

## Read Book Emotion The Juice Of Pdf File Free

The Funky Fresh Juice Book      Juice and Blend      The Juice Diet      The Juice  
Lady's Big Book of Juices and Green Smoothies      The Juice      7-Day Juice  
Challenge      The Juice Lady's Guide To Juicing for Health      Mae + Harvey No  
Ordinary Juice Book      The Reboot with Joe Juice Diet Recipe Book: Over  
100 recipes inspired by the film 'Fat, Sick & Nearly Dead'      The Juice  
The orange juice business      The Juice Lover's Big Book of Juices      The  
Juice Solution      The Juice      The Everything Giant Book of Juicing      A Juice  
a Day      The Big Book of Juices and Smoothies      The Juice Generation      Juice  
Master Keeping It Simple: Over 100 Delicious Juices and Smoothies  
Juice      The Juice Lady's Living Foods Revolution      5lbs in 5 Days  
Chemistry and Technology of Soft Drinks and Fruit Juices      The Juice Bar  
Soft Drink and Fruit Juice Problems Solved      Supercharged Juice &  
Smoothie Recipes      The Juice Cleanse Reset Diet      The Juice Truck      Janet's  
Juice Book      The Juice Truck      Eve's Dilemma and the Juice of Wisdom      Juice  
Alive      The Juice Master      7lbs in 7 Days      Crazy Sexy Juice      The Juice  
Master's Ultimate Fast Food      Shout It Loud! We Are Not Alone!      The Uses  
of Juices      Super Juice Me!      Emotion: The Juice of Life (eBook)

365 delicious juice and smoothie recipes - one for every day of the year. Juice Master to the stars and number 1 best-selling author Jason Vale has squeezed over 100 funky 'n' fresh juice and smoothie recipes into this latest book. There's something for Gym Bunnies and a Kids Corner, as well as a Dr. Juice section covering various health conditions and giving specific juices and smoothies for: high blood pressure, asthma, hay fever, psoriasis, arthritis, diabetes, digestion and, many more. Warm up your juicer, dust off your blender and brace your taste buds for the most mouth-wateringly tantalizing fruit and veggie fusions ever created. This book includes a special 'Celebrity Juice' section, with juice and smoothie concoctions from Katie Price, Beverley Knight and other 'celebrity juicers'. Jay McInerney has written unique, witty, vinous essays for over a decade. Here, with his trademark flair and expertise, McInerney provides a master class in the almost infinite varieties of wine, creating a collage of the people and places that produce it all over the world, from historic past to the often confusing present. Stretching from France and South Africa to Australia and New Zealand, McInerney's tour is a comprehensive and thirst-inducing expedition that explores viticulture, investigates great champagne and delves into a vast array of styles, capturing the passion that so many people feel for the world of wine. Jason Vale presents recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic. A generous new collection by the acclaimed

novelist who, according to Salon, is also "the best wine writer in America." For more than a decade, Jay McInerney's vinous essays have been praised by restaurateurs ("educational and delicious at the same time" —Mario Batali), by esteemed critics ("brilliant, witty, comical, and often shamelessly candid and provocative" —Robert Parker), and by the media ("McInerney's wine judgments are sound, his anecdotes witty, and his literary references impeccable" —The New York Times). Here, in pieces originally published in House & Garden and The Wall Street Journal, McInerney provides a master class in the almost infinite varieties of wine and the people and places that produce it, with the trademark style and expertise that prompted the James Beard Foundation to grant him the M.F.K. Fisher Award for Distinguished Writing in 2006.

