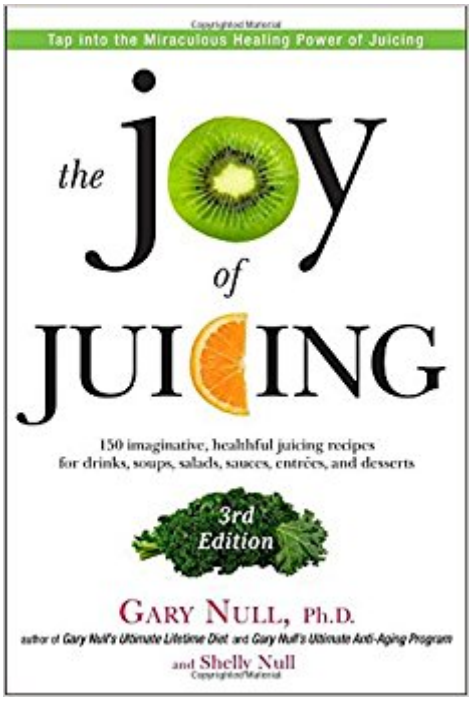
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# The Joy Of Juicing, 3rd Edition: 150 Imaginative, Healthful Juicing Recipes For Drinks, Soups, Salads, Sauces, Entrees, And Desserts




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## Synopsis

A new edition of a research-backed nutritional program using juicing to help prevent and reverse disease and cell damage, from New York TimesÃ¢â ¬â œbestselling author and renowned health expert. For more than thirty-five years, Gary Null has been one of the foremost voices in the health movement. In The Joy of Juicing, 3rd Edition, he advises readers how to use fresh juice to cleanse and detoxify their bodies. Null provides extensive research showing how accessing natural substances in the right quantities and forms can repair damaged DNA, as well as help halt and reverse the progress of many diseases. This edition has been substantially revised and features fifty new juicing recipes for a healthy diet. Null includes juices for a range of specific complaints, from PMS to fatigue. With everything from an easy-to-follow nutritional program to practical advice on which juicer to buy, The Joy of Juicing, 3rd Edition, will jump-start readersÃ¢â ¬â„¢ juicing lives.

## Book Information

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## Customer Reviews

Gary Null, Ph.D., is a lifelong documentarian, radio host, author, and investigative journalist. He is the host of the radio show The Gary Null Show, and bestselling author of many health books, including Gary NullÃ¢â ¬â„¢s Ultimate Anti- Aging Program. Null lives in New York City.

This is my second copy as I bought one for someone who has cancer and she is using it every day. Thanks

i’ve had this book for quite a while without reading it until now and i love it.very tasting flavored juices some of them makes you go for more easy to make a good way to star the day .

Very informative. Start juicing for a healthier body.

Like what I’ve read. Must try more recipes.

If you like juicing, this is one of the best and most simple books you can buy.

Gary Null has made this version of his book better with new information and new recipes. The work is based in science and has several well known collaborators adding their input. Good stuff for anyone looking to improve his health.

I love Gary Null. Getting on a juicing regime is intense. This book has to be followed closely.

Nothing else like it a wonderful book

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