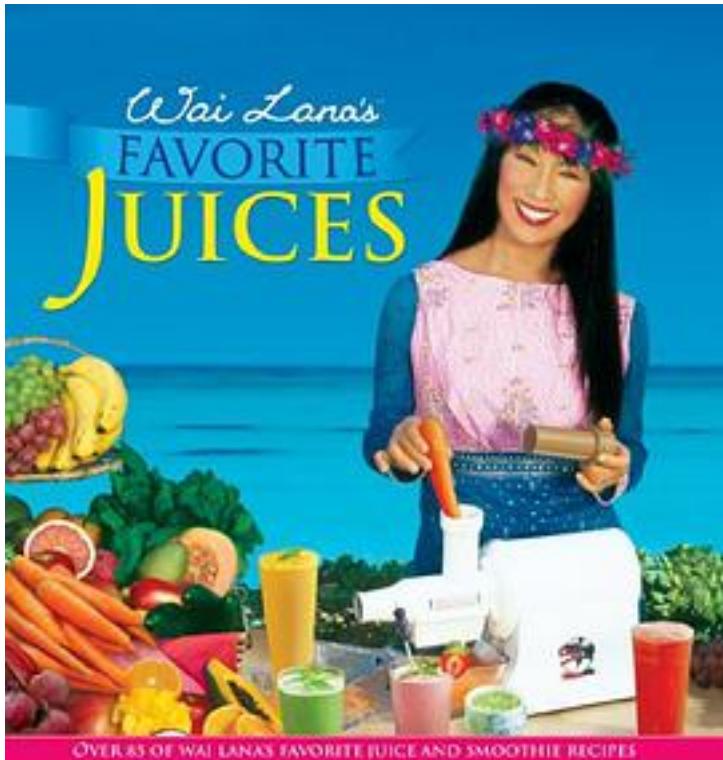


# Wai Lana's Favorite Juices



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As host of the internationally syndicated Wai Lana Yoga show, charismatic yoga instructor Wai Lana is one of the most widely recognized spokespeople for healthy living. In WAI LANA'S FAVORITE JUICES, she shares her mouthwatering juice and smoothie recipes, making the road to vibrant health not only fun and easy but delicious. Fresh juice is nature's most potent and revitalizing supplement, a wellspring of health-preserving vitamins, minerals, antioxidants, and enzymes offering potential benefits for everything from weight loss to decreased cancer risk. Wai Lana's invigorating juices and smoothies demonstrate these incredible health

benefits and prove that vital nutrition and great taste can, and should, go hand in hand. This colorful book offers 88 luscious juice, smoothie, and dessert recipes as fun and dynamic as Wai Lana herself. Break out of the plain-old-carrot-juice doldrums with exciting flavors like Mango-Berry Fusion, Carrot Cake Cooler, Asian Elixir, and Evening Calm. As part of a healthy fitness and diet program, these scrumptious and restorative tonics provide the perfect recipe for improved health, vitality, and well-being. Wai Lana Yoga appears on PBS stations throughout the United States, and the show is regularly watched by millions of people on five continents. Produced in partnership with Champion Juicers, one of the world's premier manufacturers of fine juicers. Offers 88 delicious juice and smoothie recipes formulated for a variety of health, wellness, and beauty needs, including weight loss, youthful appearance, decreased cancer risk, detoxification, stress reduction, and more. With brilliant full-color photography, this stunning lifestyle book is a window into the colorful life of the world's warmest and most fascinating yoga personality.

作者介绍:

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