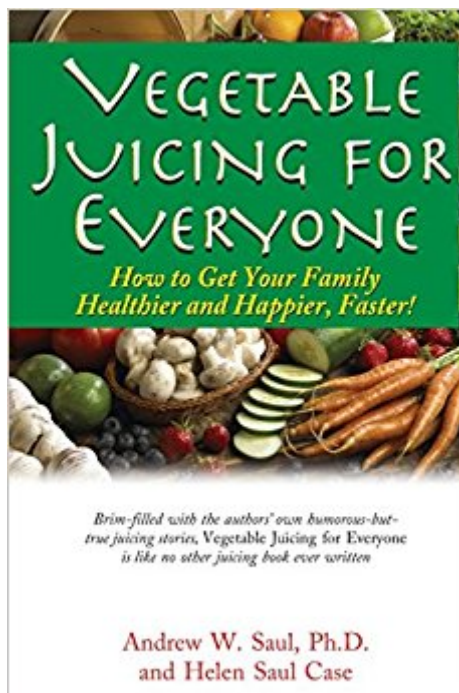




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Vegetable Juicing For Everyone: How To Get Your Family Healthier And Happier, Faster!



Synopsis

This is the ONLY juicing book that is really fun - and really funny- to read. Learn about how the authors' kids got their carotene tans . . . and their carrot juice mustaches. You will also hear what is like to grow up with juicing as a part of daily life. No antibiotics, not one, not ever. In fact, Dr. Saul's children never even met their pediatricians. You cannot buy freshly prepared vegetable juice in any store at any price... unless they literally juice the vegetables right in front of your eyes and you drink it down before they make you pay for it. Any juice in a carton, can, or bottle has been heat treated and was certainly packaged at least a few days, if not weeks, months, or even years ago. This applies to frozen juice, too. So you need to make your own. This book tells you how, and more especially, exactly why you want to juice. You will also find lots of juicing hints, personal stories, and solid medical support for juicing all manner of produce. Lose weight, eliminate gastrointestinal problems, banish fatigue, fight cancer, prevent chronic infection, and much more.

Book Information

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Average Customer Review: 3.8 out of 5 stars 31 customer reviews

Best Sellers Rank: #735,604 in Books (See Top 100 in Books) #86 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #501 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #722 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables

Customer Reviews

"Excellent; a great read. I recommend that you pick up a copy of Vegetable Juicing for Everyone."(Dr. Joseph Mercola)A reader says: "I admit I wasn't very favorable towards juicing. But then I read this book and changed my mind. I just loved it!The father-daughter perspective on their experience and attitudes towards juicing makes you laugh and convinces you to try it. It is filled with valuable information that is useful to everyone. The personal stories over decades provide you with practical information that can change your life. I highly recommend the book, and am sharing it

with others." "Much has been written about nutrition and juicing, so Dr. Saul decided to write something different: "This is what I did." He has recorded a family saga that at times makes you laugh out loud and at times fills you with admiration. But do not be misled into thinking that the fun you will have reading this book makes its message any less serious. His children grew to college age without ever taking antibiotics."(Charlotte Gerson)

Andrew W. Saul was known as "The Juicer" when he taught Clinical Nutrition at New York Chiropractic College and postgraduate continuing education programs. He was also on the faculty of the State University of New York for nine years. Two of those years were spent teaching for the University in both women's and men's penitentiaries (no, not as an inmate). He also taught every grade there is in the Rochester-area parochial and public schools. Dr. Saul is the author or coauthor of twelve books, including Doctor Yourself: Natural Healing That Works (now in its second edition) and Fire Your Doctor. He has published over 180 papers in peer-reviewed publications. Dr. Saul is internationally known both for his website and his featured appearance in the documentary movie FoodMatters. Â Helen Saul Case, daughter of Andrew W. Saul, is the author of The Vitamin Cure for Women's Health Problems and has published in the Journal of Orthomolecular Medicine. She graduated magna cum laude from Colgate University and then earned a master's degree in education from the State University of New York. She taught English for nine years, is a certified administrator, and worked as English department chair for four years. She currently lives and juices vegetables with her husband and daughter in western New York.

Great informational book. I enjoyed the stories. I learned a ton.

It was very informative and helped me understand how and why to juice!!!

This book happened to be one of those books you cannot put down until finished. I read this over one week end and laughed through some parts of it and definitely identified with juicing. However, even after reading the book and saying this time, I am going to juice no matter what, I still have not begun juicing. Not sure what is my problem for procrastinating about juicing. The book though is just a delightful and educational book about a family and its experiences with raising and juicing their veggies.Susan

I got the book because I like the author. He is very informative. There's good formulas for juicing. I

would recommend this book and any book written by Andrew W. Saul anytime.

Entertaining read but anecdotal and not really proof of much. I thought that there would be more science referenced in the book.

It was not what expected, wanted a book with more recipes and special remedies to work in conjunction with the other book" Doctor Yourself. However the transaction went very well.

THIS BOOKS HELPS INTEGRATE THE WHOLE FAMILY INTO JUICING FOR BETTER HEALTH.

When I ordered this book, I was expecting juicing recipes. At first disappointed, I started reading and was pleased to find the book informative and entertaining. Still, only two recipes, his and hers.

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