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If you're interested in starting to juice, you might be thinking you can get away with improvising. But I've found that particularly when it comes to the green juices, it's easy to wind up with icky, bitter

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Whether you're a juicing pro or just juice curious, The Juice Generation is your field guide into the world of healthy juicing. With nutritional tips, buying guides, and 100 revitalizing recipes, you'll have all you need to ride the green curve to glowing skin, a healthy body, and a clearer mind.

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Model Ayyan Ali refuses to eat jail food, consumes fresh juices

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Then I requested The Juice Generation: 100 Recipes for Fresh Juices and Superfood Smoothies. In this book, there is a wealth of information that can make even the most skeptical person (me) see that there are real positive benefits to being part of the juice loving world.

The Juice Generation: Fresh Juices, Green Drinks, and

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The Juice Generation includes detoxing cleanses as well as flu-fighting elixirs and plenty of recipes and great advice from some of its biggest supporters, including Blake Lively, Michelle Williams, Edward Norton, Jason Bateman, and Martha Stewart.

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Juice Generation promotes health & wellness through antioxidant and nutrient-rich juices, smoothies and aï§ai bowls. Learn more about our products here!

Juice Generation - Official Site

The Juice Generation: 100 Recipes for Fresh Juices and Superfood Smoothies From one of Americaâ€™s foremost and pioneering juicing companies comes a beautifully illustrated guide to creating restorative and energizing juices and smoothies; as well as preparing nutrition-rich, blended superfoods. Welcome to the Juice Generation !

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