The juice of fresh fruits and vegetables provides a powerhouse of antioxidants, vitamins, minerals, and enzymes. The trick is knowing which juices can best serve your individual needs. Looking for a simple way to boost your energy levels, improve your health, lose weight and feel fantastic? Supercharged Juice & Smoothie Recipes is an amazing collection of feel-good drinks using the latest range of superfoods to nourish and revitalize your body. Taking juicing to a whole new level with nutrient-packed, health-boosting ingredients, Bailey uses an array of ingredients including sea vegetables, herbs, teas, and tinctures to help you supercharge your juice regimen. Using extra boosters in juices and smoothies is a simple, effective way to get your body into shape fast, providing fuel and nutrients for a transformed body and mind. Bailey (author of *The Juice Diet*) also provides a handy reference section at the back to help you quickly find recipes to lose weight, maximize energy levels, boost your immunity, combat aging and look amazing. There is even a 3-day power-charged Superfood Juice Diet Plan to set you on your way to looking fabulous as well as feeling great.

Natasha Mae Sayliss, founder of London-based juice company Mae + Harvey, is about to shake up the juicing world. Her new book offers a refreshing alternative to detox and diet juicing with a selection of over 100 eminently practical, pleasing and seasonal recipes for juices, smoothies, nut milks and more. Natasha puts fantastic flavours and fresh ingredients at the centre of her recipes. Guided by the seasons, the book is divided into four main chapters – Spring, Summer, Autumn and Winter. Alongside classic juice combinations and Mae + Harvey favourites such as carrot, clementine and ginger juice, you'll also find ideas for smoothies, nut milks, mocktails and cocktails. The winter chapter also boasts a selection of tempting hot juices for the colder months. To ensure no fresh ingredients ever go to waste, a selection of clever food recipes have been included for using up leftovers – make the most of homemade cashew milk with Natasha's recipe for porridge with rhubarb compote, or ensure a glut of cucumbers for summer juices don't go to waste with the perfect pickle recipe. The recipes can be made with any domestic

appliance whether it be a juicer, a bullet blender or a food processor. A paperback package featuring a boarded double cover and a combination of vibrant illustrations, gorgeous recipe photography and a fresh, funky design, the book will inject new life into the juice book market. The one-week super juice diet with fast, body-transforming results from the UK's leading health coach and seminar leader Jason Vale -- aka The Juice Master. The man who helped Jordan get her slimmed-down post-baby body back has designed a highly motivational and hard-hitting programme for effective speedy weight loss. The JUICE MASTER DIET can help you get in shape super-fast to give you a beach-perfect body or help you look sensational in that little black dress. With his simple diet and exercise programme and inspirational message, you will not only lose weight, but also have higher energy levels, clearer skin and be set free from the dieting trap forever. Not only will Jason Vale's carefully designed juicing plan help you diet more effectively than ever before, it will also power-pack your body with nutrients and enzymes for the ultimate body boost and help you keep weight off permanently. Reshape your body in just one week by following Jason Vale's effective juicing programme, and feel invigorated and energised while you do it! "Before I started juicing, I was overweight and on medication to treat an autoimmune disease. By drinking only fresh vegetable and fruit juices while making my film, Fat, Sick & Nearly Dead, I lost the weight, got off those drugs and started feeling better than ever! To keep healthy and happy today, I drink a lot of juice and eat a balanced diet centred on fruit s and vegetables -this book will help you feel great too!" JOE CROSS The Reboot with Joe Juice Diet Recipe Book includes healthy inspiration for your kitchen with Joe's favourite Reboot recipes to help you feel more energised than ever. Includes recipes for - Juices - Smoothies - Salads - Soups - Snacks - Main dishes A Reboot diet - a time of drinking and eating only fruits and vegetables - is a perfect way to power up your system and lose weight, increase your energy levels and think more clearly. And when you consume juice, your system is flooded with an abundance of vitamins, minerals and nutrients to help your body stay strong and fight disease. Take control of your diet and improve your health with The Reboot with Joe Juice Diet Recipe Book. The NovoMyth series is a new child- and science- friendly mythology for the post-modern era that reworks old stories to teach rational ethics, democratic values, free inquiry, doubt-based spirituality and the power of creative expression. Eve's Dilemma and the Juice of Wisdom, the first entry in the NovoMyth series, is a radical new take on the Judeo-Christian creation myth, in which the primordial paradise is an egalitarian society existing in a distant macrocosm of our 'bang-i-verse,' and "the fall of man" is a devolution into authoritarianism following an unlucky nightmare experienced by Adam. The events that unfold provide a fanciful, allegorical



