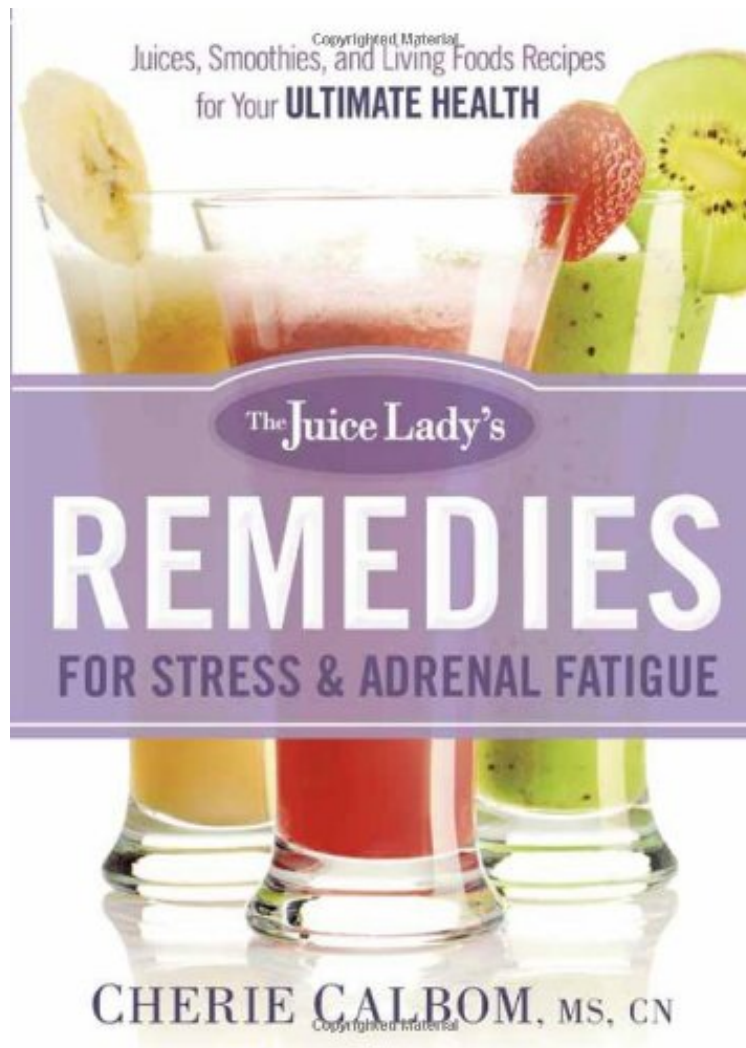


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The Juice Lady's Remedies for Stress and Adrenal Fatigue: Juices, Smoothies, and Living Foods Recipes for Your Ultimate Health

Cherie Calbom

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Cherie Calbom : The Juice Lady's Remedies for Stress and Adrenal Fatigue: Juices, Smoothies, and Living Foods Recipes for Your Ultimate Health before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Juice Lady's Remedies for Stress and Adrenal Fatigue: Juices, Smoothies, and Living Foods Recipes for Your Ultimate Health:

51 of 52 people found the following review helpful. RemediesBy randall r earlWas happy with the information that is in this book. What I wasn't happy with was some of the chapters tell you about this amazing product but don't tell you

what it is. It tells you if you want to know what it is you have to go to their website. Then when you go to their website they want you to buy another book that will give you the answer.²⁹ of 31 people found the following review helpful. Bring Your Adrenals Back to Health By Linda Collins Thomas I've been eagerly awaiting the release of this new book and now that I've received my copy, I have to say it is a pure delight to read. I've read all of Cherie Calbom's books on achieving breakthrough levels of health through juicing and eating wholesome foods. Her latest gem, *The Juice Lady's REMEDIES for Stress Adrenal Fatigue*, however, goes farther than the others in that she explains in jaw-dropping detail her own life story. It is beyond inspirational. I cried all through the Introduction and you will too. I won't tell you what her secret is for success in the face of tragedy, but I will say that this book is juicy with spirit and spunk. The juicing and raw foods part, it soon becomes certain, is your indispensable foundation to support your body, mind and spirit. I also love that this book can be used as a handbook for quick reference and can travel easily in your hand bag. The book consists of Cherie's personal story, a detailed understanding of adrenal fatigue and its relationship to stressors, both those known and some surprises as well. For myself, for example, a complicated cataract surgery at the same time of learning about a loved family member's tragic diagnosis set my adrenal crash in motion quite unexpectedly. So, whether you are a reactive stress eater or simply undone by life's events even while eating healthily, this book can steer you back into balance. The next portions of the book consist of Cherie's recipes, preparation advice, proper equipment and more. I would add that Cherie Calbom is a born writer, especially for the stressed and worried reader. Her book is clear, concise, understanding and positive. As a professional in the mental health field, I lend out many books to support my patients' therapeutic journey. You can be sure this readable and informative book will be my new favorite book to lend and recommend. Stress cannot be solved by talk alone I've learned over my many years of practice. My gratitude goes to Cherie Calbom for her presence with us on our individual paths to fulfillment and joy.³ of 3 people found the following review helpful. Editing, Editing By molico To be honest, all of her books need professional editing. The information is scattered throughout the book. There is no doubt in my mind that the author knows the subject matter she is writing about but texts are mixed up, good important information with fillers and to make the matter worse, one has to read pages and pages of fillers to fish one sentence that is useful. I think it needs editing because I can't imagine anyone buying a book in nutrition not knowing the basic information that pervades the book. In other words, one can find information for kindergarten and college education all mixed up. It needs editing. If you remove most of the pages and condense, then I'm sure you will end up with a precious book but readers don't have time to do that.

Don't let stress ruin your health. Fight back with these all-natural juice remedies. You don't have to suffer with the effects of stress and exhaustion. By simply adding more raw food to your diet, you increase your intake of essential nutrients and decrease the harmful effects of stress and adrenal fatigue on your body. With recipes and recommendations for healing teas, juices, and smoothies, this quick-reference guide helps you naturally repair, rejuvenate, and reclaim your health. You also get valuable tips on stopping stress and adrenal fatigue at the source, including:

- The connection between chronic stress and adrenal fatigue
- Practical ways to lower your stress levels
- Nine common symptoms of adrenal fatigue
- Seven steps you can take to combat stress eating, and more!

About the Author Cherie Calbom, MS, is the author of *The Juice Lady's Turbo Diet*, *The Juice Lady's Living Foods Revolution*, and *Juicing for Life*, which has nearly two million books in print in the United States. Known as "The Juice Lady" for her work with juicing and health, Cherie has taped *HealthWatch* for CNN and has appeared in *Shape*, *First for Women*, *Women's World*, *Men's Journal*, *Vogue*, *Quick Simple*, *Marie Claire*, and *Elle Canada*. Cherie earned a master's degree in nutrition from Bastyr University, where she now serves on the Board of Regents, and has practiced as a clinical nutritionist at St. Luke Medical Center in Bellevue, Washington.