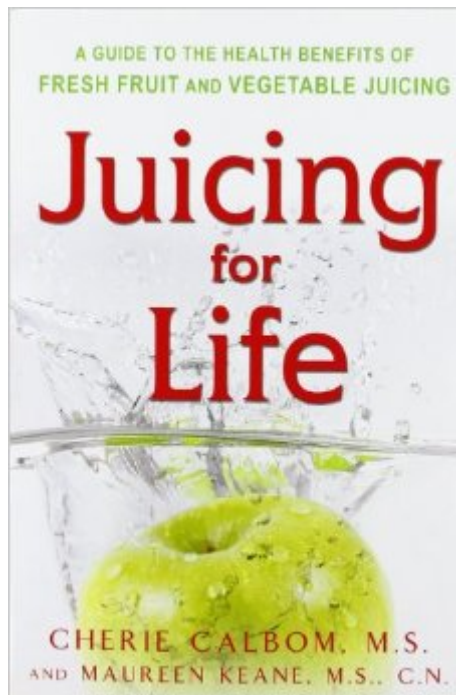


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# Juicing For Life: A Guide To The Benefits Of Fresh Fruit And Vegetable Juicing



## Synopsis

Eating fresh fruits and vegetables can boost your energy level, supercharge your immune system, and maximize your body's healing power. Convenient and inexpensive, juicing allows you to obtain the most concentrated form of nutrition available from whole foods. This A-Z guide shows you how to use nature's bounty in the prevention and treatment of our most common health disorders. This accessible book gives complete nutritional programs for over 75 health problems, telling you which fruits and vegetables have been shown effective in combatting specific illnesses and why. Along with hundreds of delicious, nutrition-rich juicing recipes, this book provides dietary guidelines, and diet plans to follow in conjunction with your juicing regimen.

## Book Information

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## Customer Reviews

The benefits of juicing are enormous, by getting the essential vitamins and minerals from fruits and vegetables in a quick, digestible form. Juicing can provide a "meal in a glass" that can make a great snack or even a substitute for a meal in a calorie restricted diet, and for anyone who has to "eat and run", a tall glass of juice is the ultimate fast food. Part One is "The Basics", with excellent guidelines, including one page of "Juicing Tips" that I found useful. Part Two, "The Disorders", is the bulk of the book, and addresses common ailments and diseases, describes the condition, gives general recommendations, dietary modifications, nutrients that help, beneficial juices and suggested recipes. A wide range of disorders are discussed. Under "C" for instance, there is not only the obvious cancer and cholesterolemia (high cholesterol) listed, but also ailments like carpal tunnel

syndrome, which is not usually thought of as being helped through nutrition ("The majority of carpal tunnel sufferers have been found to have low levels of vitamin B6", page 93), and also that bane of 40+ women, cellulite: "The good news is that cellulite can be reversed significantly" (page. 100), and the book tells you how. Part Three is "The Diet Plans", and has suggestions for everyday meals, with basic healthy eating, "Immune Support Diet", and many different types of cleansing diets and advice. Cherie "The Juicewoman" Calbom and Maureen Keane have a long list of credentials and "know their onions" in the field of nutrition, and if you believe that what you eat has a direct impact on your physical health and stress level, this is a good book to have in your library. Also recommended is "Prescription for Nutritional Healing" by James and Phyllis Balch.

What I love about this book is that ailments you wish to cure are listed in category order, which makes it quite easy to find a juicing recipe to help reverse the internal effects. Additionally, the book gives wonderful general recommendations along with an explanation of that ailment. On top of that, "Dietary Modifications" are provided with practical, easy to understand advice as to what foods and beverages to avoid, along with "Nutrients that Help" combined with "Beneficial Juices". Then, to top it all off there are great "Suggested Juicing Recipes" that will target whatever ails you. From anti-ageing to chronic fatigue syndrome, to underweight, this book is simple to follow and provides you with the knowledge of exactly what your system needs in order to maintain maximum health. Highly recommended if you want to improve your health, and bring nutrient-rich vitamins and minerals into your body naturally. Barbara Rose, author of, Stop Being the String Along: A Relationship Guide to Being THE ONE and If God Was Like Man Editor, inspire! magazine

If you've wondered just what to do with your juicer, look no more! This is a practical book that not only espouses the curative properties of juicing, but gives an index of ailments and recommends various juices. From acne to cancer and fatigue to insomnia...they have it all. This is a good reference. by T.H. in San Mateo, Calif

I got into juicing about 12 years ago when I was working the night shift at a grocery store. Most of my fellow employees were all hooked on caffeine and sugar trying to keep themselves awake for that shift. I wanted to do something that would not only keep my energy levels high but I also didn't want to "crash" when I finally did go to sleep. So I began juicing. At first, it was primarily carrot juice. I drank about maybe 3-4 cups of fresh carrot juice a day and I noticed the benefits of it right away. I always tried to maintain a healthy lifestyle, anyway, but juicing really seemed to give me that

something "extra" that I was looking for. Then I got this book and I began following some of her recipes as well as inventing a few of my own. My favorite "concoction" is something I call the Zest Fest: 5 medium carrots 6 cherry tomatoes 2 stalks celery 1/2 red bell pepper 1/2 cucumber 1 small piece of ginger 2 garlic cloves Sliver of onion Sliver of lemon 1/2 shot of white vinegar 1/2 shot Worcestershire sauce A few shakes of your favorite hot sauce Salt & Pepper Juice all the vegetables, add the condiments, mix well in a glass jar with a lid, drink and enjoy! This little potion of mine has warded off several types of the flu as well as other common ailments and gives me a sense of vibrancy and vitality all throughout the day. Of course, my skin is bright orange now and I can see through walls, but so what? =) The benefits of fresh juicing are incredible and this book goes into great detail what those benefits are. If you are sick and tired of being sick and tired, get a juicer, get this book, raid the produce stand, and make your health and your well-being top priority.

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