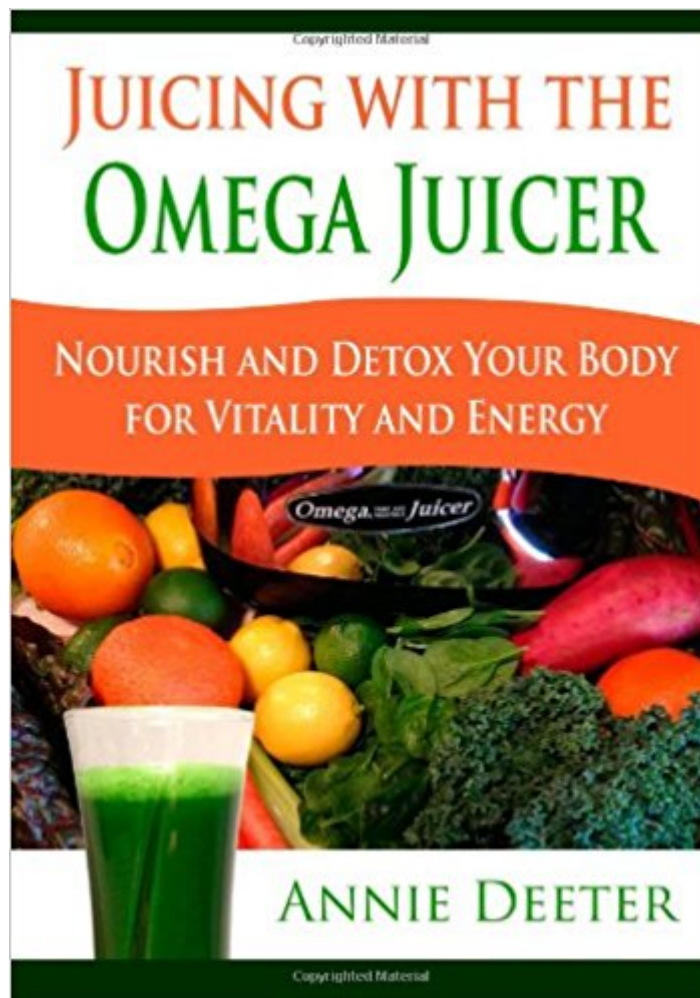




Ebook Directory
the best source of ebook

The book was found

Juicing With The Omega Juicer: Nourish And Detox Your Body For Vitality And Energy



Synopsis

Juicing with the Omega Juicer - Nourish and Detox Your Body for Vitality and Energy is a comprehensive guide to using your Omega Juicer for increased health and nutrition. Covering everything from different types of juicers, and the benefits of masticating juicers to sections on managing your juicing budget, setting a schedule, proper storage of fresh juices and more. This guide provides everything you need to know to be on your way to a successful juicing plan with your Omega juicer. The book includes an in-depth juicing ingredients reference section detailing the specific nutrient content and health benefits of some 50 juicing ingredients. There is even a section on newbie juicer mistakes as well as tips for care and maintenance of your juicer. Written in a light, humorous and conversational style, you will find this an easy and enjoyable read as you learn the tricks and techniques to master successful juicing.

Book Information

Paperback: 156 pages

Publisher: Speedy Publishing LLC; 3/22/13 edition (April 21, 2013)

Language: English

ISBN-10: 1939643767

ISBN-13: 978-1939643766

Product Dimensions: 7 x 0.4 x 10 inches

Shipping Weight: 13 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (130 customer reviews)

Best Sellers Rank: #14,653 in Books (See Top 100 in Books) #5 in Â Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #24 in Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

If you are considering buying this as a "comprehensive manual for using the Omega juicer". Don't. While purchasing the 8004 model I scrolled down, saw this book, read the description, read all the positive reviews and bought it, thinking it a "handbook", or reference guide. It isn't. In fact, the "tip" Deeter stresses the most is not to follow Omega's instructions for chopping produce. Jamming a whole carrot etc, down the feed shoot with the plunger may cause enough pressure for the drum to pull away from housing, leaking and possibly voiding the warranty. The Omega juicer is one of the best investments I've made and is a terrific product. "Juicing with the Omega juicer" is not. The fact that Omega features prominently in the title the cover photo and is mentioned 3 times in the

description is a marketing technique and has almost nothing to do with the book's actual content. There are a total of 2 pages which refer specifically to it, entitled "Care and Maintenance Tips for your Omega juicer". They would apply to almost every masticating juicer and are basically the instructions included with the manual written out longer and with the word "Do" (in bold type) at the beginning. Towards the end of this section, Deeter includes this "tip" : "...we managed to break the juicing screen that is used for making the juice. It was really our fault, although we didn't want to admit it- we dropped it down the disposal drain side of the sink and broke it trying to get it back out. But one phone call and not only did Omega send us a replacement they sent two!" Phrasing like "the juicing screen that is used for making the juice", is typical of the redundant style of the book.

[Download to continue reading...](#)

Juicing: 365 Days of Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for Weight Loss, Juicing Detox, Juicing for Beginners) Juicing with the Omega Juicer: Nourish and Detox Your Body for Vitality and Energy JUICING: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing) Juicer Recipes: A Complete Juicing Guide on Juicing and the Juicing Diet Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) Souping: The New Juicing - Detox, Cleanse & Weight Loss (Detox, Cleanse, Weight Loss, Juicing, Gluten Free, Gut Health, Souping) Juice Up Your Life - Juicing Made Easy Guide And Tips, Live Healthy, Live Better, Live Longer! (Juicing Guide, Juicing Recipes) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) Tea Cleanse: 7 Day Tea Cleanse Diet Plan: How To Choose Your Detox Tea's, Shed Up To 10 Pounds a Week, Boost Your Metabolism and Improve Health (Tea Detox, ... Body Cleanse, Detox Tea, Flat Belly Tea) Juicing Recipes: 50 Tasty Juice Recipes for Detox, Weight Loss and Vitality (Holistic Health for Life: natural healing, pain reduction, weight loss, and recipe books) A Beginner's Guide To Juicing - 50 Recipes To Detox, Lose Weight, Feel Young and Age Gracefully (The Juicing Solution Book 1) Juice Fasting: The 3 Day Juicing Fast for a Healthy Detox Diet, Metabolism Boost, and Quick Weight Loss (Juicing Recipes) Sugar Detox: Sugar Detox for

Beginners - A QUICK START GUIDE to Bust Sugar Cravings, Stop Sugar Addiction, Increase Energy and Lose Weight with the Sugar Detox Diet, Sugar Free Recipes Included The Beauty Detox Power: Nourish Your Mind and Body for Weight Loss and Discover True Joy Reiki: A Complete Practical Guide to Natural Energy Healing, How To - Awake Your Body And Soul, Restore Your Health And Vitality. (Reiki For Beginners, ... Techniques, Awaken Your Chackras) The Complete Book of Juicing, Revised and Updated: Your Delicious Guide to Youthful Vitality Blender Recipes: 27 Blender Recipes You Can Make with High Speed Blenders - Juicing For Weight Loss & Vitality (Blender Recipes You Can Make With Your ... Star & Other High Speed Blenders & Juicers) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)