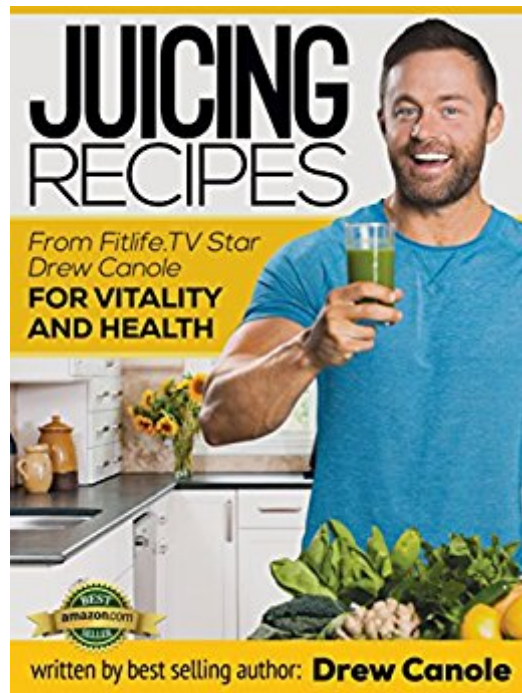




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Juicing Recipes From Fitlife.TV Star Drew Canole For Vitality And Health



Synopsis

It's Time To "Juice Up Your Life"... With FitLife.TV Star, Drew Canole! Drew Canole, the Star of Fitlife.TV and creator of the "Alpha Reset" Program is leading a movement around the country with his passion for helping people realize the healing and health-promoting powers of live, pure, fruit and vegetable juice. Harnessing the power of live juices was the key to overcoming his own health issues and transforming his body to peak levels. He has helped over 100,000 people do the same and he shares his recipes and success strategies in this book. Included In This Book Are 103 Delicious Juicing Recipes – ...for healthy and satisfying fruit and vegetable juices! This is a newly updated version of Drew Canole's essential book to juicing and transforming your body. Every recipe has been made, tested and selected to give you a diverse range of juices for taste, health, vitality, healing and longevity. Rookies And Regular Juicers Both Love It Because...It can be confusing when you're first starting out on your juicing journey - what juices to make, how to make them and what health benefits you'll get from each. Drew lays out an easy to follow plan. As a avid juicer, you might find yourself bored of making the same juice. Drew will show you how to spice it up and keep it fresh, ensuring that you'll keep juicing and enjoying the amazing benefits it brings your body. Now Click Look Inside: Book Preview For A Special Message From Drew (Page 2) Inside the book on Page 2 (Click Above), you'll also get access to Drew Canole's Facebook Group for Vegetable Juicing fans (available in the preview above) and a special bonus only for Kindle customers on the very LAST page. A special message from Drew Canole: "No Matter What Juicing Recipe Book You Choose...The only thing important is that you do it. I've personally witnessed the power of live fruit and vegetable juices transform and heal lives. The fact that you're here now means that your health matters and you have stumbled upon nature's medicine cabinet. If I can help you in any way along your journey, I welcome you with open arms...We're in this together"

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Customer Reviews

I am a busy mom of 3 juggling working from home and our busy family schedule. I am a recovered fast food junkie!!! My previous diet consisted of whatever fast food restaurant was closest and the largest diet coke or latte possible. The pounds were packing on, my energy was nill and I needed to make a change. After borrowing a friends juicer to make sure I would like juicing before making the investment of a juicer, I was hooked! However, as a new juicer, I struggled w/ what to juice, how much raw veg/fruit I needed and why that particular produce was good for my body. After following Drew Canole on FB for a few weeks, decided to try his book. Best bang for the buck!!! Great recipes (often w/ catchy names) that also tell you the benefits of that particular juice. The recipes are divided into Fruit Juices (50 recipes) and Veggie Juices (54 recipes). This book is a must have for anyone that wants to try out juicing and see if they like it to those of us that are totally hooked! There are also yummy recipes that my kiddos and hubby (that typically hates veggies) enjoy!! As a family, we now juice several times a day and these recipes keep us from getting bored! Happy juicing!

