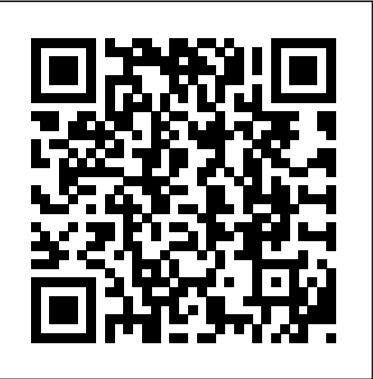


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The newest book by "the Juice Lady", presents a comprehensive nutritional guide to the health benefits of juicing, with a special emphasis on common and chronic ailments. Copyright © Libri GmbH. All rights reserved.  
Juicing Recipe Book Charisma Media  
Get the most out of your juicer with over 150 juicy recipes High-energy juices, cleansing juices, weight loss juices, and more—the number of juicing recipes that boost your health are virtually endless. In one complete reference, The Juicing Recipes Book packs only the best healthy, vitamin-rich juicing recipes to get the maximum benefit of your juicer. From Jet Lag Tonic to Metabolism Boosting Green Juice, these juicing recipes are organized according to their purpose, so you can get your body in top shape, lose weight, increase your energy, or detox your system. Plus, if you haven't bought your juicer yet, this book gives you the lowdown on the three main juicer types, so you can make the wisest choice for your specific health needs. The Juicing Recipes Book includes: A KICK-START GUIDE: Learn what type of juicer fits your lifestyle, which ingredients to keep on hand for your juicing recipes, and how to prep fruits and veggies. 150 JUICING RECIPES: Fill your glass with the healthiest recipes like Breakfast Mojito, Spicy Tomato, Citrus Energy, Complexion Helper, and Peach-Strawberry Nectar. A JUICE FOR EVERY NEED: Choose the juice that fits your needs with options for Brain-Nourishing Juices, Alkalizing Juices, Healthful Skin Juices, and more. Find a juice for every unique body. Unlock the full benefit of your juicer machine and feel the difference with The Juicing Recipes Book.  
Juiceman Hardie Grant Books  
The juice of fresh fruits and vegetables provides a powerhouse of antioxidants, vitamins, minerals, and enzymes. The trick is knowing which juices can best serve your individual needs.  
Billboard Clarkson Potter  
Promising 100 percent natural and unprocessed nutrition, Andrew Cooper's Juicemanifesto is brimming with easy juices, smoothies, teas, tonics, and nut milks as well as energizing breakfasts and wholesome snacks. It even offers amazingly delicious ideas on what to do with the pulp! This diverse range of 120 recipes packed with beauty and health benefits—from medicinal juices that combat digestive problems to smoothies for detoxing—helps achieve and maintain optimum wellness and is super – family friendly. Rounded out with beautiful photography, a juice cleanse plan, exercise tips, and advice for better health, this is the one-stop inspiration for nourishing juices and smoothies to jump-start New Year, new you, and for sticking to those resolutions year-round.  
The Complete Book of Juicing, Revised and Updated Charisma Media  
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!  
