



Raw Juicing: The Healthy, Easy and Delicious Way to Gain the Benefits of the Raw Food Lifestyle

By Leslie Kenton

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Raw Juicing: The Healthy, Easy and Delicious Way to Gain the Benefits of the Raw Food Lifestyle By Leslie Kenton

UNLEASH THE HEALING POWER OF RAW FOODS

Everyone agrees that adding more fresh fruits and vegetables to your diet will make you feel better, look better, and be healthier. But if eating a plate full of raw foods isn't your idea of a tasty meal, then this book is for you.

Raw Juicing shows how to transform that boring plate of raw foods into an amazingly delicious, supernutritious beverage. Follow the book's simple, straightforward program and you will not only enjoy drinking your fruits and vegetables, you will also gain the benefits of eating raw, including:

- **Natural weight loss without dieting**
- Better resistance to colds and flus
- Rejuvenation of the body
- Enhanced athletic performance
- Heightened energy
- Greater mental clarity and emotional balance

Raw Juicing offers a wide array of quick and tasty recipes, including:

- **Apple Zinger**
- Mango Go-go
- Ginger Berry
- Orange Tonic
- Citrus Carrot Special
- Glorious Grapefruit
- Green Goddess
- Sprout Special
- Hit the Grass

About the Author

Leslie Kenton is an award-winning writer, television broadcaster, and teacher. Trained in acupuncture, nutrition, bioenergetics, and energy medicine, she is a member of AAMET and NTCB in the U.S. and a certified homeotherapeutics consultant, and is also the author of more than 40 best-selling books on health, beauty, and spirituality.

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Editorial Review

About the Author

Leslie Kenton is a highly respected health writer who has authored a number of top selling health titles in the UK.

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