yet, against this bleak backdrop, a trio of feisty characters thrust and parry to assert their humanity and solve the "juicy" mystery at the center of the plot. Their antics are wacky, their voices vivid, their aims sometimes conflictual, but their charisma unarguable. Altogether, *The Juice* is a rollicking, inventive and insightful read - heady, heart-felt but never heavy-handed." - Elizabeth Guider, Novelist, former executive editor of *Variety* and editor of *The Hollywood Reporter* "The Juice is full of high energy and memorable characters. Its pregnant plot ideas pulled me onto a rollercoaster thrill ride. It is sexy and smart, with a contemporary and assured voice. Who can resist a story about a mysterious chemical formula that's gone missing; sperm banks hacked by international forces; and giant media corporations that control more than information and entertainment. All this with relatable characters seeking their destinies in a malevolent political climate. Time to party!" - David Kenin, former executive at CBS & USA Networks

*The Juice Lady's Live Food Lifestyle* builds on what Cherie Calbom's recent book, *The Juice Lady's Turbo Juice Diet*, started. Known around the country as "the Juice Lady," nutrition expert Cherie Calbom explains the benefits of living foods (raw foods), based on new scientific research that shows that biophotons in plants carry light energy into our bodies, which helps our cells communicate with each other. From one of America'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 ! Refresh, Restore, and Rejuvenate Get ready to live juicy with *The Juice Generation*. Fresh juices and superfood smoothies will help you feel energized and invigorated with glowing skin and a clear mind. The revitalizing recipes and tips will make you feel lighter and brighter, inside and out. Featuring more than 100 refreshing, health-boosting, spirit-lifting recipes *The Juice Generation* offers practical, down-to-earth instructions for making restorative and great-tasting vegetable and fruit juices, smoothies, and tonics. Get on the Green Curve and move confidently from smoothies to green drinks Whether you're newly juice curious, or already an old pro, *The Juice Generation's* plan will lead you to the endless benefits and possibilities of squeezing, crushing, and grinding, and help you integrate the joys of juicing and blending into your busy life.

*Juicing Tools for Detoxing and Healing* *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. Fresh juices have remarkable powers: they enable a clean inner system, while promoting weight loss, boosting energy and immunity, and enhancing natural beauty. *The Juice Diet* offers more than 100 mouthwatering juice and smoothie recipes divided

into three simple yet super-effective diet plans : Juice Blitz (quick weekend startup), Juice Week (one-week plan), and Juicing for Life (a month-long schedule). Additional chapters cover juicing for beauty, energy, and immunity, providing the perfect balance to bring out the body's true potential. *Soft Drinks and Fruit Juice Problems Solved, Second Edition*, follows the innovative question and answer format of the first edition, presenting a quick problem-solving reference. Questions like: Does the use of a preservative in a product mean that it does not need to be pasteurized? How much deviation from ingredient specification is needed to cause a noticeable alteration in product quality? What kinds of organisms will grow in bottled waters? When is it necessary to obtain expert assistance in the event of a contamination incident? are all answered in detail. The book's new introduction covers basic questions about soft drinks, their ingredients, and packaging. Additional new chapters expand on microbiological problems, shelf life and storage, and fruit juices and nectars, as well as product nutrition and health claims. Final chapters offer soft drink and fruit juice data sources. Written by authors with extensive industrial experience, the book is an essential reference and problem-solving manual for professionals and trainees in the beverage industry. Uses a detailed and clear question and answer format that is ideal for quick reference. Contains additional, new, up-to-date problems and solutions. Contains an expanded introduction and new sections on microbiological problems, shelf life and storage, fruit juices and nectars, product claims, nutrition and health claims, and soft drink and fruit juice data sources. Presents a broad scope of topics and process solutions from the experts in the beverages industry. From Zach Berman and Ryan Slater--the longtime friends behind Vancouver's wildly successful Juice Truck--comes an accessible, informative and fresh book on the popular and healthy juicing and cleansing lifestyle. There are lots of juice books out there, but few get it right. In *The Juice Truck*, Zach and Ryan make it their mission to make juicing approachable, fun, imaginative and healthy. Their obsession with juicing began when they took a trip to the Himalayas and Nepal, which quickly turned from a journey of self-discovery into a full-blown juice-seeking adventure once they were introduced to the most delicious, locally-sourced juices they had ever tried. They decided then to create the same community and street side accessibility to juice in Vancouver that had inspired them throughout their travels. Alongside colourful and eye-catching photographs and illustrations that match their company's brilliant branding, *The Juice Truck* incorporates advice from health coach Colin Medhurst, and outlines the tools you need to make the perfect juice, the science behind juicing, and the benefits of each specific ingredient. The book dives into the juice cleanse and tells you everything you need to know about this health trend, giving you the top 10 tips to consider before

