



Plenish: juices to boost, cleanse & heal

Kara Rosen, Plenish

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Juice recipes and cleanse programs for detox, well-being and vitality, from Plenish, a popular British juice brand.

You are what you eat, and consuming fresh, raw juices is a delicious way to flood your body with nutrients, cleanse your system and cure your ills. *Plenish* shows you how to make over 40 juice blends, detox with a cleanse program, heal your body naturally, fuel your system, fight disease, promote mind and body wellness, and lose weight in the process. From the Thai Melon Brightener to the Greenie Mary, each recipe will help your body to detox and rejuvenate, so that you can thrive.

PLENISH Cleanse founder Kara Rosen spent a decade flying between New York and LA, jet lagged, overindulged and exhausted from a hectic work schedule. Suffering from an ongoing battle with strep throat, and failing antibiotics, Kara turned to a holistic nutritionist who suggested a 5-day juice cleanse. Having helped her to win the battle against strep, that cleanse turned into a love for a new lifestyle and Kara started to turn regularly to cold-pressed juices for a detox.

After having her baby and moving to London, Kara started to prepare her own cold-pressed juices and nut milks. She worked with a talented nutritionist to establish the right balance of phytonutrients and protein in order to gently rid the body of toxins, and maintain the energy levels necessary for her busy lifestyle. After a year of making the juices for friends and family and receiving fabulous feedback, PLENISH was born to make organic, raw, cold-pressed juices available to everyone. It is now available nationwide in UK.

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From reader reviews:

John Dudley:

Spent a free time for you to be fun activity to do! A lot of people spent their spare time with their family, or their own friends. Usually they undertaking activity like watching television, likely to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book is usually option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try look for book, may be the publication untitled Plenish: juices to boost, cleanse & heal can be very good book to read. May be it might be best activity to you.

Thomas Bedwell:

Within this era which is the greater man or woman or who has ability to do something more are more valuable than other. Do you want to become one of it? It is just simple strategy to have that. What you need to do is just spending your time little but quite enough to get a look at some books. One of several books in the top record in your reading list will be Plenish: juices to boost, cleanse & heal. This book that is qualified as The Hungry Inclines can get you closer in growing to be precious person. By looking right up and review this guide you can get many advantages.

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