Your Right to Be Beautiful BR Publishing  
My Juicing Journal is the tool that can empower you to reach and maintain your ideal weight, look and feel decades younger, clear away the brain fog and protect yourself from certain diseases. As a result of working with thousands of people all over the world and helping them to develop the daily juice habit, I discovered what is needed to ensure success creating the daily habit and ensure your success. Your Juicing Journal allows you to: \* Understand the science and creativity to create your own custom juice blends. \* Choose the Juice Guru favorites juices to help you achieve optimal health. \* Monitor the results of your new life-changing daily juice habit. \* Keep track of your daily energy levels, focus, moods and achievements. \* Control how your mood reflects on your will and

ability to stay with the habit.\* Note your feelings about your progress and missteps to improve each and every day. My Juicing Journal is a 90-day planner that makes it easy to make our most popular juice recipes, whether you have a juicer or not (but we do recommend getting one). The system is designed to teach you how to craft your own special blends designed just for your body (and unique needs) and monitor how these juices affect you on every level. My Juicing Journal works. It contains a proven system that can help make your success inevitable. But without you, it's just another workbook. And that's why the journal is designed in a minimalist, clutter free style. This journal is a canvas to make it your own - as you walk down the path to reaching extraordinary goals. I hope you use this book as a canvas to develop this lifelong habit that has the potential to help you reach a version of your best self. You will inspire others to do the same. Your Juicing Journal will be your convenient diary and motivating planner during your next three months or 90 days (the standard time span to create a new you and make it stick for good). It is a great size (6 x 9 in) to carry in your purse or bag and at the same time have enough space to make sure you always have everything needed to ensure your juicing success. Makes a great gift for friends or family to help them stay on track to achieve their health, weight loss and juicing goals. SIZE: 6x9 inches (approximate A5) PAGES: 123 COVER: Soft Glossy Cover  
Juiceman Hay House, Inc  
Rap music from New York and Los Angeles once ruled the charts, but nowadays the southern sound thoroughly dominates the radio, Billboard, and MTV. Coastal artists like Wu-Tang Clan, Nas, and Ice-T call southern rap & “garbage,” but they're probably just jealous, as artists like Lil Wayne and T.I. still move millions of copies, and OutKast has the bestselling rap album of all time. In Dirty South, author Ben Westhoff investigates the southern rap phenomenon, watching rappers & “make it rain&” in a Houston strip club and partying with the 2 Live Crew's Luke Campbell. Westhoff visits the gritty neighborhoods where T.I. and Lil Wayne grew up, kicks it with Big Boi in Atlanta, and speaks with artists like DJ Smurf and Ms. Peachez, dance-craze originators accused of setting back the black race fifty years. Acting both as investigative journalist and irreverent critic, Westhoff probes the celebrated-but-dark history of Houston label Rap-A-Lot Records, details the lethal rivalry between Atlanta MCs Gucci Mane and Young Jeezy, and gets venerable rapper Scarface to open up about his time in a mental institution. Dirty South features exclusive interviews with the genre's most colorful players. Westhoff has written a journalistic tour de force, the definitive account of the most vital musical culture of our time.  
Vegetarian Times Quirk Books  
Filled with 425 recipes, The Juice Lover's Big Book of Juices is the ultimate juicing resource.  
The Juice Lady's Anti-Inflammation Diet Square One Publishers, Inc.  
Arguably one of the most mainstream music styles today, rap was in fact born centuries ago in West Africa with historians or 'griots' who used to tell stories of the past over the beat of a drum. But it wasn't until the 1970s in New York that rapping as we know it was born and began to flourish. 50 Rappers Who Changed the World profiles some of the genre's biggest influencers, from the 1970s until the present day. From Bronx-based legends Afrikaa Bambaataa and Grandmaster Flash in the 70s, to Run-DMC and Public Enemy in the 80s, Biggie, Tupac and Snoop in the 90s, and Eminem and Jay-Z in the 00s, this is a history of music for anyone who loves rap. Featuring MCs like Melle Mel, West Coast legends including N.W.A. and Ice-T, and countless women who changed the game, like Salt-n-Pepa, MC Lyte and Missy Elliot. And today, we have a new breed of artists who are dominating the charts, from J. Cole to Kendrick Lamar, Logic and Cardi B. Filled with a stylish illustrations and short biography of each artist, this book is a celebration of the musicians who shaped the genre and changed the world.  
50 Rappers Who Changed the World Charisma Media  
Presents a four-week menu plan with over seventy-five recipes for a twenty-eight day program to reduce inflammation in the body and promote natural healing.  
The New Partridge Dictionary of Slang and Unconventional English: J-Z Mendocino Press  
The most trustworthy source of information available today on savings and investments, taxes, money management, home ownership and many other personal finance topics.  
