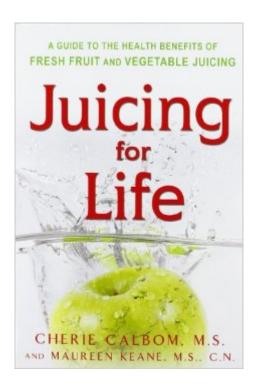
The book was found

Juicing For Life: A Guide To The Benefits Of Fresh Fruit And Vegetable Juicing





Synopsis

Eating fresh fruits and vegetables can boost your energy level, supercharge your immune system, and maximize your body's healing power. Convenient and inexpensive, juicing allows you to obtain the most concentrated from of nutrition available from whole foods. This A-Z guide shows you how to use nature's bounty in the prevention and treatment of our most common health disorders. This accessible book gives complete nutritional programs for over 75 health problems, telling you which fruits and vegetables have been shown effective in combatting specific illnesses and why. Along with hundreds of delicious, nutrition-rich juicing recipes, this book provides dietary guidelines, and diet plans to follow in conjunction with your juicing regimen.

Book Information

Paperback: 368 pages

Publisher: Avery; 1 edition (November 1, 1991)

Language: English

ISBN-10: 0895295121

ISBN-13: 978-0895295125

Product Dimensions: 5.9 x 1 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars Â See all reviews (159 customer reviews)

Best Sellers Rank: #48,216 in Books (See Top 100 in Books) #10 in Books > Cookbooks, Food &

Wine > Kitchen Appliances > Juicers #56 in Books > Cookbooks, Food & Wine > Beverages &

Wine > Juices & Smoothies #233 in Books > Health, Fitness & Dieting > Alternative Medicine >

Healing

Customer Reviews

The benefits of juicing are enormous, by getting the essential vitamins and minerals from fruits and vegetables in a quick, digestible form. Juicing can provide a "meal in a glass" that can make a great snack or even a substitute for a meal in a calorie restricted diet, and for anyone who has to "eat and run", a tall glass of juice is the ultimate fast food.Part One is "The Basics", with excellent guidelines, including one page of "Juicing Tips" that I found useful.Part Two, "The Disorders", is the bulk of the book, and addresses common ailments and diseases, describes the condition, gives general recommendations, dietary modifications, nutrients that help, beneficial juices and suggested recipes.A wide range of disorders are discussed. Under "C" for instance, there is not only the obvious cancer and cholesterolemia (high cholesterol) listed, but also ailments like carpal tunnel

syndrome, which is not usually thought of as being helped through nutrition ("The majority of carpal tunnel sufferers have been found to have low levels of vitamin B6", page 93), and also that bane of 40+ women, cellulite: "The good news is that cellulite can be reversed significantly" (page. 100), and the book tells you how.Part Three is "The Diet Plans", and has suggestions for everyday meals, with basic healthy eating, "Immune Support Diet", and many different types of cleansing diets and advice.Cherie "The Juicewoman" Calbom and Maureen Keane have a long list of credentials and "know their onions" in the field of nutrition, and if you believe that what you eat has a direct impact on you physical health and stress level, this is a good book to have in your library. Also recommended is "Prescription for Nutritional Healing" by James and Phyllis Balch.

What I love about this book is that ailments you wish to cure are listed in category order, which makes it quite easy to find a juicing recipe to help reverse the internal effects. Additionally, the book gives wonderful general recommendations along with an explanation of that ailment. On top of that, "Dietary Modifications" are provided with practical, easy to understand advice as to what foods and beverages to avoid, along with "Nutrients that Help" combined with "Beneficial Juices". Then, to top it all off there are great "Suggested Juicing Recipes" that will target whatever ails you. From anti-ageing to chronic fatigue syndrome, to underweight, this book is simple to follow and provides you with the knowledge of exactly what your system needs in order to maintain maximum health. Highly recommended if you want to improve your health, and bring nutrient-rich vitamins and minerals into your body naturally. Barbara Rose, author of, Stop Being the String Along: A Relationship Guide to Being THE ONE and If God Was Like ManEditor, inspire! magazine

