



## Juice + Nourish: 100 Refreshing Juices and Smoothies to Promote Health, Energy, and Beauty (Hardback)

By Rosemary Ferguson

Experiment, United States, 2015. Hardback. Book Condition: New. 213 x 173 mm. Language: English . Brand New Book. Simple, inspired recipes to cleanse, heal, and revitalize plus realistic detox plans and expert guidance on eating for good health Busy is a way of life for Rosemary Ferguson: She s traveled the world as one of Britain s top models, and today is a professional nutritionist and mother of three. For her, juices and smoothies are anything but a fad they re a way to pack vital nutrients into your day. By upping your intake of simple, natural ingredients like blueberries, ginger, and kale, you can overhaul your health from the inside out! As Rosemary discovered, skin complaints, headaches, fatigue, and stress can be dramatically improved. Handily arranged by need, the recipes in Juice + Nourish will help anyone: Detox Heal (rehydration, liver cleansers, gut health)Rest De-stress (mood boosters, sleep aids, stress relievers)Care Preserve (anti-aging, healthy skin and hair, weight loss)Protect Strengthen (immunity boosters, cold and cough soothers, anti-inflammatories), and more!.



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