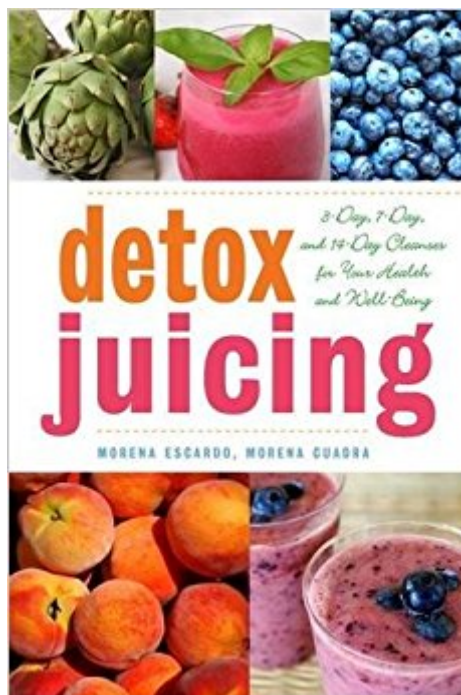




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# Detox Juicing: 3-Day, 7-Day, And 14-Day Cleanses For Your Health And Well-Being



## Synopsis

Detox Juicing provides readers with one hundred juice and smoothie recipes that will give their bodies a relief from poor food choices and hectic lifestyles, allowing them to replenish and awaken their full healing capacities. The recipes are conveniently organized in three-, seven-, and fourteen-day easy-to-follow detox programs. All are designed to cleanse the body from the inside out—removing many of the toxins we are bombarded with in our modern lives that come from our food, cleaning and beauty products, the environment, and even negative emotions. Detox Juicing is a perfect introduction to the fasting and detox processes. Authors Morena Escardo and Morena Cuadra explore the processes in depth, by explaining their importance for the overall state of our health, giving recommendations on how to complement a detox diet with simple lifestyle changes, and guiding readers to make informed decisions when it comes to ingredients, juicing equipment, and choosing a program that is right for them. This book offers powerful detoxing tools that everyone can follow, no matter their physical conditions or eating habits. Readers will come away learning new ways of relating to their bodies and to food, and how making a few key changes in their lives can positively impact their health in the long run.

## Book Information

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## Customer Reviews

Morena Escardo is a lifelong vegetarian. She has spent over fifteen years investigating ways to bring her body and mind to an ideal balance, including different forms of yoga and meditation, alternative medicine, energy work, and holistic approaches to food. She studied Ayurveda, ran a

health foods business in her native Lima, and now blogs about superfoods, sustainable living, and healthy alternatives for Latin food at [perudelights.com](http://perudelights.com). Morena Cuadra is a trained chef, book and magazine editor, and food blogger at [perudelights.com](http://perudelights.com). She discovered fasting and juicing in her childhood. Throughout her life she has experimented with different fasting methods and diets, all in the quest of improving her well-being rather than simply staying in shape.

I follow Morenas (Mom and Daughter) @perudelights.com, I am a big fan of them. I got their latest book "Detox Jucing". Let me start with: this book is wonderful. Easy to read, instructive, nice photographs, appealing recipes and offers a variety of great tips. Everything that I made out of it - juices and smoothies - has been so tasty. I do have my favorite one "Dad's Fountain of Youth". As far as detox, it is my next step to try. Great book for anyone taking a healthy approach into life!

for 7 days I did this detox and the recipes were delicious. It taught me how to make healthy juices that actually tasted great so I wasn't suffering on my detox but had a delightful time enjoying the cleanse. Very educative about the power foods from Peru and I learned the value of many vegetable and fruit ingredients. I've done cleanses regularly including the lemon cayenne one and I find that this one was the Best! I can't wait to try your recipes of the winter months. Thank you for such yummy juice recipes!

I really like the format of this book, is truly a guide into the process of juicing as a way to improve one's health. Before the recipes there is a complete explanation of the benefits of juicing, how to make it work with your lifestyle, what equipment to buy and in general it feels really easy to do after reading the comprehensive first chapters. The names of the recipes make me smile, and the pictures make me want to make and drink the juices. Most recipes have a little note with tips about how to choose the best ingredients, how to store the vegetables and fruits at home, variations and health properties of the ingredients. I haven't tried the detox programs, but I really like how they are organized by season with produce available at the time.

loved the pictures and great information on beginning your juicing experience

great ideas for getting started on a juice cleanse

Helpful book as it gives you options to cleanse with minimum days or a longer commitment of days.

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