



A Guide to Juicing, Raw Foods & Superfoods: Eat a Healthy Diet & Lose Weight (Reluctant Vegetarians)

Geoff Wells, Vicky Wells

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Eat a Healthy Diet & Lose Weight Without Hunger

"A Guide to Juicing, Raw Foods & Superfoods" is a compendium of information that not only highlights the amazing benefits of adding juicing, raw foods and Superfoods to your diet, it also **includes over 30 delicious and easy to follow recipes.**

It is the first step on your journey to finding the best options for a **healthy lifestyle.**

The authors, Geoff and Vicky Wells, have already begun this journey and are seeing some remarkable results. They are aware that there is an ever-increasing group of people who are looking for **natural solutions** to their health problems and have sought to provide a number of solutions from their own experiences.

The items that are recommended **can easily be found in any local farmers market or grocery store** and, if your shopping is properly planned, it will not put a strain on your grocery budget.

Both the information and tasty recipes in this book are a must-have for any individual who wants to achieve optimal health. It also serves as a reference for those who are just beginning to research **the benefits of a juicing, raw foods and Superfoods diet.**

Now is always the best time to begin your journey to a fitter, longer, healthier life.

Here Are Just A Few Headings From Our Linked Table of Contents

What Is Juicing?

- Types of Juicers

What Is A Raw Food Diet?

- Do I Eat Nothing But Raw Food?

What Are Superfoods?

- Some Highly-Rated Superfoods

What Are the Benefits of Juicing?

- Juicing Helps Boost Your Immune System
- Juicing Helps Clean Out Your Digestive System
- Juicing Helps You Lose Weight
- Juicing Gives You More Energy
- Juicing Helps You Improve Your Skin and Keeps You Looking Young
- Juicing Gets Even the Picky Child to Consume Vegetables

What Are the Benefits of Eating Raw Foods?

- Weight Loss
- Better Skin
- More Energy
- Lower Cholesterol
- Digestion
- More Time
- You Can Eat A Lot
- Saves Money
- Protein

What Are the Benefits of Superfoods? And Here Are Just A Few Of The More Than 30 Recipes

- Almond Milk
- Cashew Milk
- Chocolate and Coconut Smoothie
- Fresh From The Garden Vegetable Cocktail
- Geoff's Famous Hummus
- Goodness Gracious Green
- Hot Veggie Drink
- Minty Green Refresher
- Multi-Bean Salad
- Peachy Green Smoothie
- Peppered Strawberries
- Raw Fruit Salad
- Raw Veggies and Dip
- Rice Milk
- Tomato, Cucumber and Cilantro Salad
- Very Berry Smoothie
- Vicky's Granola
- Almost Waldorf Salad (No Mayo)
- Nut Butter

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Cindy Moats:

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