stomach?

Wondering how to stay motivated after the initial excitement wears off?

Farnoosh talks you through all of those situations, and gives you tips on how to manage each as you move forward in this journey. She shares details on the benefits of juicing for life and on forming a habit. Whatever your fitness regimen, health goals, or daily routine--this is a comprehensive resource discussing every aspect of the wonderful world of juicing!

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editorial:

From the Author

Hi sexy gorgeous juicer,

So happy to see you here! I wrote The Healthy Juicer's Bible because I want you to have a fantastic first hand experience of juicing in your own body and mind.

I still find it shocking that not only this delicious green - or orange or red or yellow - concoction that comes from juicing fresh fruits, vegetables and herbs is **super delicious** (yes, delicious), but that it's extremely good for you in every single drop!

The book is a labor of love, as most books are, and it is the love of juicing, the love of self-care and self-nurturing that drove it. May you find it inspiring, actionable, and useful, and may you JUICE your way to a healthy, vibrant, youthful life.

Questions? Get in touch with me: prolificjuicing.com/healthyjuicers

Juice On!

Farnoosh

prolificjuicing.com

About the Author

Farnoosh Brock left her long career at a Fortune 100 technology corporation to start her own company, Prolific Living Inc. to pursue her life's work through writing, creating and speaking. Her goal is to help you achieve freedom in both your health and your profession through the systems and techniques that she has built. She's also an expert green juicer, an Ashtanga yogini, an amateur photographer, and a devout world traveler.

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The Healthy Juicer's Bible: Lose Weight, Detoxify, Fight Disease, and Live Long by By Farnoosh Brock Reader Review Online

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