



Juice Alive, Second Edition

Steven Bailey

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The world of fresh juices offers a powerhouse of antioxidants, vitamins, minerals, and enzymes. The trick is knowing which juices can best serve your needs. In this easy-touse

guide, health experts Dr. Steven Bailey and Larry Trivieri, Jr. tell you everything you need to know to maximize the benefits and tastes of juice.

The book begins with a look at the history of juicing. It then examines the many components that make fresh juice truly good for you?good for weight loss and so much more. Next, it offers practical advice about the types of juices available, as well as buying and storing tips for produce. The second half of the book begins with an important chart that matches up common ailments with the most appropriate juices, followed by over 100 delicious juice recipes. Let *Juice Alive* introduce you to a world bursting with the incomparable tastes and benefits of fresh juice.

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