



# Vegetable Juicing for Everyone: How to Get Your Family Healthier and Happier, Faster!

*Andrew W PH.D. Saul, Helen Saul Case*

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Why juice? You cannot buy freshly prepared vegetable juice in any store at any price - unless they literally juice the vegetables right in front of your eyes and you drink it down before they make you pay for it. Any juice in a carton, can or bottle has been heat treated and was certainly packaged at least a few days, if not weeks, months or even years ago. This applies to frozen juice, too. So you need to make your own. This book tells you how, and more especially, exactly why you want to juice.

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