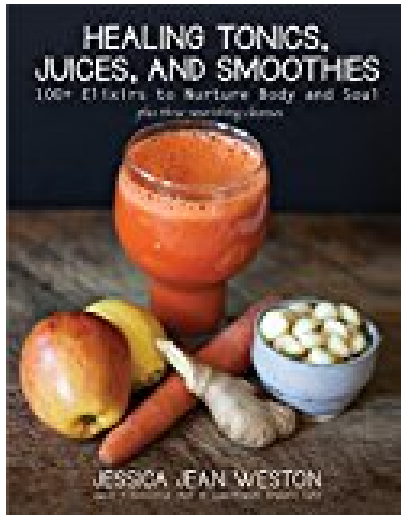


# Healing Tonics Juices and Smoothies

## 100+ Elixirs to Nurture Body and Soul

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### BOOK DETAILS

- Author : Jessica Jean Weston
- Pages : 280 Pages
- Publisher : Skyhorse Publishing
- Language : English
- ISBN : 1510716297

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## **BOOK SYNOPSIS**

Brought to you by Jessica Jean Weston, Holistic Health Coach and Owner/Executive Chef of Superfresh! Organic Café, *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 cleanse Raw cleanse Ayurvedic-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.

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