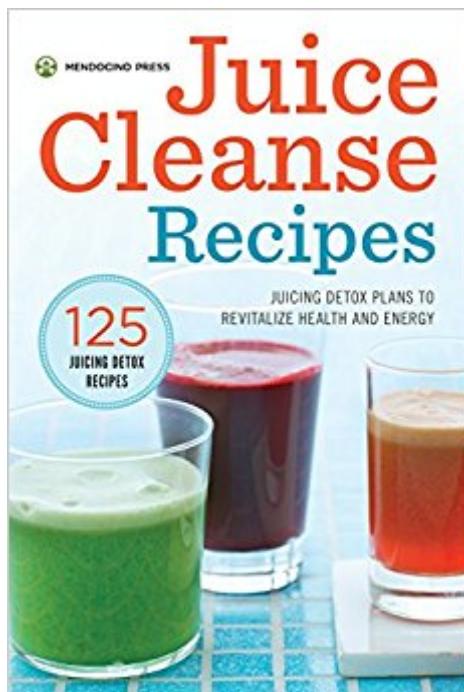


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# Juice Cleanse Recipes: Juicing Detox Plans To Revitalize Health And Energy



## Synopsis

Detox your body naturally with a healthy juice cleanse. Renew your body and revitalize your health with a natural juice cleanse. Juice Cleanse Recipes will show you how to incorporate fresh, delicious fruit and vegetable juices into a healthy detox program to give your body a nourishing boost while you eliminate dangerous built-up toxins. With over 125 fast and easy juice cleanse recipes, and multiple detox programs to fit your busy lifestyle, this comprehensive guide gives you all the tools you need to lose weight, restore optimal health, and improve energy levels. Juice Cleanse Recipes will make it easy to restore balance to your system and feel rejuvenated right away. Juice Cleanse Recipes will help you kickstart a successful juice cleanse today, with: 125 flavorful juice cleanse recipes to keep you energized, such as Carrot-Orange Juice, Papaya-Ginger Booster, and Sweet Spinach-Basil Juice. Quick tips for creating delicious juice cleanse recipes. Easy-to-follow meal plans for a 1-, 3-, 5-, or 7-day juice cleanse. Useful shopping lists to help you save time and money. Handy fruit and vegetable nutrition charts and measurement conversions. Juice Cleanse Recipes will show you how to create your own successful detox program so you can feel more youthful and energetic than ever before.

## Book Information

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## Customer Reviews

The best part of this book is the many, many recipes – combinations of fruits, vegetables, herbs and sometimes spices – that will go through the juicer together to make flavorful and nutritious juices. This is very helpful for juicing novices, who may be eager to try kale in their juices.

but aren't sure how to make it palatable. Even people who are not interested in cleansing may want to incorporate fresh juices into their diet as a nutritious snack, and some of the recipes here do sound delicious, like the Blueberry-Cucumber Punch. The recipes are divided into different categories, such as "Morning Kick Starters", "Digestive Health Juices" and "Cleansing Juices", so if you have a specific need you can find a juice for that purpose. I'm interested in trying some of the "Green Energy" recipes myself. Part 1 of the book provides a basis for juice cleanses and fasts. Some of this information is drawn from academic research, but many of the claims are presented without any references. It should always be said that before starting any restrictive diet, check with your physician.

This book is an invaluable resource for anyone who desires to undertake a juice cleanse. It provides an assortment of recipes that one can make during his or her cleanse that serve many purposes like being a cleansing juice or antioxidant juice. Furthermore, it gives detailed recipes that involve different types of fruits and vegetables that can be used when juicing, which reduces the chance that the process will become boring. It also offers the added virtue of suggesting the proper juicer for a particular cleanse. Finally, and perhaps most importantly, it presents detailed chapters about the gains that can be made through a cleanse, the health side effects that may come from doing one, and the commitment that is required of the person taking part in the cleanse. Therefore, if you are ready to lose weight through a juice cleanse, this is the right book for you.

The juice cleanse diet is a relatively new fad I've recently heard about. Although I don't condone the cleanse for long term (ie: for more than a few days), mainly because there's little to no protein or unsaturated fat content, I do like the idea of getting ample vitamins and minerals from fruits and vegetables. As a juice recipe book, it yields great ideas and interesting fruit and vegetable pairings. But the introductory remarks and background information was contradictory a couple of times: 1) It says that the juicers remove fiber from the vegetables and fruit, thus promoting better/ quicker nutrient absorption. But it also says fiber is a necessary in a regular diet. 2) It also says that you may feel a decrease in stamina from the juice cleanse, because you don't consume as many calories, but that you should revisit the juice cleanse when feeling fatigued. I personally wouldn't follow a strict 7-day juice cleanse regime because I know I'll be irritable without actually eating food, but for anyone who is trying to lose weight, this book offers excellent recipes and suggestions. As I'm interested in a single meal-replacement with a juice, this book provides more than a handful of recipes! And as a newbie to the cleanse, I like the quick, yet detailed, overview of how many

different types of juicers there are to choose from (with pros/cons). Also, there is a detailed list of herbs and spices and their benefits that I never knew before. Each recipe has helpful tips (ie: how to properly cut a lime flesh from the skin, to maximize the flesh) or nutrient information (ie: which vitamins are abundant in which fruits or vegetables). For anyone who wants a healthy adjustment to their diet, whether it be for a single meal-replacement or for up to a week, I recommend this juice cleanse recipe book. I was given this recipe book for free, and in exchange, I provided a review.

The *Juice Cleanse* has been bandied about for the last several years as a sort of health trend ritual. I had some dim idea of what it involved, but never knew the specifics, that is, until I read *Juice Cleanse Recipes*. The book does a fine job of clarifying what a juice cleanse is, from a physiological, dietary and even spiritual angle. There is still some vagueness about just what the juice cleanse is meant to accomplish. There is room for personal interpretation there. The main idea is that one can lose some weight while on the 1-7 day cleanse, also giving the body's detoxification and digestion systems a vacation, and breaking bad eating habits. The juices themselves sound delicious. There are dozens of recipes, and the ideas of all the fresh fruits and vegetables mingling is enticing. I was surprised by the emphasis on spices. All of the above are described in some detail, including their active ingredients, benefits, and how to buy the purest product. There are barriers to entry as well. In addition to buying a juicer, one must expect to be weak as a kitten during the juice cleanse. The book approaches the experience like some sort of sweat lodge ceremony or eastern purity experience, one that demands a completely clear schedule and certain level of dedication. The cleanse plans in the book are also highly regimented, leaving little room for creativity. This amount of logistics and expense and potential misery made me wonder if the benefits would really be worthwhile. It seems like one would have to be committed to the idea of the juice cleanse already before buying this book, otherwise it's pretty easy to imagine it gathering digital dust. Disclosure: I received this book at no charge.

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