



# **The Complete Book of Juicing, Revised and Updated: Your Delicious Guide to Youthful Vitality**

*Michael Murray*

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The first completely revised edition of this juicing classic, The Complete Book of Juicing is packed with new information on super fruits such as pomegranate and papaya, weight-loss and juice fasts, immune function, juicers, and more. With one hundred fruit and vegetable recipes and a fresh new package, this book is a user-friendly and fun necessity for any juicing kitchen.

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