



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

Cherie Calbom

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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.

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