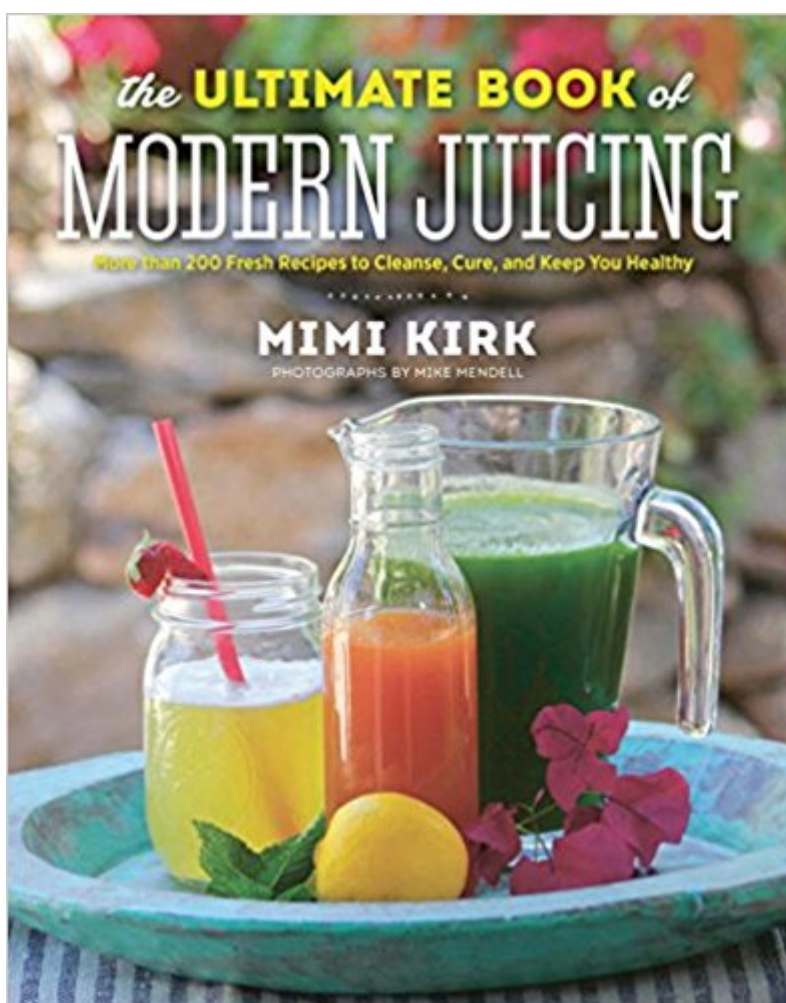


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# The Ultimate Book Of Modern Juicing: More Than 200 Fresh Recipes To Cleanse, Cure, And Keep You Healthy



## Synopsis

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 are genuinely up-to-the-minute and 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

## Book Information

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## Customer Reviews

"...full of reasons to dust off that blender!" -- Healthy

Mimi Kirk is also the author of Live Raw. Voted PETA's sexiest vegetarian over 50, she has appeared on NBC, CBS, and Fox News; and in VegNews magazine, Purely Delicious, and PETA Prime. Her careers span the gamut from being a stand-in for Mary Tyler Moore and the designer behind Valerie Harper's wardrobe on Rhoda to a costume jewelry designer; publisher of an environmental newspaper in Los Angeles; board game inventor; and author. She helped start the first film festival in Taos, New Mexico, and has worked with several nonprofits to

help raise money and awareness about health and environmental concerns. Kirk enjoys spending time with her boyfriend, four children, and seven grandchildren. She lives in Ramona, California.

Juice that cleanses, cures and keeps you happy! This book is everything you need to kick start something great for you're health. It's perfect resource for the novice or experience alike. There is a wealth of information about the benefits of plant based foods. I especially appreciate the section on "health benefits of vegetables and fruit by name." I've learned things in never knew before about the specific benefits of say, cabbage (cholesterol lowering), cranberries (great for promoting oral health), daikon (for great digestion) and pineapple (contains bromelain - anti-inflammatory and digestive enzyme). The recipes, each provide a nice intro with specific health benefits. An enormous section of juices and smoothies to appeal to anyone, including special sections for kids. A great section telling you how to make your own healthy nuts milks and again the health benefits of different ingredients. So far I've made: Almond milk- good standby Cashew milk- which I learned is helps our bodies produce serotonin (welcome sound sleep). Delicious! Hemp seed delight shake- super packed with nutrition and delicious ( this kept me going all morning) Good morning water- delicious infused water I've been making regularly! These more info for doing cleanses, treating specific health conditions, making your own probiotic drinks like kombucha and recipes using pulp from your juices to make breads, crackers, even doggie treats. I got the kindle version but will consider purchasing the book as well. It's a great companion and resource for your health!

I love to juice. I have been juicing off and on since the early eighties and own quite a collection of juicing books. Since our old juicer gave up the ghost we bought a new juicer and we also bought a new juicing book just to see if there is anything new under the sun. One tends to use the same recipes over and over and I was in need of a little inspiration. My family and I have now tried a majority of the recipes in this beautiful book. Not only are the pictures stunning and ever so inspiring, the recipes are absolutely delicious and well balanced. There are no crazy ingredients and complicated formulas yet there is a sophistication to the recipes that makes this book truly outstanding. Modern Juicing has become my favorite juicing book. Highly recommended!

I have all of Mimi's books and they are wonderful. I was very excited to see she came out with a juicing book because I had just replaced an older juicer with a new one. Excellently written recipes, gorgeous photos (as usual) and not your average juicing book. Thank you Mimi and keep up the great work!

I bought this book because I follow Mimi Kirk on Facebook and I've loved many of the recipes she's shared. I've also been in a juicing "rut" and needed inspiration for new juicing recipes. What I didn't count on is that this book also contains great recipes for smoothies, many using super foods. And my favorite recipe so far, which made me drop everything and write this review: a chocolate smoothie packed full of healthy foods that tastes like it's sinful. But it's not. So delicious.

This book has very tasty recipes. Lots of good tips on what the benefits of juicing are. My go to book!

If you are getting into Raw; Her books ARE THE BEST!!! You will learn a lot, and try it for 21 days and see "the change within yourself". You will be amazed!!!

MIMI KIRK is amazing. I just love her. I think this is the most important purchase that I have made going raw vegan/vegetarian. My family loves so many of the recipes.

Great book on juicing. Very comprehensive; covers everything from juicers, cleanses, to making nut milks. Love this book and can't wait to try some of the juice recipes that will break me out of my rut.

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