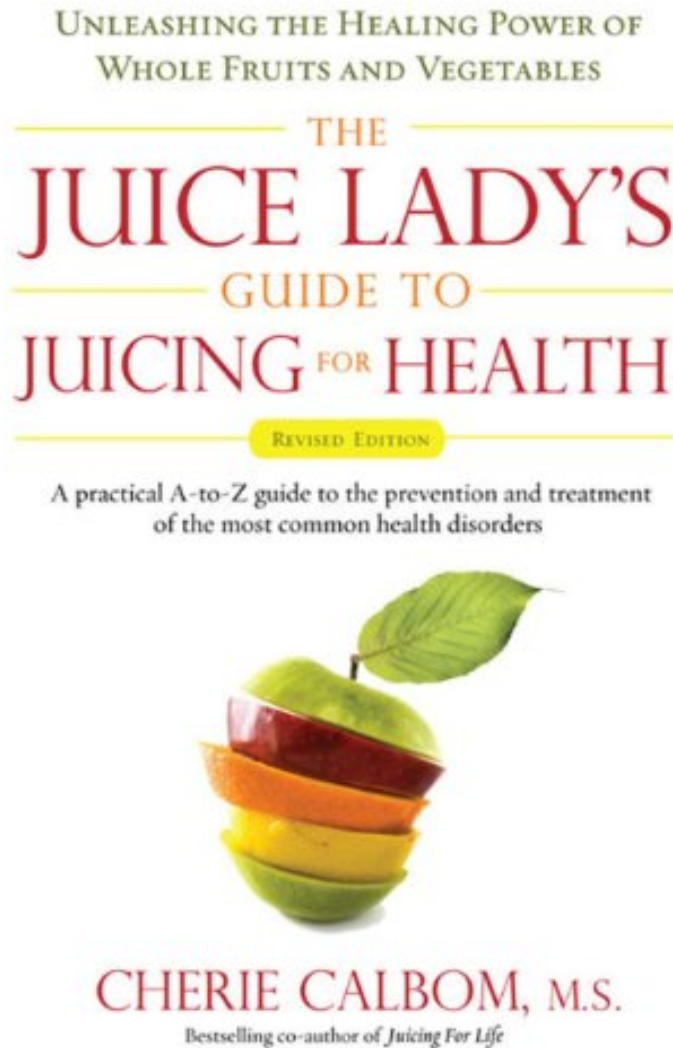


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The Juice Lady's Guide To Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables Revised Edition



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Description : Description du produitIn her new book, the Juice Lady explains why the juice of fresh fruits and vegetables is the richest available food source of vitamins, minerals, and enzymes. She discusses what enzymes are and why they aren't available in cooked foods, and provides information about the way juice nutrients are absorbed by the body. The first section of The Juice Lady's Guide to Juicing for 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, and shows how to get the maximum healing potential by incorporating freshly made juices into a daily plan for health, healing, and recovery.

Prsentation de l'diteurA practical A-to-Z guide to the prevention and treatment of the most common health disorders. Written by nutritionist and juicing expert Cherie Calbom, *The Juice Lady's Guide to Juicing for*

Health, Revised Edition, shows you how to use fresh juice to lose weight, boost energy, and achieve the glow of health. With helpful guidelines for buying and using a juice machine, Cherie also explains how to put that machine to work with delicious recipes and easy-to-understand nutritional programs for more than fifty health conditions. These research-backed programs include the best combinations of fruits and vegetables for each disorder, along with a diet plan and other health tips that can help you fight off disease.

This revised edition provides updated health and nutritional information on many conditions, including ADHD, cancer, chronic fatigue syndrome, diabetes, fibromyalgia, multiple sclerosis, and much more.

Supporting the nutritional programs with a unique diet plan, special cleansing regimens, and detailed appendices packed with useful information, *The Juice Lady's Guide to Juicing for Health* gives you a total approach to health now, and for the rest of your life. 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

ExtraitAfternoon Refresher1 medium to large organic cucumber, scrubbed well if organic, or peeled if notorganic1/2 small or medium lemon, peeledCut the produce to fit your juicers feed tube. Juice the ingredients and stir. Pour into a glass and drink as soon as possible.Serves 1Awesome Green Smoothie1/2 cucumber, peeled and cut in chunks1 avocado, peeled, seeded, and cut in quarters1 cup raw spinach1/2 cup coconut milkJuice of 1 lime1 tablespoon green powder of choice (optional)2 to 3 tablespoons ground almonds (optional)Combine all ingredients except almonds in a blender and blend well. Sprinkle ground almonds on top, as desired.Serves 12Beautiful-Skin Cocktail1 cucumber, peeled1 parsnip, peeled2 to 3 carrots, scrubbed well, tops removed, and ends trimmed1/2 lemon, peeled1/4 green bell pepper, seededCut the produce to fit your juicers feed tube. Juice the ingredients and stir. Pour into a glass and drink as soon as possible.Serves 12NOTE: Cucumber and bell pepper are good sources of the trace mineral silicon, which is recommended to strengthen skin, hair, and fingernails along with bones. In studies, silicon has been shown to reduce signs of aging by improving thickness of skin and reducing wrinkles.Cheries Quick Energy Soup114 cups fresh carrot juice (5 to 7 medium, or approximately 1 pound, yield about 1 cup)1 avocado, peeled and seeded1/2 teaspoon ground cuminJuice the carrots and pour the juice into a blender. Add the avocado and cumin and blend until smooth. Serve chilled.Serves 1

cumin and blend until smooth. Serve chilled.Serves 1