If you've wondered just what do do with your juicer, look no more! This is a practical book that not only espouses the curative properties of juicing, but gives an index of ailments and recommends various juices. From acne to cancer and fatigue to insomnia...they have it all. This is a good reference. by T.H. in San Mateo, Calif

I got into juicing about 12 years ago when I was working the night shift at a grocery store. Most of my fellow employess were all hooked on caffeine and sugar trying to keep themselves awake for that shift. I wanted to do something that would not only keep my energy levels high but I also didn't want to "crash" when I finally did go to sleep. So I began juicing. At first, it was primarily carrot juice. I drank about maybe 3-4 cups of fresh carrot juice a day and I noticed the benefits of it right away. I always tried to maintain a healthy lifestyle, anyway, but juicing really seemed to give me that

something "extra" that I was looking for. Then I got this book and I began follwing some of her recipes as well as inventing a few of my own. My favorite "concoction" is something I call the Zest Fest:5 medium carrots6 cherry tomatoes2 stalks celery1/2 red bell pepper1/2 cucumber1 small piece of ginger2 garlic clovesSliver of onionSliver of lemon1/2 shot of white vinegar1/2 shot worsteshire sauceA few shakes of your favorite hotsauceSalt & PepperJuice all the vegetables, add the condiments, mix well in a glass jar with a lid, drink and enjoy! This little potion of mine has warded off several types of the flu as well as other common ailments and gives me a sense of vibrancy and vitality all throughout the day. Of course, my skin is bright orange now and I can see through walls, but so what?=)The benefits of fresh juicing are incredible and this book goes into great detail what those benefits are. If you are sick and tired of being sick and tired, get a juicer, get this book, raid the produce stand, and make your health and your well-being top priority.

Download to continue reading...

Juicing for Life: A Guide to the Benefits of Fresh Fruit and Vegetable Juicing Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Total Juicing: Over 125 Healthful and Delicious Ways to Use Fresh Fruit and Vegetable Juices and Pulp Juicing for Beginners: Complete Juicing Start Up Guide and Nutrition Book with 100+ Juicing Recipes for Health, Weight Loss, Energy, Detox and More Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1) Fresh Vegetable and Fruit Juices Tax Facts on Insurance & Employee Benefits 2015: Annuities, Cafeteria Plans, Compensation, Disclosure Requirements, Estate and Gift Taxation, Health ... Facts on Insurance and Employee Benefits) Timber Press Guide to Vegetable Gardening in the Southwest (Regional Vegetable Gardening Series) The Juice Habit Made Easy: with tips, tricks & healthy fruit & vegetable recipes (The Personal Detox Coach's Simple Guide To Healthy Living Series) (Volume 1) Vegetable Gardening 101: How to Plant and Grow a Beautiful, Organic Vegetable Garden My Mueller Spiral-Ultra Vegetable Spiralizer Cookbook: 101 Recipes to Turn Zucchini into Pasta, Cauliflower into Rice, Potatoes into Lasagna, Beets ... (Vegetable Spiralizer Cookbooks) (Volume 4) A Beginners Guide To Juicing: 50 Recipes To Detox,

Lose Weight, Feel Young, Look Great And Age Gracefully (The Juicing Solution) (Volume 1) Coloring Book For Grownups: Color Away Stress 50 Funny Fruit & Vegetable Images (Coloring For Grownups) Coloring Book For Grownups: Color Away Stress 100 Funny Fruit, Vegetable & Animal Images (Coloring For Grownups) Vegetable Juicing for Everyone: How to Get Your Family Healthier and Happier, Faster! Fruit Infused Water: 98 Delicious Recipes for Your Fruit Infuser Water Pitcher The Joy of Juicing, 3rd Edition: 150 imaginative, healthful juicing recipes for drinks, soups, salads, sauces, entrees, and desserts

Dmca