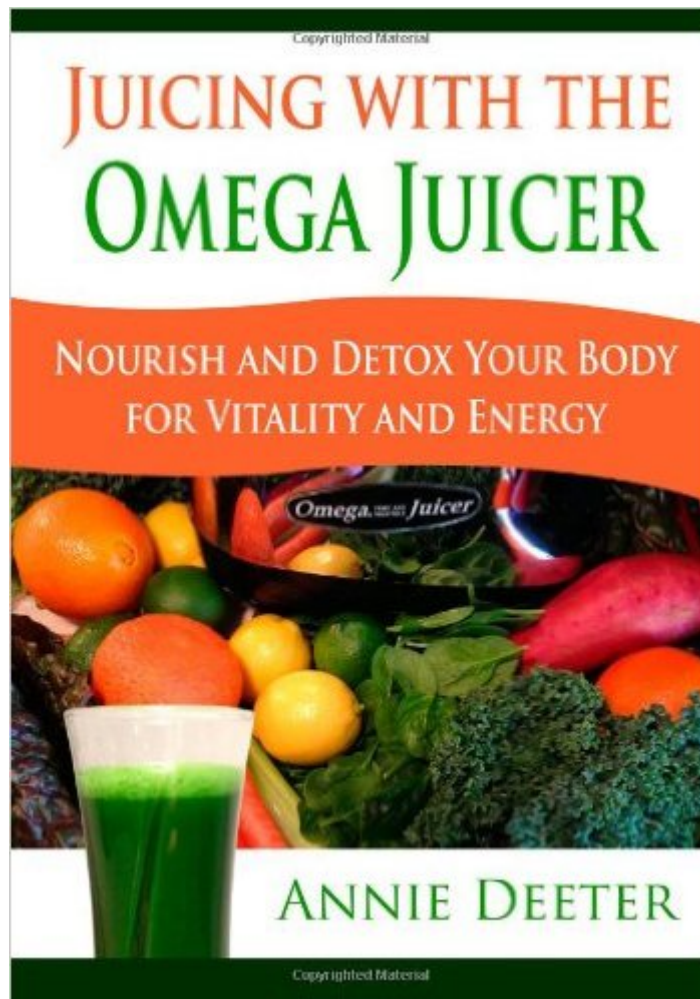


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# Juicing With The Omega Juicer: Nourish And Detox Your Body For Vitality And Energy



## Synopsis

Juicing with the Omega Juicer - Nourish and Detox Your Body for Vitality and Energy is a comprehensive guide to using your Omega Juicer for increased health and nutrition. Covering everything from different types of juicers, and the benefits of masticating juicers to sections on managing your juicing budget, setting a schedule, proper storage of fresh juices and more. This guide provides everything you need to know to be on your way to a successful juicing plan with your Omega juicer. The book includes an in-depth juicing ingredients reference section detailing the specific nutrient content and health benefits of some 50 juicing ingredients. There is even a section on newbie juicer mistakes as well as tips for care and maintenance of your juicer. Written in a light, humorous and conversational style, you will find this an easy and enjoyable read as you learn the tricks and techniques to master successful juicing.

## Book Information

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Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (130 customer reviews)

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## Customer Reviews

If you are considering buying this as a "comprehensive manual for using the Omega juicer". Don't. While purchasing the 8004 model I scrolled down, saw this book, read the description, read all the positive reviews and bought it, thinking it a "handbook", or reference guide. It isn't. In fact, the "tip" Deeter stresses the most is not to follow Omega's instructions for chopping produce. Jamming a whole carrot etc, down the feed shoot with the plunger may cause enough pressure for the drum to pull away from housing, leaking and possibly voiding the warranty. The Omega juicer is one of the best investments I've made and is a terrific product. "Juicing with the Omega juicer" is not. The fact that Omega features prominently in the title the cover photo and is mentioned 3 times in the

description is a marketing technique and has almost nothing to do with the book's actual content. There are a total of 2 pages which refer specifically to it, entitled "Care and Maintenance Tips for your Omega juicer". They would apply to almost every masticating juicer and are basically the instructions included with the manual written out longer and with the word "Do" (in bold type) at the beginning. Towards the end of this section, Deeter includes this "tip" : "...we managed to break the juicing screen that is used for making the juice. It was really our fault, although we didn't want to admit it- we dropped it down the disposal drain side of the sink and broke it trying to get it back out. But one phone call and not only did Omega send us a replacement they sent two!" Phrasing like "the juicing screen that is used for making the juice", is typical of the redundant style of the book.

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