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The Ultimate Book of Modern Juicing Everything You Need to Know About Healthy Green Drinks, Juice Cleanses, and More

By Mimi Kirk

Countryman Press. Hardcover. Condition: New. 288 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. The most current and comprehensive juicing guide available. Step aside, Juicing Bible and Big Book of Juices: Mimi Kirk is back with the most current and fresh guide to juicing yet. With more than 200 recipes, handy advice on how to get the most from your juicing, and an eye toward taste, health, and cost, The Ultimate Book of Modern Juicing is the only book on the topic you'll ever need. Kirk has been juicing vegetables and fruits for more than 40 years, yet she doesn't look a day over 50. (And yes, those two things are connected.) She recently became more interested in how to use juicing to feel and look even better. Her discoveries genuinely up-to-the-minute are shared here, along with vibrant photographs of her creations. The Ultimate Book of Modern Juicing is a must-have for everyone interested in or committed to the juicing lifestyle. 100 full color photographs. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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