



## Juice it Blend it: Transform Your Health One Drink at a Time

By Lisa Craven

ReadHowYouWant. Paperback. Condition: New. 192 pages. Dimensions: 10.0in. x 7.8in. x 0.4in. This is the complete reference guide to incorporating plant foods into your everyday diet. Juice enthusiast Lisa Craven clearly and simply outlines the six Ws of juicing: who should juice, what you should put in your juice, where you should juice, when you should juice, why you should juice, and which type of juicer or blender to purchase. Facts and fun tips are combined with fabulous recipes designed to target specific needs, ranging from afternoon pickmeups to stress busters. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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