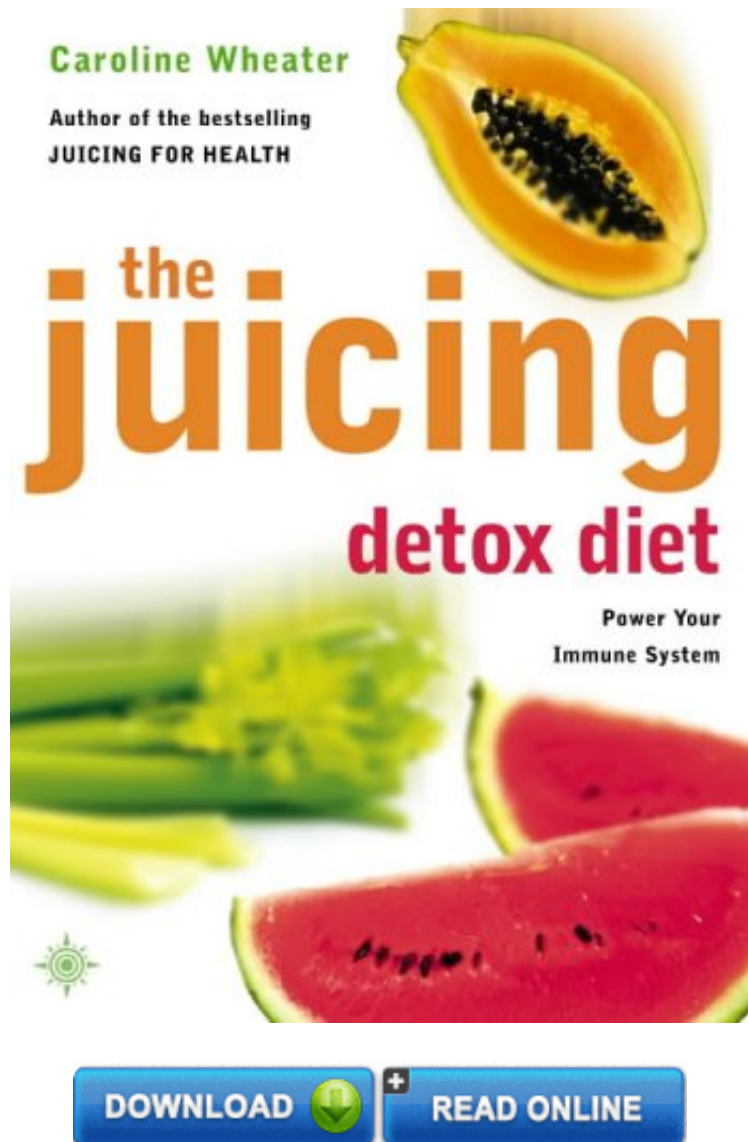


(Download pdf ebook) The Juicing Detox Diet: How to Use Natural Juices to Power Your Immune System and Get in Shape

## The Juicing Detox Diet: How to Use Natural Juices to Power Your Immune System and Get in Shape

Caroline Wheater

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This detox diet guide offers a plan for healthy weight loss and a natural energy boost. The occasional "detox" is now a

part of life for many people - and although it means different things to different people, in essence it's simply giving your self a rest - and giving your body a chance to clean up and make a fresh start. It's a popular way to get your system in shape, and lose excess weight naturally. This new edition of "The Juicing Detox Diet" has been thoroughly revised and a substantial amount of additional material added. It contains everything you'll need to know about detoxing and the healing properties of raw fruits and vegetables, with plans for: one day detox; weekender detox; five-day detox; two week detox plus special tips; booster detoxes for liver cleansing, healthy skin, immune strength, energy and vitality, calming your nerves, vitamin and mineral top ups; and more. It discusses alternatives to the binge/detox cycle with tips for integrating health into daily life as well as therapies and lifestyle treats - such as yoga and visualisation to help you stay stress-free and to counteract the causes of mind/body overload.

About the Author Caroline Wheater is a professional author and magazine editor with a longstanding interest in healthy living. She has worked with juices for over a decade, and is a passionate advocate of the simple, yet brilliant health giving qualities of raw juice. Caroline's juicing advice is regularly featured in national press and magazines, on the radio and TV.