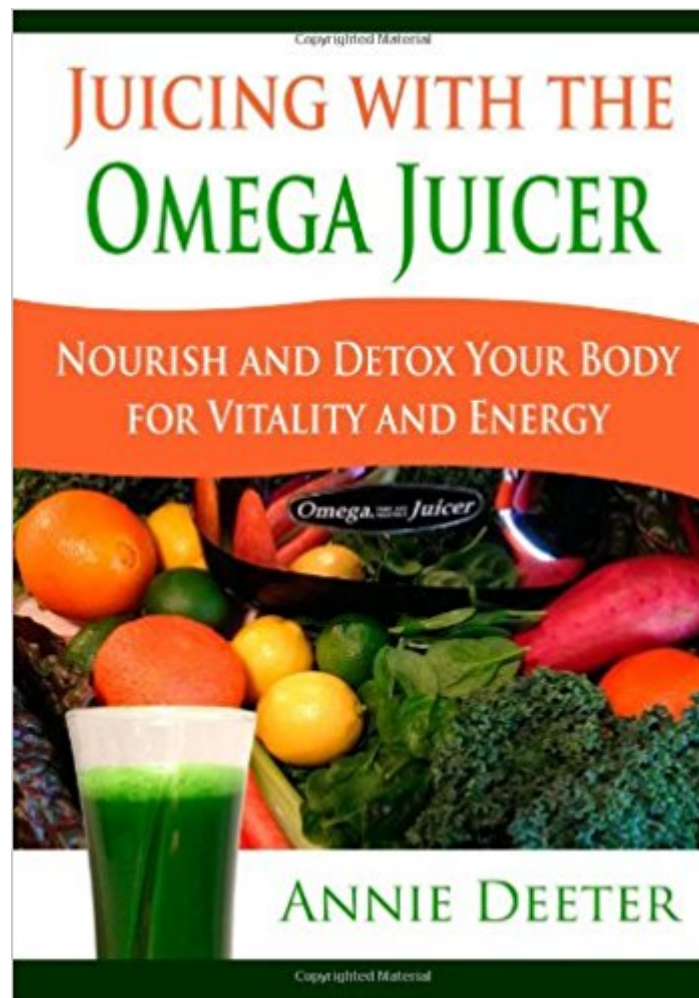




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# Juicing With The Omega Juicer: Nourish And Detox Your Body For Vitality And Energy



## Synopsis

Juicing with the Omega Juicer - Nourish and Detox Your Body for Vitality and Energy is a comprehensive guide to using your Omega Juicer for increased health and nutrition. Covering everything from different types of juicers, and the benefits of masticating juicers to sections on managing your juicing budget, setting a schedule, proper storage of fresh juices and more. This guide provides everything you need to know to be on your way to a successful juicing plan with your Omega juicer. The book includes an in-depth juicing ingredients reference section detailing the specific nutrient content and health benefits of some 50 juicing ingredients. There is even a section on newbie juicer mistakes as well as tips for care and maintenance of your juicer. Written in a light, humorous and conversational style, you will find this an easy and enjoyable read as you learn the tricks and techniques to master successful juicing.

## Book Information

Paperback: 156 pages

Publisher: Speedy Publishing LLC; 3/22/13 edition (April 21, 2013)

Language: English

ISBN-10: 1939643767

ISBN-13: 978-1939643766

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 13 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 150 customer reviews

Best Sellers Rank: #238,803 in Books (See Top 100 in Books) #31 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #176 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

## Customer Reviews

Annie Deeter is a professional researcher and writer. When one of her children introduced her to information about changes in the food industry over the last several decades, she began to do independent research into these changes and how they have affected the quality of food in America. What she discovered led her to make many changes in her shopping, selecting and preparing of foods for her family. She has a keen interest in healthy eating, juicing and growing food in her own organic gardens. She lives in the Pacific Northwest with her husband and several cats, and enjoys frequent visits from her adult children for whom she still loves to cook.

I wish the author much success with this book, I hope she sells thousands of copies! The book starts by telling the story of a family that got into healthy food, growing their own fruit and vegetables, buying seasonal organics when they didn't have garden produce. It is written by a real person who lives with a real budget - just like the rest of us. She encourages sensible buying so we are not wasting money buy throwing out food. This part was a really enjoyable read and I was nodding my head in agreement because I follow these buying and budget rules myself. The 2nd part of the book is so detailed and the research so thorough that I was completely caught off guard. I was on a happy little trip with her family one minute and the next I'm reading the 'dirty dozen' list on the most toxic fruits and vegetables - those that have the highest toxic pesticide residue. This is offset by the clean list. The author has gone into great detail on how to prepare your produce for juicing and then goes into detail on nutritional value of most fruit, vegetable and herbs. There are lists of ingredients for Detox and Cleansing, best weight loss juices, and then sections on which to put together for best results. There is a COMPREHENSIVE section on vitamins and minerals and which F & V contain high levels and what each vitamin and mineral does for you. I could write a review as long as the book because it really should be on the 'Must Have' list for juicing. This book is about health and nutrition not just juicing. If you only buy one book on juicing - this is the book.

Very well made and really does the job. Just don't be in a hurry. Jim A.

I am completely impressed with this book! Completely explains how to get the most out of my Omega juicer. Annie Deeter explains everything clearly and her writing style is warm and friendly. A totally enjoyable read, with detailed information about taste, health benefits and preparation of each vegetable and fruit. If you own an Omega juicer, I cannot recommend this book highly enough!

I'll start with the positives- This book is easy to read and well written, even the more "scientific" stuff in the second half of the book. It's full of good ideas for beginners and contains a lot of anecdotes about the author's first experiences with her juicer in hopes that the reader will avoid the same mistakes. There are no recipes in this book because the author's philosophy is experiment with different fruits and vegetables until you find what tastes good. She then gives a pretty comprehensive list of all the most common fruits and vegetables one would juicer and describes in detail how to prepare them for juicing and ideas for what to pair with them which I really liked- but I'm a big fan of experimenting rather than following recipes. What I didn't like about this book was the second half where she describes the nutritional value and health benefits of different fruits and

vegetables. While this information may be totally accurate, I have no way of knowing because she doesn't cite any specific references- all of her scientific claims just vaguely refer to "studies" and "research". At the end of the book she provides a bibliography of her book and web sources of information- all pretty dubious, and it would take a lot of further research to verify her claims. Bottom line- I don't regret purchasing this book- If you're an absolute beginner just looking for some basic info on the do's and don'ts of juicing and a comprehensive guide to preparing fruits and veggies for juicing this book is totally worth the \$4.99 kindle price. Just take the "scientific" info in the second part of the book with a hearty portion of salt!

I didn't read the description thoroughly enough. This is not recipes as much as how to prepare the produce and how to use the juicer. In that way, it is extremely helpful and full of great information. =) Just not what I thought it was going to be.

Not a recipe book but good for informing your self about nutrition and what to expect.

Love this juicer! It's my first one so I don't have anything to compare it to. I wish I did. I have had this one for a week now and have been drinking veggie juices all week. I feel great and have lost 4 pounds! Yeah! So excited that the scale is finally going in the right direction. And I love how the juice tastes! I'm using carrots, sweet potatoes, celery, ginger, apples, kale, and spinach. No exact measurements just throwing it in there.

What a helpful book...I've learned so much about this great juicer and the fruits and vegetables combos and characteristics.

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