Received yesterday, and been reading this morning, making a grocery list from the book. I had the apples, not the orange, but organic orange juice, and the first recipe listed in this book, "Kick a Virus", I did. Feel better after doing that. Soar throat, then sinus this week after cleaning up lots of pollen on our screen in back porch- cement porch, window screens, furniture, cat lounge, etc. I should of known better; this has happen in the past cleaning up pollen. Living in the country with all these woods, farmers working in their field, etc. Anyways, with standing on, By Jesus stripes I am healed, and now your juice book, and the recipe I just tried - MUCH BETTER! Thank-You. Looking forward in trying your other recipes. Do you sell any other books?

Overall, I thought this was a good guide. Overall, I thought this was a good guide. I especially liked the intro and the tips, especially as I was already juicing but because of this book I was able to make some minor improvements, such as using cucumber as a base. I also like to experiment a lot with different juices so this helped give me a few ideas. My only complaint is it gives you the guidance on each fruit or veggie (i.e. 2 apples, etc) but does not give you guidance on the yield. It's very helpful to know how much juice you get out of each fruit or veggie if you are planning for a juice cleanse. Otherwise, it's a great book.

I came across one of Drew's YouTube videos by just searching for anything on juicing. It only took that one video for me and then I was hooked. There is something special about this guy, which makes you feel comfortable while getting you motivated and excited to start juicing. Drew is being himself on the videos and you can see that same personality in his book. I looked at a dozen other books and the main problem was the author going too far with the information. For example, many books would have over 2 pages of data and information on only one recipe. I felt like I was reading a label from a GNC Mega Man Vitamin box. Just tell me what's going in the juicer and how much of it. Sure, a few sentences about how this particular drink can help you would be great. Well, that's exactly how this book is written. This book by far has the most recipes as well. So thank you Drew if you see this. I'm not sure how if it's possible to speak with you one on one on setting up a program for me. Of course I'm expecting to pay for that too. I'm 33/M and at a rock bottom with my health. Was diagnosed with hypogonadism at 22 and now it's led to multiple other issues including high blood pressure. High cholesterol, Raynaud's syndrome, extreme fatigue, zero libido and more. I'm too young to be on so many medications and I want to change my life around. My diet is terrible and I know that's the first thing that must be changed in any life transformation. Therefore, please let me know the next way or even if it's possible to set something up. In closing, buy this book and you will be happy. Don't waste your valuable time like I did researching for the best one when you are looking at it right now. Trust me!!!!

WoW! I got this book at 8am (EST) today and am mostly done reading it (thnx to my KINDLE)! Personally, I started juicing seriously this past May 2012. Fat, sick and most certainly nearly dead without much hope from the docs except for handfuls of pills and injections... I'd tried juicing back in the 1990's but OH! what awful stuff! - and that was it! In researching about "how to heal a fatty liver..." I stumbled across Drew online. I listened and watched and read everything for about 2 weeks then mustered up the gut to try this again. After purchasing some other Juicing books online via Amazon and

trying many of those juices... I been copying & pasting all the recipes I could get my hands on and even the ones Drew demonstrated online... I'd reference video's over & over again to remember different veggie combinations by what their benefits were... and I would say aloud (speaking to Drew on my computer - as if he could hear me!?)..."Can you please write this stuff down in a book? - I'll buy it!"Much to my surprise this morning, I get on FB to see what Drew had to say this morning... he told us about his recipe book!!!! OMG! Yay!So after reading it 3/4's of the way through...I've got to say that 'Recipe books' are just that... recipe books.BUT NOT THIS JUICING BOOK! Its a recipe book with personality! I can hear Drew in these recipes! His personality emanates from the pages and they are titled so that you can IMMEDIATELY attack whatever ails ya and not just try a bunch of juices until you find "something" that makes you feel good.Juicing is saving my life ~ so thanx Drew for HEARING MY VOICE (through my computer) and writing this book JUST FOR ME! You're the best!

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