embarking on a cleanse. It debunks other cleanses and outlines which ones are actually good for you and how to cleanse in a safe and proper way. The authors also break down and profile their favourite superior foods, tinctures, supplements and boosters. Once the reader is perfectly equipped, Zach and Ryan provide over 110 mouth-watering drink recipes from nut milks, smoothies, juice and hot drinks, as well as easy-to-make and delicious plant-based food recipes that can be eaten alone or accompany the many drink recipes. Interspersed throughout the recipes are case studies by experts in their fields on subjects like meditation, sleep, yoga, fiber, microbes, food allergies, sensitivities and intolerance, and the nervous system. In addition to appealing to both loyal and first-time juicers everywhere (as well as the dedicated following of the Juice Truck in Vancouver), this book will be the definitive juicing guide for people who live a healthy, active lifestyle, and those who would like to transition to a healthier diet. This is not your average juice book--it's a combination of storytelling, nutrition and tried-and-true recipes that deserves a place in every juicer's kitchen.

1960 Juices extracted from raw fruits & vegetables. Contents include: Choosing Your Vegetables, Cleaning Vegetables, What Fruit to Use, Quantity of Juice to be Taken, the Vital Properties of Juices, Incompatible Juices, etc. Lose at least 5lbs in 5 days with Jason Vale's newest, easiest and most effective juicing programme ever. Jason Vale aka The Juice Master -- and the man responsible for turning around the lives (and diets) of celebrities and top athletes from around the world - has designed a brand new programme to reshape and reinvigorate your body in just 5 days. Lose the weight you've always dreamed of without restricting what you can eat or drink at the weekend. The culmination of over a decade's worth of research, 5lbs in 5 Days is a new and fresh approach to juicing and the ultimate guide to kickstarting rapid and healthy weight loss, boosting your energy levels and motivation, and maintaining optimum health. Follow Jason's plan and you'll lose at least 5lbs in 5 days (the average is actually 7lbs) and be recharged on both a physical and a mental level. Packed full of recipes and tips for getting started, it's simple to start and straightforward to follow. Start juicing today!

The Juice Lady, Cherie Calbom, provides all of her most popular recipes for juicing, smoothies, shakes, soups, and sauces, in one complete volume. A practical A-to-Z guide to the prevention and treatment of the most common health disorders. Written by nutritionist and juicing expert Cherie Calbom, The Juice Lady's Guide to Juicing for Health, Revised Edition, shows you how to use fresh juice to lose weight, boost energy, and achieve the glow of health. With helpful guidelines for buying and using a juice machine, Cherie also explains how to put that machine to work with delicious recipes and easy-to-understand nutritional programs for more than fifty health conditions. These research-backed programs include the

