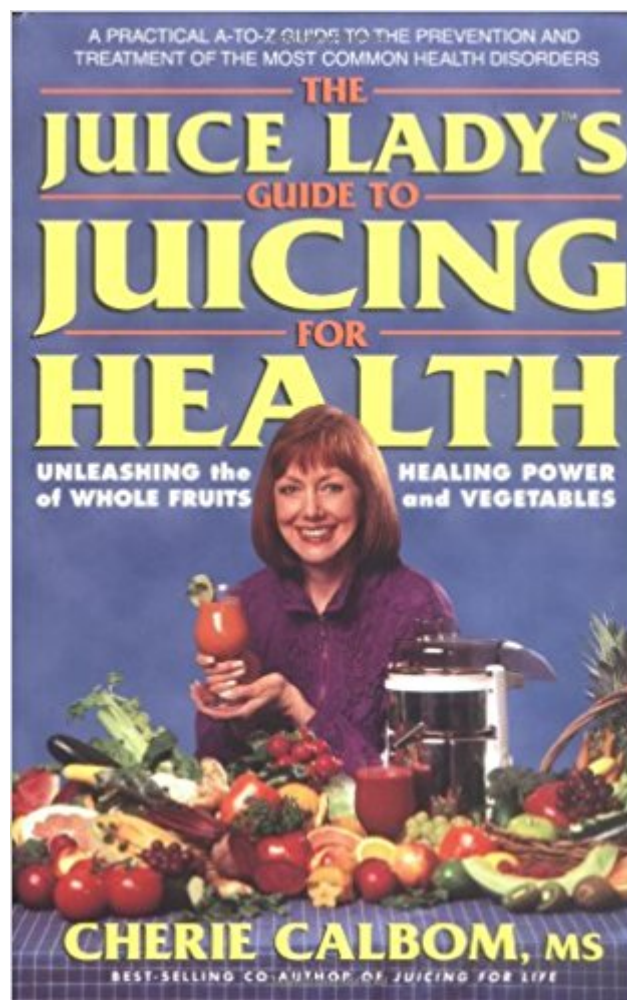




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The Juice Lady's Guide To Juicing For Health: Unleashing The Healing Power Of Whole Fruits And Vegetables



Synopsis

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.

Book Information

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Customer Reviews

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

Since using the info from this book and following it we now enjoy a greater intake of healthy fresh fruits and vegetables in our diet.

If you are into juicing or want to get started this is the book for you. The juice lady is awesome and she speaks from experience. I recommend that you purchase all her books!

Good choice for juicers

Highly recommend this book to maintain good health!

book in great condition

What more could we want? This perky lady has stuffed another of her popular books with all the great nutritional ideas, easy-to-make recipes and interesting uses for juice anyone could want! This is the ultimate reference book - I prefer it to all her other books, although I have them all. She's the spokeslady on QVC - you know, the chirpy one who seems so smart. Well, read the book and you know she's not only smart, but she knows how to make healthy stuff taste GREAT! Good Work, Ms. Calbom! Thanks SO much for your work!

Great book

"The Juice Lady's Guide to Juicing for Health" is designed for anyone suffering from a specific disorder. This book is perfect for anyone suffering from Alzheimer's, allergies, anxiety, cancer, colds, depression, eczema, fibromyalgia, high blood pressure, indigestion, insomnia, migraines, arthritis, stress or ulcers and many more...Each chapter begins with a brief introduction to the disease or disorder discussed. Diet, Herb, Juice and Nutrient recommendations are then given. For instance in the chapter on Alzheimer's disease it is recommended that you do a live cleanse. The

Juice recommendations include: Tomato Florentine - tomatoes, spinach, basil and lemon Popeye's Power - apple, spinach, parsley, carrots, celery and beet Wheatgrass Light - apple, wheatgrass, mint and lemon Memory Mender - tomato, lettuce, cauliflower and lemon Sweet Dreams Nightcap - lettuce, parsley, carrots and celery Antiaging Cocktail Most of the recipes are repeated throughout the book under each disorder. I didn't count them but it seems like there are only 20-30 recipes in this book. Still some are worth trying and the Antiaging Cocktail was delicious. It is made with grapes, raspberries, lemon and ginger. The only issue I had with the recipe was the quantity of juice it produces. It was only about 1/2 a cup of juice. None of the recipes have any information on how many servings each will produce. From what I can tell most of the recipes produce one serving. At the end of the book there is information on juice fasting and cleansing. However, the information on fasting is especially brief. If you want to go on a juice fast I'd recommend you buy *Juice Fasting and Detoxification: Use the Healing Power of Fresh Juice to Feel Young and Look Great : The Fastest Way to Restore Your Health.* ~The Rebecca Review

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