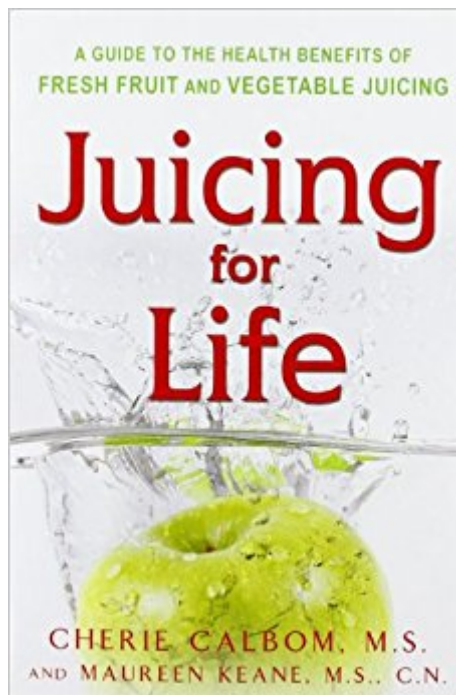




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# Juicing For Life: A Guide To The Benefits Of Fresh Fruit And Vegetable Juicing



## 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 form 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

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## Customer Reviews

While Calbom and Keane promise no quick fix for various ailments, their simple-to-prepare natural "potions" fit the contemporary demand for instant--and healthful--gratification. Arranged alphabetically by ills (which range from acne to age spots to chronic fatigue syndrome, varicose veins and water retention), juice "cures" are touted here as "vitamin and mineral cocktails" that can detoxify the body and supplement the diet. Many of the same juice recipes work on sundry and specific ills; recipes for potassium broth, "very veggie" cocktail, "Cherie's cleansing cocktail," "ginger hopper," "garlic express" and "chlorophyll cocktail" are among the repeated panaceas. At the very least, juicing raw produce is a relatively direct means of introducing the vegetables recommended by nutritionists into daily habits. So while some will pigeonhole Juicing as just another New Age

treatise, others--convinced of the place of the occasional juice fast in the diet--will find the volume fascinating, and well worth the investment in a juicer and organic produce. Copyright 1992 Reed Business Information, Inc.

Cherie Calbom, M.S., has been known for her work with juicing and health for more than a decade. She has appeared regularly on QVC for the past eight years with the JuiceLady juicer, the Salton Juiceman juicer, and the George Foreman grills. She is also the author of eleven books on health and nutrition.

I have several books at home that are alternative, and these books reference Cherie's juicing books. I love it when I can cross reference something three times, then I know my information is sound and I can proceed accordingly. Funny, I was interested in Juicing, and was talking with a neighbor, she happen to have this book. She let me borrow it, and I loved how it was sectioned off with the ailments then told you what juice to drink for that ailment. I gave her book back, and went on and purchased my own copy. I highly recommend Cherie's books. PS you can always look in your library first, then if you love it, then buy it.

The book has some outdated info (refers to anti-oxidants as 'anutrients') but the book was published in 1992, so give it a break! The book has all kinds of helpful & healthful tips and tidbits of advice, which I like when embarking on a new venture such as juicing. The book itself is in excellent condition (I bought a used copy). Not only does this book list specific conditions (from acne to water retention) but it also has solid, nutritional advice on possible nutrient deficiencies as well as what those nutrients do to help the condition. Then it lists foods that are high in that nutrient, as well as dietary modifications to possibly improve your health. Next, it lists numerous juice recipes that target your particular health concern. The book also lists diet plans as well as juice cleanses as well as juice recipes for the different types of cleanses. I highly recommend this book & am very glad it was one of my first recipe books on juicing.

I'd already read this book before purchase. It was a great guide for beginning juicing and good yet simple perspective on juicing for health. Easy read, every simple. Nothing complex, if that's what you're looking for. It gives very basic info about juicing, but a great guide for starting.

An acquaintance told me about this book as I was asking her questions about recipes, ingredients

etc. When I received the book and started looking through I became disappointed because every recipe I looked at was full of high carb, high sugar ingredients. I'm sure they would be fine for someone without health issues concerning metabolism, but they would send my blood sugar numbers through the roof and I am trying to wean OFF the medications. I should have just done more research on my own before buying blindly. Live and learn.

I did a good search for a juicing book that would be easy, with recipes for those who are just getting started in the juicing world, yet would also be perfect for those of us who've been juicing for years. I sent this "Juicing for Life" to a dear friend...who happened to also be a physician, to try, and see what he thinks of the book, and of juicing in itself. He loves it, and is completely hooked on it. He even is recommending it to his patients for starting better health regimen! If your either kick starting a new way of expanding your dietary ventures to include juicing. Try this book! I can promise you this, if you follow these recipes, and juice, you'll be feeling, and looking younger than ever! I'm always up for a new juice recipe! I think I'll go make myself a green drink right now! YUM! ;)

I received a juicer for Christmas and have LOVED it! I have felt so much better from eating fresh fruits and vegetables and have had more energy even though I exercise daily! One part of the book discusses remedies for different ailments (bruising, anxiety, depression, motion sickness, etc.) and recipes to use. Although I haven't actually tried these recipes, it has heightened my awareness of eating certain types of fruits and vegetables necessary to sustain a healthier lifestyle. Once you begin "juicing", it is fun to come up with your own recipes, but this book provides a good start! I would recommend this book as a starter.

Very good easy suggestions.

I was expecting more on detoxing and colon cleansing. There are some good recipes and good health information, but I probably should have gotten a book on Juicing for detox and cleansing as I have fibromyalgia. The book is set up as a guide to use certain recipes for specific conditions. It does not list Fibromyalgia and I know that people with FMS are supposed to avoid certain things, like night shade vegetables: white potatoes, eggplant and a whole list of other things. This is my first book on juicing. I'm sure it will come in handy, but it probably won't be my only source. I need to find one that addresses detoxing and cleansing.

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