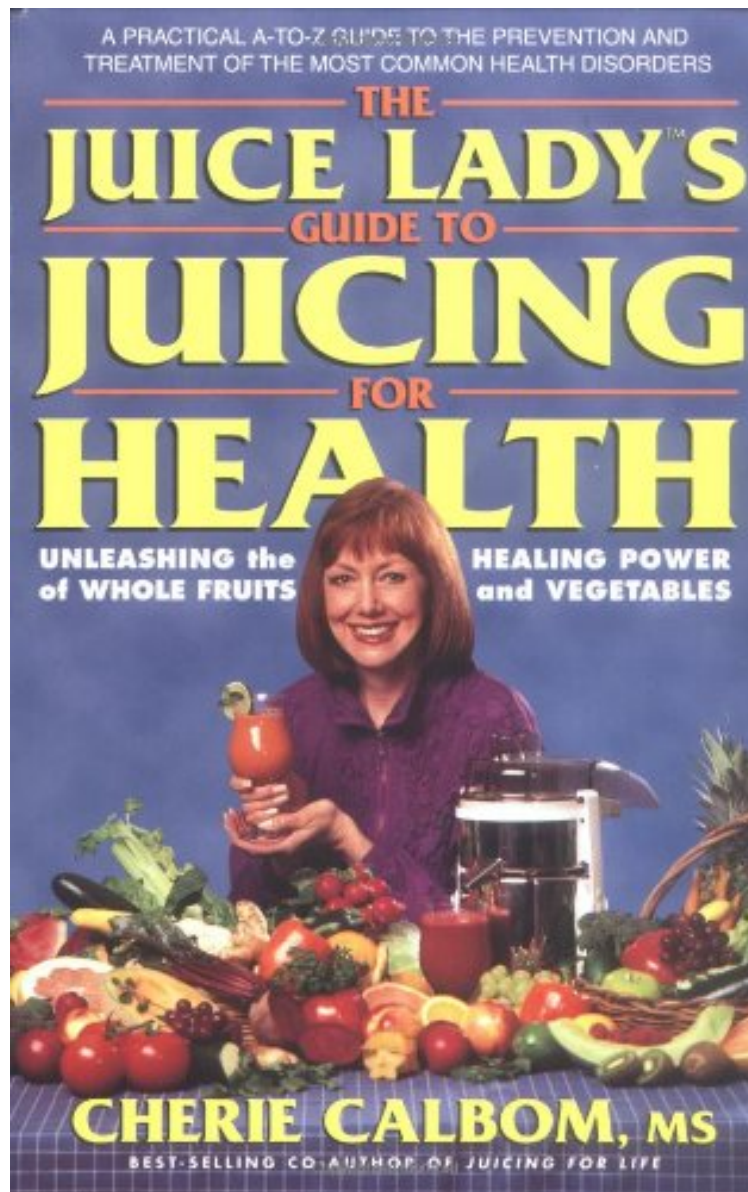


(Library ebook) The Juice Lady's Guide to Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables

The Juice Lady's Guide to Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables

Cherie Calbom

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Cherie Calbom : The Juice Lady's Guide to Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables before purchasing it in order to gage whether or not it would be worth my time, and all praised The Juice Lady's Guide to Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables:

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The first section of *The Juice Lady's Guide to Juicing Health* gives in-depth information about juice while the second section provides recipes and dietary tips geared to specific conditions that need attention. The author explores juicing remedies, backed by scientific data and extensive research, to treat everything from allergies to water retention. This guide shows readers how to get the maximum healing potential by incorporating freshly made juices, especially vegetable juices, into their daily plans for health, healing, and recovery.

.com Having trouble getting your five to nine recommended daily servings of fruits and vegetables? Drink your vegetables, says Cherie Calbom, the Juice Lady, and she offers 75 juice recipes to help you do it. Juicing not only tastes good and gives you nutrition, but it can also benefit your health, says Calbom. She organizes *The Juice Lady's Guide to Juicing for Health* into 53 medical conditions--such as Alzheimer's, ADD, allergies, influenza, gout, herpes, fibrocystic breasts, diabetes, and depression. For each, she makes recommendations about lifestyle, diet, nutrients, herbs, and juice ingredients, and offers specific juice recipes. The juices are innovative and cleverly named, such as Popeye's Power (with apple, spinach, parsley, carrots, celery, and beet), Ginger Hopper (apple, carrots, gingerroot), Sweet Calcium Cocktail (pineapple, kale), Jack the Bean (tomato, lettuce, string beans, Brussels sprouts, lemon), and Weight-Loss Buddy (Jerusalem artichoke, carrots, beet). Two caveats: (1) Realize that you also need the fiber in fruits and veggies, not just the vitamins and minerals from the juice, so don't juice exclusively. (2) Juices are part of healthy nutrition, but they don't cure disease. (She doesn't claim this, but it's easy to jump to that conclusion from the way the book is organized.) Enjoy the juices and use them to support your health, but don't expect that juicing will cause a change in a medical condition. --Joan Price