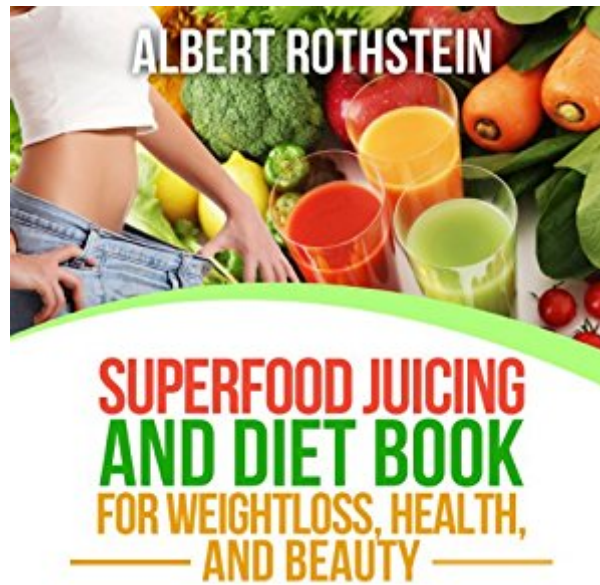




The book was found

Superfood Juicing And Diet Book: Weightloss, Health, And Beauty



Synopsis

There is a lot of hype about superfoods these days. The reason for it: because they are really helpful for you. This book reveals what are the superfoods and how they can help you. Juicing is one of the best ways to get your daily nutrition, have more energy, and feel good. This book also offers a diet plan for people who are looking for a more structured approach to eating. This book covers the following superfoods: Acai berries Almonds Apples Beetroot Blueberries (wild are preferred to cultivated, low bush to high) Broccoli Carrots (the closer the orange is to red, the higher the nutrient value) Celery Chia Seeds Cilantro (both the seed and the plant, also called Coriander) Coconut Collard Greens Dandelion Dark Chocolate Ginger Goji Kale Kiwi Lemon Mangosteen Orange (again, go for dark oranges that drip all down your chin and make a big mess, not the dry, anemic, faintly sour-tasting ones) Pineapple Pomegranate Potatoes Spinach Spirulina Sweet Potatoes Tomatoes Tumeric Wheatgrass Of course, there are even more superfoods out there, but Albert decided to focus on these and offers various juicing recipes. Find out why these superfoods are healthy and how you can change your life for the advice given in this book.

Book Information

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Customer Reviews

I needed this kickstart into a juicing regime to counteract being off balance with my diet. Until reading it I also hadn't realized how I've gotten into some boring ruts with the fruits and vegetables I've been choosing. The Superfood Juicing and Diet Book is a great compilation of education,

inspiration and recipes. The author includes a lot of information and comparison of juicers and features in you want to upgrade your machine or need one to follow-through on the juices in the book. The best part is how easily I'll be able to incorporate foods I simply have not been eating, like mangosteen and chia seeds. The book explains the benefits of each food, and then lists recipes that incorporate it, and sometimes other superfoods as well as other fruits and vegetables. This way you can hone in on a new food you want to try, or the one you need the benefits of, and all together you can create a varied juice diet for optimal nutrition. The recipes are clear and easy to follow and the publisher made good use of the hyperlinked options in Kindle so you can select a superfood, read about it, follow a juice recipe, and then select a link to go back to the master list of superfoods. With both great info and easy to use, tasty recipes, this is a fantastic resource for those looking to improve their health and nutrition through juicing.

Superfood Juicing and Diet Book - Weightloss, Health, and Beauty by Albert Rothstein was a very easy read. It was filled with valuable information about juicing, nutrition and leading a healthy life. It gives you all of the information you need to start juicing. This book details the types of juicers available on the market and the differences between them, and how to buy a good juicer second hand. It also gives basic instructions cleaning your juicer to prevent food borne illness. This is not a book about a fad diet. This is a serious guide to juicing and superfood nutrition that contains the outline for a weight loss plan that can be personalized to fit individual needs. It is full of fantastic recipes for juice drinks using fresh fruit and vegetables. There is a wealth of information about superfoods, including a long list of specific foods and their health benefits. The part of the book about dieting is very straight forward. I liked the tone the author has on the subject. He approached weight loss from a health point of view instead of a cosmetic point of view. The emphasis is always on taking care of your body so you lead a long and healthy life. I feel that other books I have read about dieting don't take into account the long term health effects of their plans. Albert Rothstein lays out a simple plan that could be followed by anyone that focuses on nutrition with an emphasis on leading a healthy life. This book is written in a way that it reads like a conversation between you and an expert on superfood juicing. I recommend reading this book to anyone who wants more information on nutrition and juicing or is looking to lose weight without sacrificing their long term health.

I can't believe the luck I've had stumbling upon this book. For years I've wanted to learn more about juicing and have been aware of some of the health benefits, but never was able to get past the first

or second paragraph. The author's delightful sense of humor kept me turning the pages, and the information jam-packed onto every page of this pleasantly brief book was invaluable. He covers everything from why and how super foods work and where to find them, to the more practical and extremely important tips that you likely won't read anywhere else. The author understands that juicing alone is not a replacement for healthy lifestyle choices, and not a cure-all by any means. As a surprise bonus, the book is also full of seriously genius juicing recipes as well as a pre-planned meal calendar organized by day of the week. Everyone from allergy sufferers to those prone to a long list of diseases can benefit fiercely from reading this book and taking the advice very seriously, while having a good laugh of course! (Tetris is your diet! I will never forget this tip thanks to clever lines such as this.) I'm thoroughly convinced, and I'm buying a juicer today. -Selkie

I started reading this intending to just skip to the recipes but I read the first page and before you know it I was a third the way into the book! I found the author's easy-going and direct tone made it simple and fun to read. He speaks from personal experience which is very refreshing. This is more than just tips and recipes, it describes what anti-oxidants are and why they are beneficial. He not only gives you guidelines on which fruits, berries, spices, and vegetables are optimum for juicing but also advises you how to spot the ones with the highest concentration of vitamins and anti-oxidants. I especially enjoyed (and needed) the break-down of different nutrients and how they affect the body. Going into this book I was focused on just the juicing aspect but was delightfully surprised with all the great nutritional advice.

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