

# Juicing Recipes For Healthier Living Published By Juicer Blender Reviews

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Juicer Blender Reviews, a Kent, Washington based company, has recently released a number of juicing recipes, all designed to help promote healthier living. The company believes that given the right recipe, having a healthier body can be much easier. They have also noted that sales of juicers have been growing rapidly as a result of the latest health craze, which was another reason for posting various juicing recipes as the company wants to help consumers, especially those who are new to juicing.

Joe Abraham, a spokesperson for the company, recently stated that, "We truly believe that if you want to live healthier, juicing is the way to go. We have released a number of great recipes that have ingredients that have been proven to be effective in fighting cancer, and a number of other illnesses."

For example, juicing recipes designed to fight cancer can be seen at <http://www.juicerblenderreviews.com/recipes/juicing-recipes-for-cancer/>. This includes a list of vegetables that are scientifically proven to help ward off cancer and fight other illnesses. Dark green and leafy vegetables like spinach, kale, and lettuce for instance, are good sources of flavonoids and fiber, according to the article. "There are so many vegetables that people don't know about, that can be beneficial and that can make a delicious juice," Abraham says.

Recipes are also included that contain various fruits, which are also known for their disease fighting capabilities, as well as those that are touted for having the ability to help the body heal from injury and stress. Abraham states that there are many juicing recipes available on the site, and that each of them offers something unique.

At <http://www.juicerblenderreviews.com/recipes/juicing-starter/>, those who would like to start juicing can get a list of specific recipes, and what they are best used for. A workout recovery juice for instance, is included in the recipe list and uses apples, cucumber, celery, and other ingredients to help along with the recovery process of muscles after a vigorous workout.

Other recipes are included that are designed to provide a number of benefits. Those interested can read through the recipes to get a better idea of the ingredients needed and what each recipe specifically targets. Interested readers can visit <http://www.juicerblenderreviews.com> to learn more. The site also provides insights into the juicers that are currently available on the market, and which juicers are the best.

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## **Juicer Blender Reviews**

*Juicer Blender Reviews provides the latest information on how to get the most out of a blending or juicing machine. They also offer reviews of the top blenders and juicers and the market today.*

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