best combinations of fruits and vegetables for each disorder, along with a diet plan and other health tips that can help you fight off disease. This revised edition provides updated health and nutritional information on many conditions, including ADHD, cancer, chronic fatigue syndrome, diabetes, fibromyalgia, multiple sclerosis, and much more. Supporting the nutritional programs with a unique diet plan, special cleansing regimens, and detailed appendices packed with useful information, *The Juice Lady's Guide to Juicing for Health* gives you a total approach to health—now, and for the rest of your life. Collects fresh and healthy juice recipes that help incorporate vitamin-rich foods into the diet, featuring juices that support detox and cleansing, weight loss, longevity and aging, and beautiful hair and skin. *Shout It Loud! We Are Not Alone! Let's Share The Juice Of Our Flavor!* By: Mrs. Patricia Simms As is the case with fruit, people are often prone to look at one another and make assumptions without taking the time to get to know what lies within. People—and fruit!—get marginalized and discounted because they don't look the same, talk the same, or act the same as me or you. But while we are blindly passing judgement, we are missing what's important: what makes us each special and gives us purpose. No matter the shape, size, color, or creed, we all have something to offer! So, let's look beyond appearances to what lies deeper, break down those misconceptions prejudice has taught us and society perpetuates, and celebrate diversity! The No.1 bestselling juicing author Jason Vale is back with his ultimate book of juices and smoothies. His complete recipe book contains recipes for over 100 easy and delicious juices and smoothies to help you lose weight, get healthy and feel fantastic. Offers recipes for drinks made from fruit and vegetable juices, including tomato-carrot-red pepper juice, watermelon-nectarine-pear juice, and kiwi-grape-honeydew melon juice. Off the back of his groundbreaking and critically acclaimed film, *Super Juice Me! The Big Juice Experiment*, comes Jason Vale's most comprehensive juice programme to date. "Kris Carr's *Crazy Sexy Juice* is a completely original, up-to-date, and colorful (of course!) guide to the wonderful world of fruit and vegetable elixirs. 100+ all-new recipes—developed especially for this book—contain superpowers ranging from immunity boosters, inflammation fighters, happiness helpers, longevity leaders, mood fixers, and booty enhancers. The all-green healthful tonics and fruity and refreshing potions are organized by function, including *The Cleansers*, *The Healers*, *The Boosters*, and *The Beautifiers*. Fiber-rich superfood smoothies are likewise categorized, as star pH Warriors, Body Boosters, Age Defiers, and Superheroes. A section on Nut Milks helps you get your protein power on. Not only are there enough recipes to keep your juicer and blender busy through every season, but Kris also addresses every concern you may have about juicing and blending. From selecting the right equipment for your needs and budget, to choosing and storing the most



nutritious produce, she takes you through every aspect of the process--and helps make it a habit that sticks for life. Whether you're an old pro at making liquid magic or if you're just starting out, you will experience juicing and blending as a fun and delicious journey into the healing powers of fresh, raw fruits and vegetables, as well as nuts and seeds. Here's what else you can expect from this essential, concise (crazy, sexy) reference: Flavor combinations that tantalize your palate; Tips for blending and juicing on the go; Handy lists of helpful kitchen tools; The 411 on alkalinity and why it's important; A pick of the crop nutrient guide Handy substitutions for food sensitivities; Hints on handling mental and emotional hurdles that come with change; Plus an easy 3-day cleanse and so much more. Drink your veggies. Change your life. Join Kris Carr on yet another adventure in health, happiness, and the delicious food that can make a powerful impact on your overall vitality. Cheers!"-- Lose up to 7lbs in 7 days with The Juice Master Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back has designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results. The one-week super juice diet with fast, body-transforming results from the UK's leading health coach and seminar leader Jason Vale - aka The Juice Master. This highly motivational and hard-hitting programme for effective, speedy weight loss has made health headlines around the world. Now updated with sizzling new content and a new cover, 'The Juice Master Diet' can help you look sensational in that little black dress or give you a beach-perfect body in no time. With this simple diet and exercise programme combined with Jason's inspirational coaching, you will not only lose weight but have higher energy levels, clearer skin, more motivation and - best of all - be free from the dieting trap forever. Not only will Jason Vale's carefully designed juicing plan help you diet more effectively than ever before, it will also power-pack your body with nutrients and enzymes for the ultimate body boost and help you keep weight off permanently. Reshape your body in just one week by following Jason Vale's effective juicing programme, and feel invigorated and energised while you do it! Make the most of that smoothie habit with "The Big Book of Juices and Smoothies," featuring 365 recipes for healthy, delicious concoctions, each rated for its energy/immune boosting properties, detoxifying qualities, and skin enhancing abilities. Unleash the health benefits in raw fruits, vegetables, and nuts with over ninety juicer recipes that energize, fuel, detoxify, and protect your immune system. Consuming produce in juice form preserves nutrients that would be otherwise lost in the cooking process and provides a quick and easy way to enjoy your daily dose of fruits and vegetables. Organized by different nutritional needs, this book offers a collection of juice recipes for any time of day. Energizing juices help wake up your

