



Hurricane Juicer Manual Stainless Steel Wheatgrass Juicer

Michelle Savage



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The Green Aisle's Healthy Juicing Michelle Savage, 2018-11-20 Fasting is a great way to cleanse the body. During a fast, the body's natural processes change, waste is cleared from the digestive tract, and chemicals stored in fat and other tissues are released. The right detox program can mean your clarity and focus improves, your sense of strength, energy, and happiness increases, your food cravings minimize, and you may even lose weight. In this book, certified health coach Michelle Savage aims to help readers restart, reset, and reclaim their lives by offering two types of juice cleanses: a 7-day cleanse perfect for those who want to jump in with two feet, and a 30-day cleanse great for those who are a bit hesitant to commit or whose lifestyles cannot support the shorter approach. First, learn all about the benefits of juicing, detoxing, fasting, and cleansing, and how to do it the right way. Then, start juicing. **The Green Aisle's Healthy Juicing** includes meal plans complete with recipes for both juices and light snacks, and meals for whichever cleanse you choose.

The Human-Powered Home Tamara Dean, 2008-11-01 A complete guide to modern pedaled, powered, treadled, and hand-cranked devices for the home. What if I could harness this energy? An unusual question for anyone putting in a long stint on a treadmill, perhaps, and yet human power is a very old, practical, and empowering alternative to fossil fuels. Replacing motors with muscles can be considered a political act, an act of self-sufficiency that gains you independence. **The Human-Powered Home** is a one-of-a-kind compendium of human-powered devices gathered from a unique collection of experts. Enthusiasts point to the advantages of human power: Portable and available on demand. Close connection to the process or product offers more control. Improved health and fitness. The satisfaction of being able to make do with what is available. This book discusses the science and history of human power and examines the common elements of human-powered devices. It offers plans for making specific devices, grouped by area of use, and features dozens of individuals who share technical details and photos of their inventions. For those who want to apply their own ingenuity, or for those who have never heard of human-powered machines, this book is a fine reference. For those who are beginning to understand the importance of a life of reduced dependency on fossil fuels, this book could be a catalyst for change.

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