



Total Juicing: Over 125 Healthful and Delicious Ways to Use Fresh Fruit and Vegetable Juices and Pulp

Elaine Lalanne, Jack Lalanne

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Juice extractors were America's bestselling appliance in 1991. The Juice Tiger, promoted on TV infomercials by Jack and Elaine LaLanne, has enjoyed sales of more than a quarter million units. Total Juicing covers the health benefits of a wide variety of fruit and vegetable juices and offers 100 recipes for all occasions.

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