system without the use of stimulants like caffeine. Fueling juices, made from fibrous ingredients and foods rich in healthy fats, help keep you satisfied and can be enjoyed in place of a light meal. Detoxifying juices flush toxins from your body by releasing the natural antibacterial qualities found in many fruits and vegetables. Protective juices unleash the immune-boosting properties in certain types of fresh produce. Guides to choosing an electric juicer model that's right for you, selecting produce to target specific health needs, and tips and tricks for making the most of your machine round out the book. Whether you're a first-time juicer, an avid juice cleanser, or just looking for fresh and exciting ways to use your home juicer, this book offers shows you how to make the most from your electric juicer and start feeling like your healthiest self. Taking inspiration from his two decades of experience in this field, Jason has picked his very best plant-based macro-nutrient blends (fat, protein, carbohydrates) and micro-nutrient juices (vitamins, minerals and phytonutrients) and combined them into one revolutionary 7-day plan. So now you can enjoy the 'best of both' - juices and blends - while still achieving incredible health and weight-loss results. The book also contains Jason's usual pinch of coaching inspiration, helping to ensure that you breeze through the plan. There are also plenty of bonus juice, blend and even mouth-watering food recipes for after you have completed the 7-day reset. From Zach Berman and Ryan Slater--the longtime friends behind Vancouver's wildly successful Juice Truck--comes an accessible, informative and fresh book on the popular and healthy juicing and cleansing lifestyle. There are lots of juice books out there, but few get it right. In *The Juice Truck*, Zach and Ryan make it their mission to make juicing approachable, fun, imaginative and healthy. Their obsession with juicing began when they took a trip to the Himalayas and Nepal, which quickly turned from a journey of self-discovery into a full-blown juice-seeking adventure once they were introduced to the most delicious, locally-sourced juices they had ever tried. They decided then to create the same community and street side accessibility to juice in Vancouver that had inspired them throughout their travels. Alongside colourful and eye-catching photographs and illustrations that match their company's brilliant branding, *The Juice Truck* incorporates advice from health coach Colin Medhurst, and outlines the tools you need to make the perfect juice, the science behind juicing, and the benefits of each specific ingredient. The book dives into the juice cleanse and tells you everything you need to know about this health trend, giving you the top 10 tips to consider before embarking on a cleanse. It debunks other cleanses and outlines which ones are actually good for you and how to cleanse in a safe and proper way. The authors also break down and profile their favourite superior foods, tinctures, supplements and boosters. Once the reader is perfectly equipped, Zach and Ryan provide

