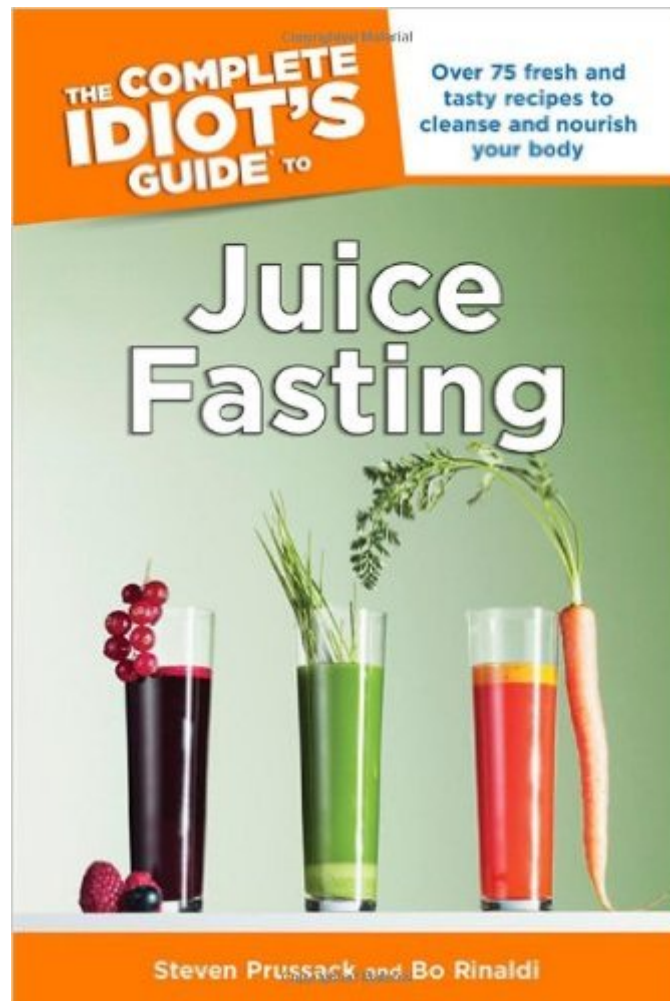


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# The Complete Idiot's Guide To Juice Fasting (Idiot's Guides)



## Synopsis

Juice fasting can be a powerful, transformative undertaking that does absolute wonders for the body. From detoxifying and cleansing, to weight loss, to increased energy and a reinvigorated digestive system, a juice fast can transform the body in a matter of weeks, or even days. However, maintaining a fast can also be a difficult undertaking without proper instruction and an understanding of the nutritional components of the fast -- so clear guidance and recipes that satisfy the palate are essential to success. The authors of *The Complete Idiot's Guide® to Juice Fasting* take readers through a number of different fasts and help them choose the right fast to lose the pounds, cleanse their systems of undesirable waste and toxins, and be on their way to feeling renewed and recharged. The authors arm readers with over 75 fantastically delicious and powerful juice recipes that will not only give readers what they crave in taste, but will help them fully recognize the transformational benefits of the juice fast.

## Book Information

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## Customer Reviews

This new book has gotten me interested and excited to do a juice fast again. I had previously done a three day (and expensive) juice fast from a well known juice bar in NYC...it was supposed to be five days but I tired easily of the juices that did not taste so good and because of a lack of variety. In *The Complete Idiot's Guide to Juice Fasting*, Steven Prussack and Bo Rinaldi make sure that there are plenty of juicing options so that anyone can start juicing either for a meal replacement, for a day,

a week, 28 days or for even longer. From combining pineapple/grape/ginger to apple/pink grapefruit to cucumber/beet/coconut to carrot/parsley/cabbage- all of the juices sound delicious. The other amazing thing about this book over other programs, is that the authors walk you through how to prepare for a juice fast (or feast as they call it), what to expect while on it and, most importantly, how to break it correctly and resuming eating so that none of the benefits are lost. This book is a great resource for anyone interested in their health and wellness.

I have been using juice fasting for over 48 years now. I studied with many of the world's pioneers in the field including Dr Norman Walker .I would say this now book is at the evolutionary peak of the juice science strategy. Why? it incorporates more than mere juice recipes or biochemistry and cleansing facts but also a lot of data on the details of making your juice regime nutrient rich as well as cleansing and rebuilding. Whether you are a body builder or an athlete or a housewife I suggest this new juice bible over all the other juicing tomes I have read. it truly "says it all"

When I first spotted this book I didn't expect to learn anything that I didn't already know when it came to juicing. Boy was I wrong! This book goes into such great detail that I discovered how little I really did know about juicing. The recipes are extremely clear and so easy to follow. The cover alone made my mouth water! This book is a real keeper and I highly recommend it to anyone who is interested in a healthier life style. My sincerest thanks to the authors and I look forward to more material from them.

I was skeptical about buying a complete idiot's guide, because I don't consider myself an idiot regarding juice cleansing. However, this book has surpassed my expectations so far. It's nice to have planned out recipes rather than having to come up with tons of recipe ideas on your own. It seems like there was a lot of thought put into nutritional content (the juice fast recipes are heavy on the green juices), variety, and flavor. I've enjoyed almost all of them so far (I'm doing the 6-day Skin fast on pg. 71). And because the recipes are super dense with nutrition, I haven't been left feeling crappy in the middle of the day. I would definitely recommend this book to others looking to do a juice cleanse the right way.

I got this book to kickstart 2013 in the right way for myself. This book is so thorough! It's like every question I might have is answered right down to how to come off of a cleanse (which I really hadn't got right). Looking forward to trying out more of these delicious juice recipies!

I enjoy the author's enthusiasm but the chapters are not organized as well as I thought they'd be. I would have liked more detail on what type of juicer to buy and more importantly, specific benefits to certain types of juice ingredients. The book seems rather general and seems to be saying the same thing over and over but in different ways, that juicing is really good for you. Well I already know that and now I am looking for more specific scientific data to back that up. I can still recommend it, but only to someone who is not already experienced with the nutritional benefits of juicing fruits & vegetables.

This book is a comprehensive guide to juice fasts. I've read other books on this topic but found this one to be very informative and the recipes were all delicious. This was the first time I was able to complete a fast, avoid some uncomfortable detox symptoms and feel so good I can't wait to do another one. I am going to make juice fasting a regular practice in my life.

i love this little gem of a book. it's jam packed with juicy tidbits not only about juice fasting and cleansing, but about right nutrition in general. it's comprehensive, yet written in a straight forward, clear and simple manner. i would recommend this book to anyone interested in taking responsibility for their own well-being, whether a fledgling vegetarian, a seasoned vegan, or someone just sick and tired of being sick and tired. congratulations and many thanks to steven prussack and bo rinaldi for hitting it out of the ballpark!

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