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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"

## Book Information

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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 nil and I needed to make a change. After borrowing a friend's 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!

After months of lots of stress in my life I decided to be more aware of what I was doing with my body, I didn't use to eat veggies and fruits caused on the laziness of the process of cleaning, peeling, doing a bit of mess and clean again... though I decided to try juicing... bought this book, and after the first sip of one of Drew's recipes that laziness faded right away... Now, after the second week of trying juicing, every night when I get back from work, my body craves for a nice glass of healthy boost... Tried one for better sleep and I started sleeping right away after getting into bed, no more hours trying to sleep!! The recipes are very tasty you don't have to be afraid of the resulting greenie/redish juice you get... Now I'm so ready to get a better juicer to get the most of every fruit or veggie out there ;) ... cheers!! (edited Aug 14th) Now it's been almost a month after I purchased this

awesome book! As I'm a hard worker, I'm doing a master and I'm taking some other update courses I have no much time for exercising but I'm still shaping my body with these great recipes!! My clothes fits better and better everyweek!! I truly recommend everyone interested in juicing to get this book and start/keep juicing! You'll feel the changes right away! I didn't mention I used to suffer from colitis due to the extreme stress I get into everyday... but I haven't feel the horrors of it since I started juicing... It's been amazing and thanks to Drew's encouragement in his videos and this book I don't pretend on stopping this path.. now I just wish I could get a new and better juicer than the old one I have...

Tired of the extra 60 pounds I had to lose, and tired of trying every diet and exercise program out there that didnt work (and usually made me feel horrible) I decided to try a 10 day juice fast. After day 4 (after the fatigue and headaches) I quickly decided the 10 day fast should be a 14 day fast, and at the 14 day mark I decided to make it a full 30 day fast. To tell you that juicing has changed my life would be a total understatement. I work full time, have 2 young children, active in PTA, a den leader for the cub scouts and I always thought I had a good energy level. I had no idea how tired I was until I now feel how energized I can be!! Juicing has given me a clear mind and an energized body and soul. Up until this morning anything with beets in it would do the trick for me but once I read about the Mega Max I had to try it (minus the ginger)and I think I have a new favorite. This book has rejuvenated my love of juicing with its great easy recipes and the reason to juice each of the veggies...I love it. Everything I need at the touch of my kindle! I am so passionate about everything now, it is so much more than the weight loss now, I love the way I feel and think while juicing, I sometimes feel like a preacher when talking about it. This book is so well written, it is easy to read and I couldnt put it down. I truly believe juicing holds the key to the majority of the health problems we have in this country. I have even arranged a "Juice Night" for the cub scouts to teach and educate them on the benefits of juicing and I will be sampling a lot of the recipes from this great book. This is a must have for everyone! Oh one last thing, I lost 21 pounds in that 30 days and plan on losing atleast 40 more with the addition of all of these great recipes and ofcourse my daily MEGA MAX!! Thank you Drew and in the words of Joe Cross (Joe the Juicer) "Juice On"

I was hoping for an advanced perspective and was infuenced by the Sean Croxton website. This being just a digital version is a disadvantage. Prior to purchasing I tried to review some of the content but just got posh reviews. "Oh Cute Names for recipes" "Delicious recipes" etc. After purchasing I was eager to add it to my "Go To" library for juicing, but realized there was no

reference to what the drinks were good for, ie; Detox, Energy, Weight loss and so on. The only reference is the cute names and if you read the paragraph that accompanys the recipe, you can get an idea what the recipe is good for. Who has time for that? Sean Croxton promoted this book, so I contacted him with no reply. I then contacted Drew Canole and got a timely response on my first email, but no responses after that. Bottom line.....no help to determine what his recipes are good for. One of the biggest selling factors for me was the promotion that this book had a lot of VEGETABLE BASED recipes. I liked that but still had no option to preview the index prior to buying the book. The book is also filled with a lot of FRUIT BASED recipes. Basically it's like the hundreds of other juicing books out there. There's thousands of free recipes on the internet and Drews recipes do not stand above these others to me. I would suggest "The Big Book of Juices" by Natalie Savona if you are looking for a no-nonsense juicing recipe book. Though it is filled with FRUIT BASED recipes. It also has about 200 PAGES of VEGETABLE BASED recipes.

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