



# **The Juiceman's Power of Juicing: Delicious Juice Recipes for Energy, Health, Weight Loss, and Relief from Scores of Common Ailments**

*Jay Kordich*

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The secret to staying healthy, looking young, getting trim, and feeling great?

The natural healing power of fresh fruit and vegetable juices.

*The Juiceman's Power of Juicing* shows how you can use fresh juice combinations to improve your health. Simple, flavorful recipes for drinks such as Grape-Pineapple Punch, Carrot-Cantaloupe Coolers, and Pear-Apple Cocktails can help you lose weight, overcome fatigue, reduce your risk of many serious diseases, and relieve scores of common ailments.

*The Juiceman's Power of Juicing* is the ultimate guide, for beginners and for avid juicers, to the health revolution that will give you more energy and have you feeling and looking better than you ever dreamed possible!

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