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THE COMPLETE JUICER: A HEALTHY GUIDE TO MAKING DELICIOUS, NUTRITIOUS JUICE AND GROWING YOUR OWN FRUITS AND VEGETABLES (HARDBACK)



Skyhorse Publishing, United States, 2014. Hardback. Condition: New. Language: English. Brand New Book. Juicing has taken America by storm. And it s no wonder-drinking fresh fruit and vegetable juices helps you lose weight and easily absorb essential nutrients, giving you energy and making you look and feel healthier! With this book, you ll learn which fruits and vegetables are the best for juicing and how you can grow them in a small garden plot, in pots in a windowsill...

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- Authored by Abigail R. Gehring
- Released at 2014



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