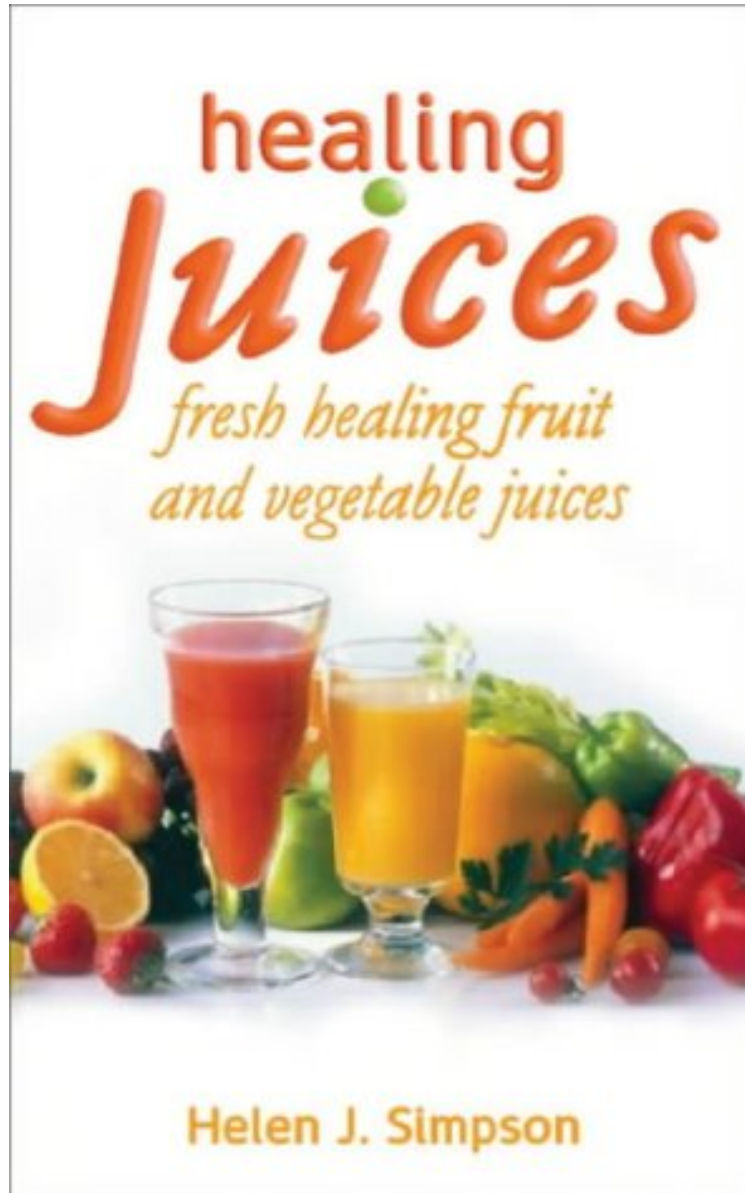


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Healing Juices

Helen J. Simpson

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Helen J. Simpson : Healing Juices before purchasing it in order to gage whether or not it would be worth my time, and all praised Healing Juices:

The easy way to do as you are told.* The Government constantly encourages us to eat five portions of fruit and veg a day. * Vegetables are not part of our processed-food society and everybody knows that's not good for us. * This is the easy way to intake the recommended ration of fruit, vegetables, nutrients and fibre. * Raw energy diets have a long and successful history of health maintenance and correction. Today, we know that our diet tends to include too high a proportion of cooked and processed foods. Everyone knows that this is an unhealthy diet but it has been going on for so long that we've forgotten how to provide a solution. Juicing fruits and vegetables to make delicious and healthy drinks is the answer. You can get your daily five portions in a single glass. You can combine them to make fabulous-tasting drinks. And you can change the health values in your diet dramatically. This is a virtually instant solution to correcting a serious family diet problem.

About the AuthorAn experienced writer on the history and health-giving properties of food. Helen lives in a 14th-century manor house with its own fruit farm.