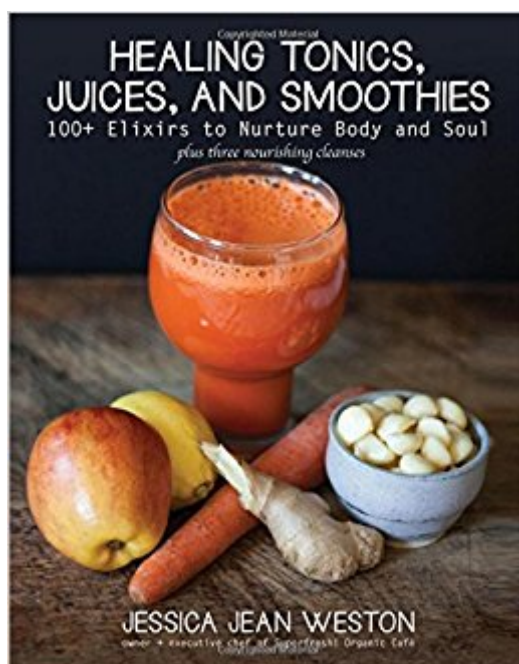


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Healing Tonics, Juices, And Smoothies: 100+ Elixirs To Nurture Body And Soul



Synopsis

Brought to you by Jessica Jean Weston, Holistic Health Coach and Owner/Executive Chef of Superfresh! Organic Caf  , Healing Tonics, Juices, and Smoothies provides readers with simple recipes that debunk the fanciful mystery of adaptogens, herbs, superfoods, and fermentation for everyday enjoyment, while still dressing to impress all those who happen to grace your kitchen space. With several staple drinks for day-to-day consumption, medicinal shots for prevention and seasonal wellness, and fermented concoctions for an extra special probiotic-rich kick, there's something for all forms of hydration! As an extra bonus, Weston has included three of her favorite cleanses for detoxing and hitting a reset button during seasonal and major life transitions: Juice cleanseRaw cleanseAyurvedic-inspired cleanse Along with the recipes, you'll find full-color photographs of the drinks, details on the superfoods that are used to make them, and a comprehensive food glossary.

Book Information

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Customer Reviews

Jessica Jean Weston is owner and executive chef at Superfresh! Organic Caf  . With a BA in medical anthropology from Ithaca College and as a graduate student of the Institute for Integrative Nutrition, Jessica has spent her career exploring the broad subject of food as medicine with Mayan healers in Belize, on organic farms, and with herbalists, shamanic practitioners, and more. Weston's personal journey to health, navigating a series of food intolerances as well as what made her feel most vibrant, led her to a non-GMO, plant-based diet free of soy, gluten, dairy, eggs, and meat.

Recognizing that everyone has their own path to explore, her goal is simply to share her experiences and knowledge by creating delicious, approachable cuisine with the understanding that no two beings are alike.

Jessica has put together all that is fresh and full of goodness to produce juices and tonics that really do work. If only to enrich your life with the potent variety of plants she has incorporated into her various drinks, the book is worth the asking price.

So informative and inspiring!.....a really essential guide.....for a better today and a better tomorrow!.....cheers Jessica Jean Weston....for giving this gift to the world.....V

Truly a work of art. This cookbook is inspiring, creative, and has opened a door for me to explore new ingredients and recipes. Thank you!

I've never written a review for , so when I clicked on 5 stars and "I love it!" was the phrase, I thought PERFECT! This is an amazing book filled with delicious recipes, beautiful pictures for each elixir, and a wealth of background information to guide you on your journey to better health. Jessica Weston has spent years studying nutrition and food as medicine both at home and abroad. Reaching into this vast repertoire of knowledge and experiences, she has compiled the most outrageously delicious, but healthy tonics and juices for all of us to feast upon. So far my personal favorite is the "Golden Goddess" mango smoothie. I have arthritis, so I already had tried turmeric paste and coconut milk in some another recipe, but while healthy, they didn't engage my palate. It was a medicinal drink. Ugh! But Jessica's smoothie is fit for a goddess. It is as advertised: "yummy and full of anti-inflammatories at the same. . . . and easy to make once. Yes! My new "go to" health drink. Some of the recipes call for ingredients that I'm not familiar with. . . . I haven't explored the Mayan jungles yet. . . but Jessica Weston not only tells you about all the special herbs and spices, but which vendors sell these timeless remedies as well. Her glossary, sourcing and equipment sections at the back of the book provide invaluable information for beginning your journey to better health. I have not gotten into cleanses yet, but for those of you who do, there is a whole section on nourishing and raw cleanses: again with spectacular pictures to go along with each delectable recipe. Whether or not I do all that's suggested with a cleanse, I know I'll be trying the Chocolate Avocado Mousse and Baked Paleo Lasagna somewhere along my journey through this truly inspired book. I've had the pleasure of meeting Jessica Weston, and know that she passionately

believes in everything she's written in this book. She lives this healthy lifestyle every day. She radiates positive energy and healing into everything she does. This book is no exception. If you are even remotely interested in becoming more healthy mentally and physically, you need to give Healing Tonics, Juices, and Smoothies a try. Healing Tonics, Juices, and Smoothies: 100+ Elixirs to Nurture Body and Soul

Confession: I'm a healthy food nut, but I'm also the kitchen type who, when I see a lot of ingredients in a cookbook I'm not familiar with, I get intimidated, freeze, close the book, and hope next time I'll be more brave. Then I experienced this book! And it IS just that - an EXPERIENCE! First off, Jessica's beautifully simple photos drew me in. (So far so good. The book is still open!) Second, my nerves calmed even more when I read her clear directions- with lots of white space so my nervous system didn't have to retreat. :) It's easy both visually and content-wise, but third, it comes with training wheels as her in-depth glossary explained any scary looking ingredient. It made it simple to stock up on the ingredients for my top three favorite recipes! I've never been inspired to write a review on a cookbook. Thank you, Ms. Weston, for so artistically expanding my bravery and my health!

Be prepared for a wonderful reading and learning experience with Ms. Weston's new book! You will love her recipes, which make SuperFresh THE place to go in Vermont. I salivate just reading the recipes...and then the photographs illustrate the yumminess. I especially appreciate her "Helpful Terms" and "Ingredient Glossary". I'm starting to build up some Basic Staples for our fridge. First try-out on our list?.....Super Heroine Iced Coffee. Thanks, Ms. Weston!

If anyone has ever been fortunate enough to enter the Wonderful Superfresh! Organic CafÃ©, they found an excellent spot to find delicious, nourishing, and guilt-free decadence full of love. This collection of potions, elixirs, recipes and information is a sliver of the magic that goes into the deliciousness of the CafÃ©, located in the main square of downtown Brattleboro, Vermont. Its highly recommended for all. I'm highly pleased that I took the money out of my wallet and purchased this book. You will be too.

Absolutely LOVE this cookbook. The recipes are clear and concise, accompanied with beautiful photos. I really appreciate how welcoming and unassuming this cookbook is for someone who wants to explore making new healthy drinks but doesn't know where to start. Thank you Jessica for

creating an approachable and beautiful cookbook and sharing your passion for food as medicine with the world!

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