



**Juicing Bible - 365 Days of Healthy Juices (Fruit
Infused Water, Ice Tea, Smoothies, Juicing,
Weight Loss, Juicing Book, Juicing for Health,
Juicing Detox, Juicing for Beginners)**

Jamie Stewart

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The Best Juicing Recipes!

Great Variety of Juices Suitable For Everyone, No Previous Experience Needed, Extremely Easy to Follow Directions!

Free PDF file with photos available at the end of the book

Do you want to make healthy drinks for your family on a daily basis?

Whether you are an enthusiast or you are new to juicing, you are aware of the fact that we need fruits and vegetables on a daily basis. According to many types of research, we should eat three to four vegetables and two fruits a day. The rule is simple: Choose fruits and vegetables in different colors! Therefore, you are fully aware that you should find a way to get more natural food into your diet. As you probably already know juicing is an easy and fun way to get a lot of beneficial vitamins, minerals, fiber, etc.

There is one more important question: how much water we should be drinking? According to The Institute of Medicine – women should drink 9 cups (2.2 liters) of total liquids per day, and men should drink 13 cups (3 liters) of total liquids per day. Anyhow, hydration is key to health, anti-aging, and happiness.

There are a lot of extraordinary beverages that you can drink every day. Apart from juices, there are fruit teas and fruit infused waters, so you are able to stay hydrated and energized all day long. Effortlessly, with much joy! This recipe collection offers three hundred awesome recipes for the best juice combinations, herbal and fruit teas, and fabulous infused waters and flavored waters. Long story short, the secret of hydration and natural food is now available to you!

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