



# **Succhi: Estratti, Centrifugati e Frullati Freschi di Frutta e Verdura - Dimagrire, Disintossicarsi e Prevenire Con Gusto (Italian Edition)**

*Roberta Ricci*

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## Saziati con gusto e freschezza, in qualunque momento dell'anno!

Ora hai a portata di mano più di 70 ricette per creare succhi, centrifugati e frullati freschi di frutta e verdura, ideali per ogni stagione. In questa guida completa, l'appassionata di salute e benessere Roberta Ricci ti mostrerà i numerosi benefici che le sostanze nutritive contenute nei succhi potranno apportare alla tua vita quotidiana! Ti basterà infatti bere un bicchiere al giorno per fare il pieno di **enzimi, vitamine, sali minerali e antiossidanti**. Produrre succhi freschi è facile e veloce: ottenuta l'abitudine, diventerà un rituale giornaliero che riempirà la tua vita di benessere e vitalità. Se non sai con certezza quale macchinario acquistare, qui troverai informazioni utili e una **lista delle differenze tra estrattori di succo a freddo, centrifughe e frullatori**, che potrà guidarti all'acquisto dello strumento adatto alle tue esigenze. Potrai scoprire le **incredibili qualità dei succhi verdi**, divenuti famosi negli USA grazie al Dr. Max Gerson e al suo omonimo metodo per curare se stesso ed i suoi pazienti dal cancro. Oltre a numerose ricette per succhi, centrifugati e frullati, troverai **30 ricette per sorbetti sani e gustosi ed originali ricette antispreco** per riutilizzare gli scarti e la polpa di frutta e verdura! **Cosa aspetti? Acquistalo ora!**

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