



THE BESTSELLING AND ESSENTIAL JUICING GUIDE

Getting your daily servings of fruits and vegetables will be easier than ever thanks to *The Juicing Bible's* incredibly healthy, nutrient-dense, mineral-packed and vitamin-rich recipes. With recipes for over 300 juices, tonics, cleansers, digestives, teas, smoothies and substitutes, you will be able to get real, whole foods into your body each and every day of the week. *The Juicing Bible* is an essential guide for anyone who wants to explore the wide-ranging nutritional and health benefits of juicing.

- **Over 300 recipes for juices, blends and treats** made with fruits, vegetables and herbs, with information on uses and healing properties and advice on purchasing and storage
- **Information on seven body systems** and their importance to good health, along with advice about diet and lifestyle changes to support their peak performance
- **Details on 80 common health concerns**, with recommendations on combating them with natural foods

Fruit and Vegetable Juices, Heart-Healthy Tonics, Endocrine Elixirs, Immune Boosters, Nerve Nourishers, Respiratory Juices, Stress Busters, Cleansers, Healing Teas, Smoothies, Frozen Treats and more!

PAT CROCKER is a culinary herbalist, a professional home economist and the author of dozens of books, including *The Smoothies Bible*, *The Vegetarian Cook's Bible* and *The Vegan Cook's Bible*. She won the International Cookbook Revue Award for the first edition of *The Juicing Bible*. She lives in Ontario, Canada.

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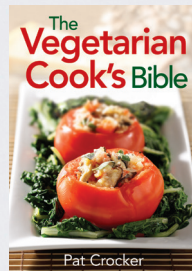
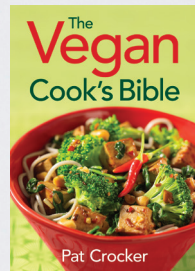
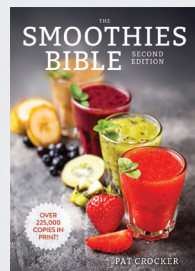
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