over 110 mouth-watering drink recipes from nut milks, smoothies, juice and hot drinks, as well as easy-to-make and delicious plant-based food recipes that can be eaten alone or accompany the many drink recipes. Interspersed throughout the recipes are case studies by experts in their fields on subjects like meditation, sleep, yoga, fiber, microbes, food allergies, sensitivities and intolerance, and the nervous system. In addition to appealing to both loyal and first-time juicers everywhere (as well as the dedicated following of the Juice Truck in Vancouver), this book will be the definitive juicing guide for people who live a healthy, active lifestyle, and those who would like to transition to a healthier diet. This is not your average juice book--it's a combination of storytelling, nutrition and tried-and-true recipes that deserves a place in every juicer's kitchen. Real fast food isn't about how quickly food can get to your mouth, but how fast the body can digest it, extract the goodness and get rid of the waste. Jason Vale challenges the sort of fast foods we are all familiar with in this recipe book full of ideas for nature's ultimate fast food- raw juice. Soft drinks and fruit juices are produced in almost every country in the world and their availability is remarkable. From the largest cities to some of the remotest villages, soft drinks are available in a variety of flavours and packaging. The market for these products continues to show a remarkable potential for growth. The variety of products and packaging types continues to expand, and among the more significant developments in recent years has been the increase in diet drinks of very high quality, many of which are based on spring or natural mineral water. This book provides an overview of the chemistry and technology of soft drinks and fruit juices. The original edition has been completely revised and extended, with new chapters on Trends in Beverage Markets, Fruit and Juice Processing, Carbohydrate and Intense Sweeteners, Non-Carbonated Beverages, Carbonated Beverages, and Functional Drinks containing Herbal Extracts. It is directed at graduates in food science, chemistry or microbiology entering production, quality control, new product development or marketing in the beverage industry or in companies supplying ingredients or packaging materials to the beverage industry. The orange juice chain is unique, probably a sui generis commodity. Although several countries produce oranges and juices, two regions in the world are the responsible for around 80% of the production. These are the states of Sao Paulo in Brazil and Florida in the USA. Although the emerging countries are growing in production, the juice consumer is also concentrated in the USA and Europe where more than 90% of consumption takes place. The characteristics of this chain are so unique, that it makes a nice laboratory for academics and business people to exercise strategies, since risk is spread. Orange is a very sensitive plant, and fluctuations in production are notorious. The logistics of this chain are fascinating. The product travels great

distances to reach the consumer in a generally safe and efficient way. The industry assets such as vessels and tanks are specific. By reading this book, business people, academics and chain practitioners have an opportunity to understand this chain. and can analyse all of its numbers and economics and exercise strategy building. This is needed since the orange juice market is a stable market in the world, growing only 1% per year, and the production costs of this chain are rising fast, due to structural changes faced by world food and agribusiness companies i.e. labour costs, energy costs, land costs, environmental costs and others. The book will be of interest to all those concerned with agri food chains. DETOX \* HEAL \* RESTORE \* REST \* DE-STRESS \* RELAX \* PROTECT \* BALANCE \* CALM \* CARE \* ENERGIZE Spring-clean your system and boost your health with Rosemary's nourishing recipes. By simply consuming the right natural ingredients you can change the way you look and feel. Naturopathic nutritionist Rosemary Ferguson has created 100 powerful recipes to overhaul your health from the inside out. Whizz up one of Rosemary's juices or smoothies for an instant boost or follow her simple detox plans for 1, 2 or 3 days to tackle your health head on. Learn about the power of plants so you can create personalised combinations to suit your tastebuds and revitalise your body. Give your body the boost it needs with a mouth-watering drink from The Juice Bar. For breakfast, power-up on slow-release energy, with drinks such as Muesli Motivator or Berry Kick-start. When you're thirsty, rehydrate with, a cool, ice-packed Raspberry and Watermelon Crush or Minted Melon Squash. If you're getting set for sport, a quick energy shot from fruits that are high in natural sugars, such as Blueberry Blast or Peach Energizer, is what you need. There are vitamin-C-packed drinks to help you fight colds, herbal remedies to purify your body, and tummy soothers to cleanse the system and aid digestion too. Bursting with facts on the health benefits of different fruits and vegetables, tips on how to get the most from your juicer or blender and ideas for decorating your glass to glam up your drinks when entertaining, this book will help you squeeze every last drop of goodness from those fruits and vegetables!