



The Big Book of Juices: More Than 400 Natural Blends for Health and Vitality Every Day

Natalie Savona

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With some 405 recipes for fruit and vegetable juices, smoothies, and quenchers, this newly updated and expanded edition of Natalie Savona's essential kitchen guide to juicing now offers health-conscious readers even more. A clever indexing system sorts the juices by key ingredients, by nutrients, and by health benefits. Plus, a simple five-star system rates the effectiveness of the drinks in boosting energy and detoxifying the body, as well as potential benefits for the immune system, digestion, and even skin quality.

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