



The Juiceman's Power of Juicing

Jay Kordich

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Known as "the Juiceman" to the millions who have seen him on television, Jay Kordich has at last written a book detailing his revolutionary program for staying healthy, looking young, getting trim, and feeling great - all by taking advantage of the natural healing power of fresh fruit and vegetable juices.

The Juiceman's Power of Juicing shows how you can use delectable fresh juice combinations to help lower your cholesterol, overcome fatigue, lose weight, reduce your risk of many serious diseases, and relieve scores of common ailments, including headaches, insomnia, upset stomach ... and even acne!

Jay Kordich has devoted the last five decades to traveling the country promoting the healing power of juicing. In *The Juiceman's Power of Juicing*, he has written the complete guide, for beginners and for avid juicers, to the health revolution that will give you more energy and have you feeling and looking better than you ever dreamed possible. It's easy and delicious. Don't delay ... start juicing!

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