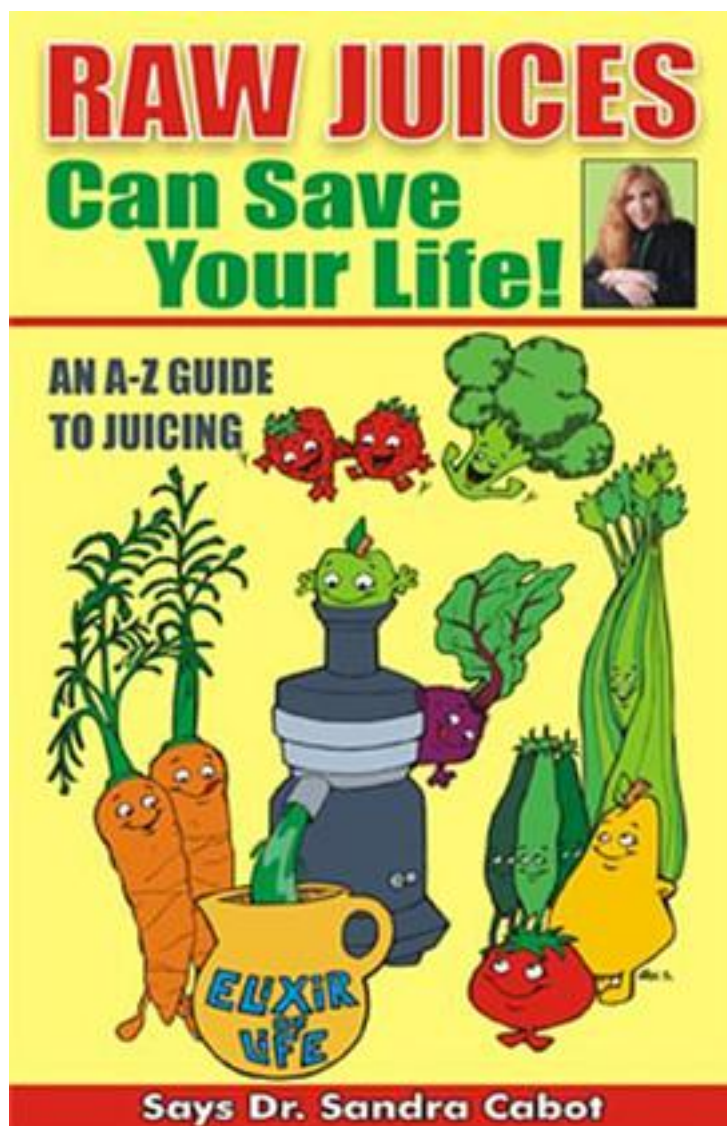


Raw Juices Can Save Your Life!



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If you haven't experienced the miraculous benefits of holistic healing, RAW JUICES CAN SAVE YOUR LIFE! is a safe and effective way to join the alternative medicine revolution. Did you know that coconut soothes a sore throat, that strawberries are good skin cleansers, or that cabbage stimulates hair growth? Dr. Sandra Cabot has taken raw fruits and vegetables containing restorative, pain-relieving, and disease-fighting properties and combined them into simple juice concoctions that diminish or cure 65 common ailments. With detailed instructions for proper juicing, an extensive A-to-Z juicing guide, and a handy table of the healing properties of juices, this delicious little handbook is a perfect introduction to the advantages of using natural food remedies to improve your health. • Includes treatments for jet lag, digestive problems, migraines, arthritis, allergies, high blood pressure, and more. • With detailed advice for purchasing high-quality juicers and fresh produce. • Tells you which juice combinations to avoid.

作者介绍:

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