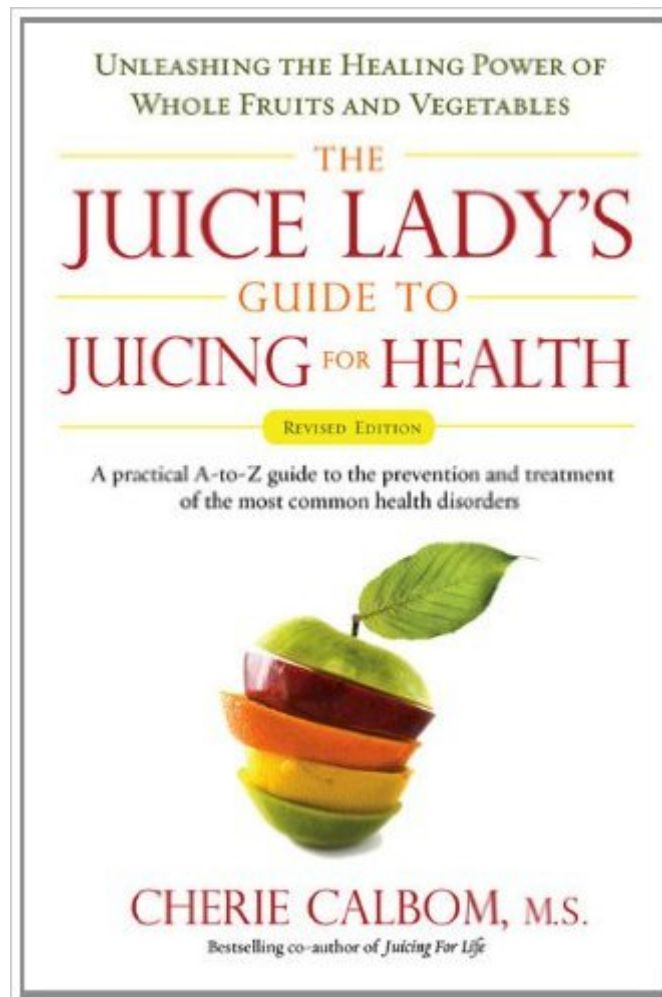


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The Juice Lady's Guide To Juicing For Health: Unleashing The Healing Power Of Whole Fruits And Vegetables Revised Edition



Synopsis

A practical A-to-Z guide to the prevention and treatment of the most common health disorders. Written by nutritionist and juicing expert Cherie Calbom, *The Juice Lady's Guide to Juicing for Health*, Revised Edition, shows you how to use fresh juice to lose weight, boost energy, and achieve the glow of health. With helpful guidelines for buying and using a juice machine, Cherie also explains how to put that machine to work with delicious recipes and easy-to-understand nutritional programs for more than fifty health conditions. These research-backed programs include the best combinations of fruits and vegetables for each disorder, along with a diet plan and other health tips that can help you fight off disease. This revised edition provides updated health and nutritional information on many conditions, including ADHD, cancer, chronic fatigue syndrome, diabetes, fibromyalgia, multiple sclerosis, and much more. Supporting the nutritional programs with a unique diet plan, special cleansing regimens, and detailed appendices packed with useful information, *The Juice Lady's Guide to Juicing for Health* gives you a total approach to health—now, and for the rest of your life.

Book Information

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Customer Reviews

There is no end of lore about the power of drinking the juice of vegetables and fruits. This book contains a wealth of recipes that are organized by ailment and which juice is supposed to aid which condition. Naturally, no book of recipes is a substitute for seeing your physician, but adding veggie juices can help you get vitamins, enzymes, micronutrients (the *je ne sais quoi pas* of nutrition) and they are refreshing and filling as a snack. I find I get a good burst of energy from drinking the juices

in this book. This book is organized by ailment, and the juices are recipes in the back. Some ailments overlap in what juices the author recommends. So you may be making the same one for you and for your family, but for different conditions. I sometimes down a mix of carrot-celery-apple-ginger-beet-kale juice to my regime before working out. I find the mix is almost as much a "wake up" as a cup of coffee. Sometimes I add some grapefruit and delete the beet. Sometimes I add some parsley; the author warns that parsley, however, in LARGE quantities is actually toxic. I did not know that. Good info! A friend, who is mending his health from a very severe condition that requires that he live and eat as carefully as possible, is using juices as well to assist in his recovery. He's seen his bloodwork improve; whether it's just from getting back to healthy eating or adding the juice, I do not know as it's not a controlled experiment. But he's enjoying the juices and he's mindful of what he's eating; more vegetables and fruits, less fatty food and sugar. I will say, vegetable juice, made fresh, is a wonderful snack or even a light meal and kids who WILL not eat vegetables can often be coaxed to drink a juice.

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