

# Juice Lady's Guide to Juicing for Health

UNLEASHING THE HEALING POWER OF  
WHOLE FRUITS AND VEGETABLES

## THE JUICE LADY'S GUIDE TO JUICING FOR HEALTH

REVISED EDITION

A practical A-to-Z guide to the prevention and treatment  
of the most common health disorders



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Bestselling co-author of *Juicing For Life*

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A 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.

作者介绍:

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