

Big book of juices - more than 400 natural blends for health and vitality every day

Duncan Baird Publishers - Big Book of Juices: More Than 400 Natural Blends for Health and Vitality Every Day : Savona, Natalie: styleguide.expo.io.au: Books



Description: -

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United States -- Race relations.

African Americans.

Fisheries -- Africa

Lake ecology -- Africa

Paleolimnology -- Africa

Limnology -- Africa

Smoothies (Beverages)

Fruit juices

Vegetable juicesbig book of juices - more than 400 natural blends for health and vitality every day

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Notes: Includes bibliographical references and index.

This edition was published in 2009



Filesize: 61.19 MB

Tags: #The #Big #Book #of #Juices: #More #than #400 #Natural #Blends #for #Health #and #Vitality #Every #Day #by #Natalie #Savona, #Paperback

[PDF] THE BIG BOOK OF JUICES MORE THAN 400 NATURAL BLENDS FOR HEALTH AND VITALITY EVERY DAY PDF

I'm mainly a vegetable juicer. The recipes can be sourced in several ways: by fruit or vegetable of choice the chapters are organized by main ingredient ; by health benefit an alphabetical chart lists approximately 50 common ailments or disorders, and cross-references them to the juices that will help overcome them ; and by nutrient a list is given of all the major vitamin and mineral nutrients, each with cross-references to the relevant recipes in the book. The Big Book of Juices is a new edition of Natalie Savona's classic title, now with even more juices and smoothies and more than 250 photographs.

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She regularly features as an expert in the national press, on radio and television and has presented two television series for the BBC.

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The author is not a doctor, scientist, researcher or a nutritionist and in this book from the very first pages presents misleading and false claims, which might lead to serious health conditions.

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Please enter your name, your email and your question regarding the product in the fields below, and we'll answer you in the next 24-48 hours. I just got into juicing and with the help of this book I now love it.

Big Book of Juices: More than 400 Natural Blends for Health and Vitality Every Day: Natalie Savona: 9781844839735

It's full of beautiful pictures and simple recipes with focuses on building energy, immunity, better sleep, etc.

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