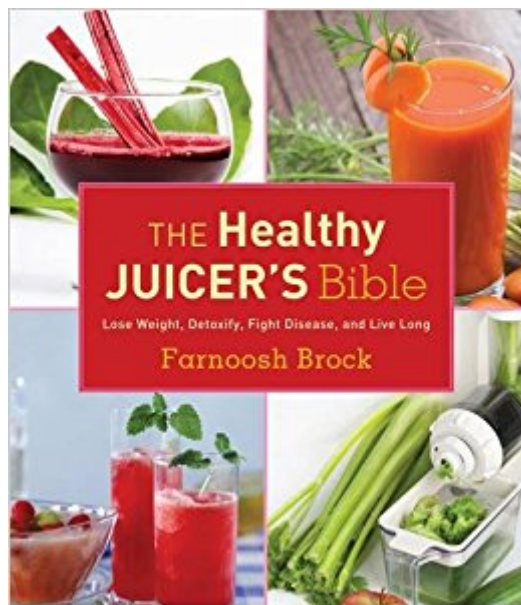




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# The Healthy Juicer's Bible: Lose Weight, Detoxify, Fight Disease, And Live Long



## Synopsis

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.Â A Comprehensive Guide for All Your Juicing NeedsÂ 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.Â 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!

## Book Information

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## Customer Reviews

Hi sexy gorgeous juicer, So happy to see you here! Â 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.Â 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](http://prolificjuicing.com/healthyjuicers) Juice On! Farnoosh [prolificjuicing.com](http://prolificjuicing.com)

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.

We are so incredibly happy with The Healthy Juicer's Bible! My wife and I have been juicing for well over a year and sort of "fell into a rut" with our juicing. What I mean is...we kept doing the same 1 or 2 recipes over and over again Not a huge deal but after a few months of the same juice it gets a little "routine." We wanted to put a little more excitement in our juicing life and along came this book! Let's just say that things got a lot juicier around here! This book is great for all levels of juicer; someone just getting into juicing, someone who is a regular juicer, and even expert juicers will find some great new recipes and guidance. From discussing the benefits of juicing, through how to select a juicer, to the holy grail...conducting a juice fast...this little book covers it all! Now the bonus(s): This little book is beautiful! At 288 pages, the content certainly isn't "little", but the size of the book is perfect! At about 7" x 6" it's the perfect size to handle easily without being unwieldily. And the pictures? BEAUTIFUL!!!! So, if you're on the fence between this book and others, we found this to be the most comprehensive, well rounded, easy to follow and informative for all levels. Further, it by far has the most recipes of any other book we've purchased. So, bottom line, purchase The Healthy Juicer's Bible with confidence, knowing that it's a powerhouse of great tips, information, pictures, and amazing recipes! Enjoy!

This was a very good, informative, beginners guide for juicing. Let me start by saying that I did NOT purchase this book with the intent on going on a juice diet. I just wanted a book to explain the pros and cons of different types of juicers, as well as the benefits of juicing certain fruits, and vegetables. This was all new to me, and I needed a book to reference. That being said, I actually read this book from start to end. The authors writing style kept me interested, and I found her recipes to be quite

easy to make. None of the ingredients were difficult to find. Most of the juices tasted great too. I strongly recommend this book as a starter book for juicing. It has helped me tremendously, as I am no longer afraid of my juicer, lol

This book should come with a Warning Label -- don't juice without it! I began my juicing journey about 7 months ago by reading online information, watching infomercials, and listening to friends; all of which left me very confused and somewhat misinformed. This book cleared all the fog! I'm so happy that I clicked the BUY button and ordered this as my first juicing book, otherwise I might have given up early in my journey. The photographs in this book are picture perfect. My weekly goal is for my kitchen island counter top to look similar to these photos...inspiration waiting for me to arrive home from my day. She puts it all out on a silver platter for you; a quick and easy read, with no fuss, so that you can get on with your juicing. And I LOVE that the book is accompanied with a touch of her personal journey. Who doesn't love an inspiring story? There are plenty of recipes in book; I have not needed any other source but she does include a section on how to create your own delicious juices. I have several friends who have started juicing recently and I have given several people juicers as gifts. I always treat those people with a copy of this book. I could say a lot more but the bottom line ... juice at your own risk without this book. Especially a necessity for any newbie to juicing.

As someone who lost 80 pounds through juicing, runs a popular blog and podcasts at JuicingRadio I have read my fair share of juicing books. The Healthy Juicers Bible by Farnoosh Brock gets a 5 star rating from me for the following reasons. 1) Great Presentation 2) Attractive Photos 3) A good selection of recipes - though do not buy this if you want 1000s of juice recipes - there are plenty of cheap kindle books for that. 4) Juicing Success Stories 5) Preparation tips 6) Good explanations on the types of juicers out there. I know this can be a minefield for the uninitiated. 7) Written in plain English 8) Not hippy dippy/alternative - the writer does not promise that juicing beet greens will cure cancer for instance. 9) Great tips on how to detox. 10) Most importantly for us there are strategies on how to succeed. Some great motivational tips and the author does accurately point out that juicing is a lifestyle not a fad. Ms Brock has not written this book to push her own supplements or products, the book contains good honest juicing information that I wish I had when I started juicing.

I've read Farnoosh's other books on juicing and thought they were good, but this one is truly a work of art. First, the art work is really well done. Beautiful images throughout the book make me want to

juice the pages! There was so much care put into the photography, that by itself, it makes the book a joy to read. As far as the content, I thought the book would simply be a dense collection of recipes, but I was pleasantly surprised. Farnoosh tells her story candidly and without lecturing. The distinctly non-pedantic tone of the book is nice, considering some other books preaching a healthy lifestyle. In addition to nutritional information and practical tips for juicing, she brings herself to the table in a very authentic way. And there is a chapter with recipes. The most important section of the book is about juice fasting. It's easy to get this wrong. Rather than just telling me what to do, Farnoosh actually explains why she fasts the way she does, what pitfalls to avoid and mistakes she's made along the way. I can't wait to start my first 5 day fast!

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