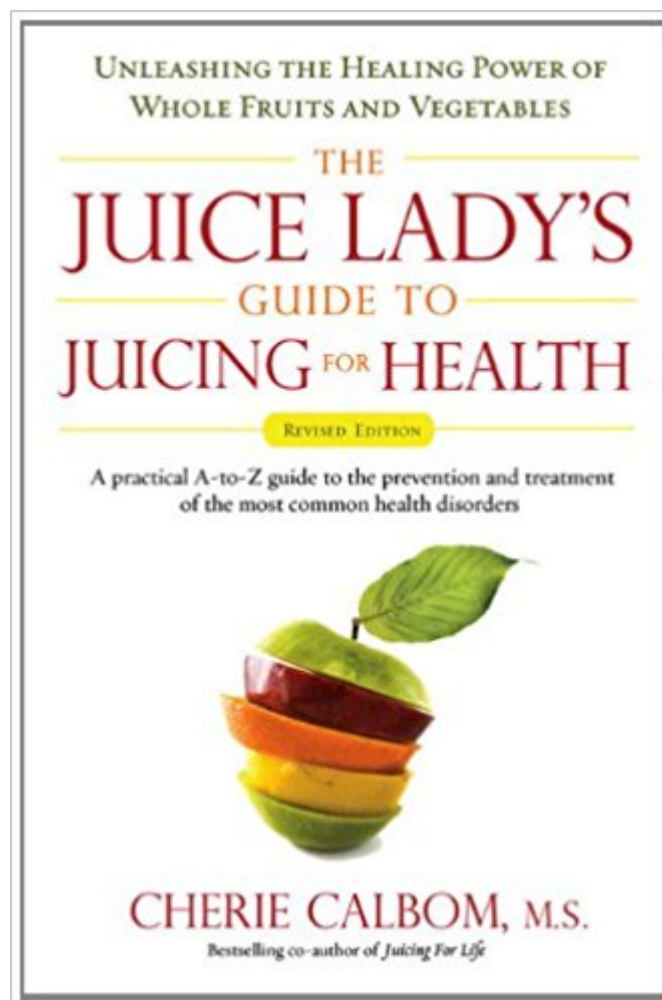




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The Juice Lady's Guide To Juicing For Health: Unleashing The Healing Power Of Whole Fruits And Vegetables Revised Edition



Synopsis

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.

Book Information

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Customer Reviews

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.

Afternoon Refresher
 1 medium to large organic cucumber, scrubbed well if organic, or peeled if not organic
 1/2 small or medium lemon, peeled
 Cut the produce to fit your juicer's feed tube. Juice the ingredients and stir. Pour into a glass and drink as soon as possible. Serves 1
Awesome Green Smoothie
 1/2 cucumber, peeled and cut in chunks
 1 avocado, peeled, seeded, and cut in quarters
 1 cup raw spinach
 1/2 cup coconut milk
 Juice of 1 lime
 1 tablespoon green powder of choice (optional)
 2 to 3 tablespoons ground almonds (optional)
 Combine all ingredients except almonds in a blender and blend well. Sprinkle ground almonds on top, as desired. Serves 1
Beautiful-Skin Cocktail
 1 cucumber, peeled
 1 parsnip, peeled
 2 to 3 carrots, scrubbed well, tops removed, and ends trimmed
 1/2 lemon, peeled
 1/4 green bell pepper, seeded
 Cut the produce to fit your juicer's feed tube. Juice the ingredients and stir. Pour into a glass and drink as soon as possible. Serves 1
NOTE: Cucumber and bell pepper are good sources of the trace mineral silicon, which is recommended to strengthen skin, hair, and fingernails along with bones. In studies, silicon has been shown to reduce signs of aging by improving thickness of skin and reducing wrinkles.
Cherie's Quick Energy Soup
 4 cups fresh carrot juice (5 to 7 medium, or approximately 1 pound, yield about 1 cup)
 1 avocado, peeled and seeded
 1/2 teaspoon ground cumin
 Juice the carrots and pour the juice into a blender. Add the avocado and cumin and blend until smooth. Serve chilled. Serves 1

I liked the setup of the book. It's in sections. First starts out telling you about juicing and how it benefits your health. The next section breaks down major illnesses by categories and how to juice for the particular illnesses. The third part is various juice recipes. The back of the book gives you other health references. It is a nice general over all view of juicing, particularly if you are a beginner.

I love this book. Cherie Calbom gives wonderful information about juicing, reasons to use certain juices to help certain health problems and it is very easy to understand. I saw her on a documentary called "The Truth about Cancer" with Ty Bollington and I knew I had to look her book over. I bought a wonderful juicer from Best Buy for \$59 and I am really enjoying my juicing experience. A must read!

It was surprising to see how different juice tastes and combines than you would expect. I'm a pretty good cook, aced the home ec course and did pro serv on top of growing up in a family full of chefs, but could not figure out the flavor combos in juicing. Thankfully Juice Lady has figured all of that

out...and then some. She has a number of juices that can help nourish your body to help it be it's best. I wouldn't say this is a replacement for regular medicine, but proper nourishment is absolutely a good way to avoid or shorten a majority of the health ailments that impact us, and Cherie has definitely done her research on the what's what in nutrition. Love this book, love the flavors, and whole heartedly recommend it to anyone looking for recipes that are yummy and helpful!

The energy level one experiences in juicing is so real! I recommend this book for anyone who desires to get healthier and achieve freedom from GMOs and unhealthy, unsanctified food of this world! "Let's eat sanctified food" summarizes Cherie's cry and she has the academic credentials and the expertise to back up her claims! Very specific for all types of sicknesses to be cured God's way!

Nice and easy recipes. I use it most mornings and the recipes are delicious and nutritious. You'll notice a big difference in how you feel. I've used recipes from other books that tasted really nasty but were nutritious, but I need to drink something I like. Good book.

Thanks

I am a nurse 46 yrs old, 6'6" and gain a lot of weight lately up to 178 lbs. I lost some weight from exercise and watch what I eat. I was 158 lbs when I start juicing on and off. Now I am 148lbs & still losing. I really enjoy reading the detailed information regarding detox the different body systems. It provide very detailed information for different illness.

This book is awesome! It has so much information, much more than I imagined! It is very helpful for all kinds of health conditions, and diseases. It teaches you how important it is to cleanse your colon, intestines, gall bladder, etc. It has a lot of recipes for all kinds of a cleanse, for cravings, for weight loss, for just wanting to get in better health, etc. I would recommend this book to everyone who wants to get in better health or just wants information.

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