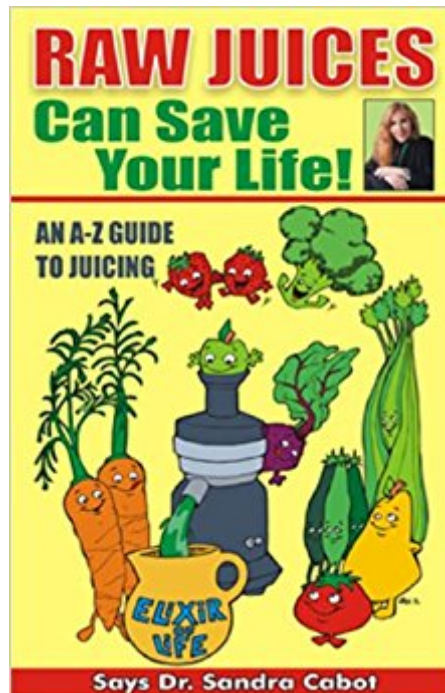




The book was found

Raw Juices Can Save Your Life: An A-Z Guide To Juicing.



Synopsis

Promoting the health benefits of raw juice ingestion, this informative manual illustrates the powerful healing and rejuvenating properties of the essence of fruits and vegetables. Highlighting that raw juices are both easily digested and designed for maximum absorption, this collection of recipes and remedies can benefit and relieve illnesses such as poor appetite, nausea, digestive issues, inflamed stomach or intestines, cancer, immune dysfunction, liver problems, and chronic fatigue. With comparisons to modern-day medicines as treatment for symptoms of disease, and countering with the many benefits of a more naturalistic approach, this essential guide is both a healthy and delicious alternative for people of all ages.

Book Information

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Customer Reviews

Sandra Cabot is the medical and executive director of the Australian National Health Advisory Service. She graduated with honors in medicine and surgery from the University of Adelaide in South Australia in 1975. As part of her extracurricular medical training, she studied herbal medicine and nutritional medicine. Dr. Cabot began her medical career in 1980 as an obstetrician-gynecologist and practiced in Sydney Australia. During the mid 1980s she spent considerable time working as a volunteer doctor at the Leyman hospital, which was the largest missionary hospital in India. Her first book, titled *Women's Health*, was an authoritative holistic health guide. Subsequently she wrote several more groundbreaking books including *The Liver Cleansing Diet*, which has sold well over two million copies worldwide. She has written twenty-two

other health titles.

This by far the best juicing book I have ever read. Its instructions for holistic juices explains in detail how they aid in healing your specific health issues. I can't wait to read more of Sandra Cabot's books

Great book with recipes and information on how juicing can help in nutrition and diet. The author give juice recipes and give the reader the reasons juicing is a vital part of health.

Luv this book. Tells you key nutritional information of the different vegetables and fruits. Easy references for medical conditions. A simple, easy, no fuss book.

This book gives the benefits of various juicing methods. It details a large number of fruits and vegetables giving the vitamins, minerals, and health benefits of that particular fruit or vegetable. The book then does an A-Z of a great many health problems--describing them then giving one or more juice recipes for that problem. The table of contents is extremely helpful as each fruit and vegetable is listed as well as each health problem so that a person can easily select the page they want to reference.

This is a companion to liver cleanse book by Dr. Cabot. Great recipes for specific area cleanses. I have been juicing and love it. Some recipes were a bit strong so I had to play with it to get them to my liking. Over all very helpful for those wanting to start juicing and cleansing.

Interesting read, and perfect as I'm pursuing a healthier lifestyle.

But also plenty of facts about what juices to blend for which ailments. Am having my juices every day now and feeling fabulous, my skin is radiant and I have much more energy. Give it a go, it can't hurt but can help immensely.

This book is a must have. I purchased a NutriBullet and I needed to make me some good juices. This book has it all. It tells you what to make for different situations. Love it.

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