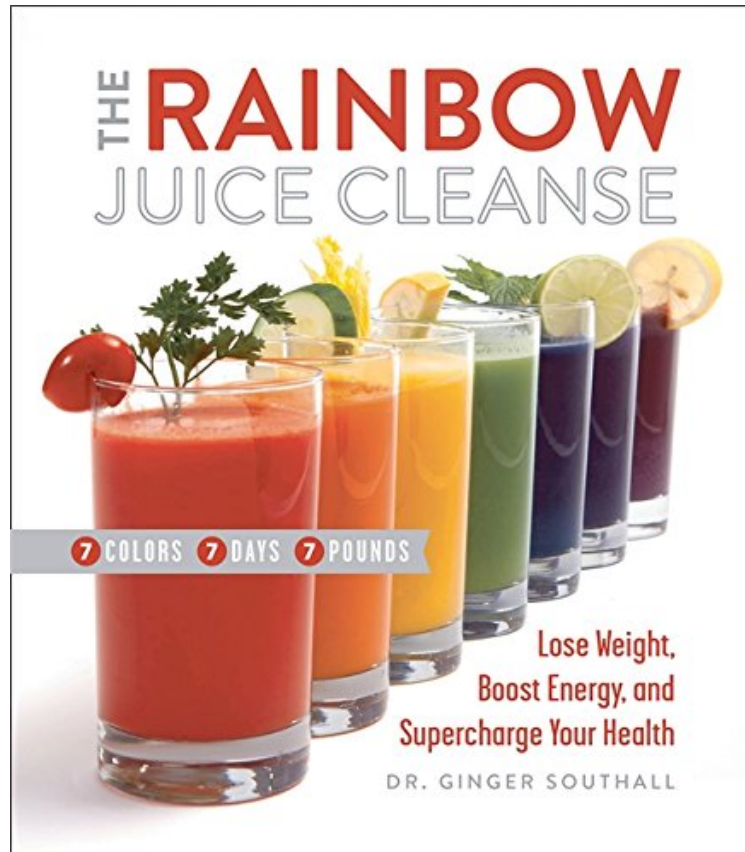


# The Rainbow Juice Cleanse: Lose Weight, Boost Energy, and Supercharge Your Health

Ginger Southall D.C.

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**Ginger Southall D.C. : The Rainbow Juice Cleanse: Lose Weight, Boost Energy, and Supercharge Your Health** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Rainbow Juice Cleanse: Lose Weight, Boost Energy, and Supercharge Your Health:

21 of 22 people found the following review helpful. Great information a practical book By Gregory This book provides easy to understand and easy to follow information and recipes. A quick read but with tons of information to go back to as needed. Recipes are very easy to make, I've ready a lot of cleanse books and find this one the best so far. 6 of 6 people found the following review helpful. Chocked Full of Helpful Information! By JBNot only is this a beautiful book, think coffee table, gifts, on display, but it is also packed full of nutritional education! Easy, healthy recipes and juices even a beginner can do. I love that Dr. Ginger explains the "why" of the ingredients and how they can help you on your way to wellness, feeling good and prevention of dis-ease! The side effects are energy, life and weight-loss! I will be passing this one along and buying extras as gifts! 2 of 2 people found the following review helpful. A perfect

plan for vibrant health  
By Sheena B. I love love love this book! I have been a vegan for six years and have gone raw vegan for long periods of time. But there are some vegan choices that are not completely natural and sometimes I find myself indulging. I decided to clean up my act and wanted to cleanse when I came across this marvelous book. It is informative for the novice to eating healthy and inspirational to the more experienced, such as myself. The recipes and plan are so easy to follow. But even after my cleanse I'll be able to maintain quality eating. Definitely worth the money and effort to eat or juice for vibrant health.

The Rainbow Juice Cleanse is a revolutionary program that employs the nutritious, healing properties of a rainbow of vegetables to kick start weight loss and improve overall health. While most juicing books include recipes for high-sugar fruits, Dr. Ginger explains that most fruits can actually ruin a detox for people looking to lose weight or for anyone who has diabetes or blood sugar issues. Instead, Dr. Ginger shows readers how to properly “shop the rainbow” of produce with a plan that entails consuming red, orange, yellow, green, blue, indigo, and violet fresh, raw, organic juices. In just seven days, readers will detoxify their bodies and lose up to seven pounds of fat! Each day of the program focuses on a different color of the rainbow, ensuring the best possible nutrition profile and guaranteeing positive results. By “drinking the rainbow,” readers will shed pounds and experience anti-aging, renewed energy, and a better balanced body. Also included are 50 food and juicing recipes and 20 full-color photos.

“With so many of today's chronic diseases being caused by or exacerbated by sugar and most of today's juicing trends being centered around juicing fruit (sugar), Dr. Ginger makes an important leap in educating her readers about the importance of juicing nutritious vegetables and eating your fruit whole. A must-read for anyone interested in learning how to juice properly with healing, detoxing, and weight loss in mind.”—Mark Hyman, M.D., bestselling author of *The Blood Sugar Solution* and *The Blood Sugar Solution 10-Day Detox Diet* “I love Dr. Ginger's book. She includes all the healthiest vegetables and herbs to supercharge your health with phytochemicals, and goes easy on the fruit because of the glycemic response.”—Joel Fuhrman, MD, New York Times bestselling author of *Eat to Live* “The Rainbow Juice Cleanse is one of the best books of its kind and will change the way you juice. Dr. Ginger shows you how to incorporate juicing into your life the right way in this all-encompassing book. It's a must-have for anyone who cares about changing their health.”—Kim Barnouin, New York Times bestselling co-author of *Skinny Bitch*