Posthuman Rap Oxford University Press  
Pot-bellied Joe Kagan, the buffoonish manager of a Cheapmart discount store, unwinds from his late shifts with some television which at that time of night means infomercials. Seduced by claims of amazing products and easy payments, Joe soon finds himself deep in debt. Sammy Thieu a Vietnamese immigrant turned infomercial pitchman who surrounds himself with scantily-clad women and other accoutrements of wealth entices viewers of his infomercials with stories of the fast fortunes to be made in real estate. Desperate, Joe registers for Sammys seminar leading him on a series of ludicrous misadventures. Interspersed throughout the novel are descriptions of the ridiculous and outrageous infomercials Joe and others watch on TV, such as The Psychic Support Hotline, in which a

washed-out 70s pop singer assures viewers, All you need is a credit card and a willing suspension of disbelief! and WhiffTrim, in which sniffing a piece of plastic is touted as a legitimate strategy for weight reduction. Make That Call Now! is the laugh-out-loud story of one misfits journey through the tacky world of TV infomercials.  
Roy Cape Harper Collins  
High Frequency Health covers a wide range of nutritional and disease related issues including the best diet philosophy, natural treatments for cancer, diabetes, Hepatitis C, AIDS, and so much more. This reference guide places particular emphasis toward the healing modalities associated with alcohol related problems, reactions, and solutions.  
Dirty South Ballantine Books  
The Juice Lady, Cherie Calbom, provides all of her most popular recipes for juicing, smoothies, shakes, soups, and sauces, in one complete volume.  
Juice Alive Chicago Review Press  
The quick and easy way to stay healthy . . . Andrew Cooper's Juiceman delivers over 100 delicious recipes packed full of goodness. For all the family and for every occasion, there's something for everyone. Promising 100% natural and unprocessed nutrition, Juiceman is brimming with easy, delicious juices, smoothies, teas, tonics and nut milks, as well as energising breakfasts, healthy snacks and ice cream. It even offers some amazing ideas on what to do with waste pulp! Andrew, a juicing expert, has created a diverse range of recipes to help achieve and maintain optimum health. From medicinal juices, which combat dehydration or digestive problems, to smoothies, for detoxing and retoxing, Juiceman is packed with essential recipes, including: Green Ninja Juice Full Cream Cashew and Hemp Milk Blueberry Facial Smoothie Smoothie Breakfast Bowl Ultimate OJ Recovery Shake Immunity Boost Smoothie Skin Shot As well as these delicious and effortless recipes, Andrew provides a juice cleanse plan, exercise tips and advice for keeping fit.  
The Juice Lady's Weekend Weight-Loss Diet Taylor & Francis  
Get the fruit your body needs—in a glass. This creative collection from an award-winning author includes tasty juicing recipes that can be made using a juicer or a blender/food processor. The simple recipes come with suggestions for substitutions for even more variety—for happier, healthier readers! - Written by an award-winning food and beverage author Ellen Brown, who is also the founding food editor of USA Today. - Accessible to everyone: recipes come with hints for substitutions and can be made with a blender, food processor, or juicer. - Contains information on the health benefits of juicing, how to purchase and store perishable produce, and nutritional information.  
As Seen on TV iUniverse  
In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music, video, gaming, media, digital and mobile entertainment issues and trends.  
Vegetarian Times Chronicle Books  
Posthuman Rap listens for the ways contemporary rap maps an existence outside the traditional boundaries of what it means to be human. Contemporary humanity is shaped in neoliberal terms, where being human means being viable in a capitalist marketplace that favors whiteness, masculinity, heterosexuality, and fixed gender identities. But musicians from Nicki Minaj to Future to Rae Sremmurd deploy queerness and sonic blackness as they imagine different ways of being human. Building on the work of Sylvia Wynter, Alexander Weheliye, Lester Spence, LH Stallings, and a broad swath of queer and critical race theory, Posthuman Rap turns an ear especially toward hip hop that is often read as apolitical in order to hear its posthuman possibilities, its construction of a humanity that is blacker, queerer, more feminine than the norm.  
Billboard John Wiley & Sons  
JM400  
Buy Now Createspace Independent Publishing Platform  
With fifty new recipes and new information on the benefits of juicing and juice cleanses, here is the completely revised and updated edition of this juicing category killer. The first completely revised edition of this juicing classic, The Complete Book of Juicing is packed with new information on super fruits such as pomegranate and papaya, weight-loss and juice fasts, immune function, juicers, and more. With one hundred fruit and vegetable recipes and a fresh new package, this book is a user-friendly and fun necessity for any juicing kitchen.