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Juicing For Weight Loss: The Delicious Recipes I Used To Lose Over 150 Pounds In 18 Months



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Synopsis

Want to lose weight the healthy way? You are in the right place! This book will show you my favorite recipes that I used to lose over 150 lbs over the course of 18 months. They are very powerful, delicious and packed with nutrients. If you follow the directions I give you in this book, you will lose weight too! Claim your body back and enjoy a higher self esteem, look younger, have more energy and feel more beautiful everyday. The benefits are endless! It worked for me and it will work for you.

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Customer Reviews

It’s a good thing this was free.Contains a short anecdote about how she lost weight juicing, then you get 14 recipes that basically consist of stuff like: 2 apples, 2 celery stalks, handful of spinach - stick in juicer, then drink. Um, no duh.Waste of time for both the reader and the author to put something like this together. It’s obvious she put up this short "weight loss" "book" in hopes of selling her other one.Instead of trying to sell books like these, the author should maybe try a blog instead. The type of information she gives can easily be found for free all over the internet already. And as another reviewer pointed out in a review of her other book, most of her "recipes" are filled with fruit: when

she specifically says to keep your juice to a ratio of 3:1 with vegetables being the 3 in that equation.So, the positive reviews for her books make zero sense. You'll find better and way MORE advice about juicing by just googling. Don't pay for her other book or even waste the 10 minutes it takes to read this free one; go search the internet instead.

Jennifer has brought to my attention some very interesting facts on how to manage weight loss and keep the body healthy. She has made her book not only a source of information about losing weight but also a source for recipes to help with the dieting process. I have a good friend of mine that also uses the same methods as the author to eat health and keep off the pounds. This book is a great guide for people that are looking to stay healthy and keep of the pounds. I also used some of the same recipes that the author talks of creating in the book when I was doing my dieting. I thought I was the only person that made these kinds of juice drinks at home. Although, I use a different method of extracting the juice and how to use the fruits and vegetables to my advantage, the author has also put in a variety of benefits that I was not aware of when it comes to certain juices and foods. Benefits that help not only feed the body in a health way of losing weight and staying health but she also explains the many benefits that your body gets that most donÃƒÂ¢Ã â ¬Ã â„¢t even consider when looking at the full benefits of dieting. I really enjoyed reading this book. I look forward to reading other book from Jennifer Fielden.

This books talks about juicing mostly. I love juicing. I have a juicers called the bullet, I know you all have seen the TV commercials on that. I use it quite often and it makes some pretty good juices too. I have been struggling with my weight all my life and have tried so many diets and different things to try and lose weight. I find that it is probably the hardest thing I have done throughout my life. Although juicing has been somewhat successful at times. I'm glad I was able to read this book because it gave me the motivation to continue to juice. There is a lot of good information about juicing in this book. It gives some different ways to juice and it explains the real reason juicing is one of the best ways to lose weight. The book explains how juicing maximizes the nutrient intake which in turns aids the body in healing itself from the inside out. So this is a good read for those who still need to get information on juicing and the benefits it has for the body. I hope that others will enjoy reading this book as much as I have. IÃƒÂ¢Ã â ¬Ã â„¢m going to try some of the great sounding recipes I saw in here in as well!

If you are like me, obese, then ÃƒÂ¢Ã â ¬Ã Å“Juicing For Weight Loss: The Delicious Recipes I

Used to Lose Over 150 Pounds in 18 MonthsÃƒÂ¢Ã â ¬Ã Â• is the book for you. I like the fact that the author, Jennifer Fielden was at one time obese. She was honest all through the book and even said juicing was not the only method she used. With me being new to juicing it was no issue, because the book is for beginners like myself. I really like the recipes she included too. I am one that likes drinking first thing in the morning especially, so I think this would really be for me. I also have a friend who lost a lot just going organic in her foods. I use to laugh at her because she went nuts over organic so much. However, in this book she too stresses how important organic is in your diet because of the pesticides. I think I am going to reread this book and take some notes so I can give this a try.

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