



"Juice Guru by Steve and Julie Prussack excellently opens the door to the general public for enjoying and appreciating the health benefits of drinking juice on a daily basis... I recommend daily juicing for all my clients as well as doing this myself."

— **Gabriel Cousens MD, MD(H)**
author of *Conscious Eating and Spiritual Nutrition* and director of the Tree of Life Center US and Tree of Life Foundation

Juicing is one of the most reliable methods for keeping lean, healthy and fit while maintaining your **youthful vitality** and **quality of life**

Steve Prussack is the founder of Juice Guru, a business dedicated to spreading the message about juicing for healthy living. He is also the founder of the accredited Juice Guru Academy, which offers courses in juice therapy and health education. Steve is the award-winning host of *Juice Guru Radio* and was the founder and publisher of *VegWorld Magazine*.

Julie Prussack is an environmental lawyer and administrative law judge who became an avid juicer when she reunited with her high school sweetheart, Steve. Julie has also been a head writer and associate editor of *VegWorld Magazine*.

Juice Guru

Transform Your Life by Adding **One Juice a Day**

Looking for a new lease on life? Try daily juice. Just one juice a day provides the powerful nutrients you need to help you live well for longer. Not only does this book deliver all the latest scientific information on the benefits of juicing, it also provides step-by-step guidance on how to make revitalizing juice part of your daily routine. One hundred delicious juices plus additional recipes by Chef Babette Davis turn leftover pulp into culinary delights. Start juicing... the rest of your life begins now.



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"Incredible! Steve and Julie Prussack have written a juicing guide that will inspire and create health on a level you've never seen before."

— **Jay Kordich**, bestselling author of *The Juiceman's Power of Juicing*

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BOOST VITALITY, INCREASE LONGEVITY & STAY SLIM



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