



The Joy of Juicing, 3rd Edition: 150 imaginative, healthful juicing recipes for drinks, soups, salads, sauces, en trees, and desserts

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Gary Null Ph.D., Shelly Null

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Présentation de l'éditeur

A new edition of a research-backed nutritional program using juicing to help prevent and reverse disease and cell damage, from *New York Times*–bestselling author and renowned health expert.

For more than thirty-five years, Gary Null has been one of the foremost voices in the health movement. In *The Joy of Juicing, 3rd Edition*, he advises readers how to use fresh juice to cleanse and detoxify their bodies. Null provides extensive research showing how accessing natural substances in the right quantities and forms can repair damaged DNA, as well as help halt and reverse the progress of many diseases.

This edition has been substantially revised and features fifty new juicing recipes for a healthy diet. Null includes juices for a range of specific complaints, from PMS to fatigue. With everything from an easy-to-follow nutritional program to practical advice on which juicer to buy, *The Joy of Juicing, 3rd Edition*, will jump-start readers' juicing lives. Présentation de l'éditeur

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Gary Null, Ph.D., is a lifelong documentarian, radio host, author, and investigative journalist. He is the host of the radio show *The Gary Null Show*, and bestselling author of many health books, including *Gary Null's Ultimate Anti-Aging Program*. Null lives in New York City.

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