



The Ultimate Book of Modern Juicing: More than 200 Fresh Recipes to Cleanse, Cure, and Keep You Healthy

By Mimi Kirk

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The most current and comprehensive juicing guide available

Step aside, *Juicing Bible* and *Big Book of Juices*: Mimi Kirk is back with the most current and fresh guide to juicing yet. With more than 200 recipes, handy advice on how to get the most from your juicing, and an eye toward taste, health, and cost, *The Ultimate Book of Modern Juicing* is the only book on the topic you'll ever need. Kirk has been juicing vegetables and fruits for more than 40 years, yet she doesn't look a day over 50. (And yes, those two things are connected.) She recently became more interested in how to use juicing to feel and look even better. Her discoveries?genuinely up-to-the-minute?are shared here, along with vibrant photographs of her creations *The Ultimate Book of Modern Juicing* is a must-have for everyone interested in or committed to the juicing lifestyle.

100 full color photographs

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Editorial Review

Review

"...full of reasons to dust off that blender!" -- Healthy

About the Author

Mimi Kirk is also the author of Live Raw. Voted PETA's sexiest vegetarian over 50, she has appeared on NBC, CBS, and Fox News; and in VegNews magazine, Purely Delicious, and PETA Prime. Her careers span the gamut?from being a stand-in for Mary Tyler Moore and the designer behind Valerie Harper's wardrobe on Rhoda to a costume jewelry designer; publisher of an environmental newspaper in Los Angeles; board game inventor; and author. She helped start the first film festival in Taos, New Mexico, and has worked with several nonprofits to help raise money and awareness about health and environmental concerns. Kirk enjoys spending time with her boyfriend, four children, and seven grandchildren. She lives in Ramona, California.

Users Review

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Jay Blanchard:

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