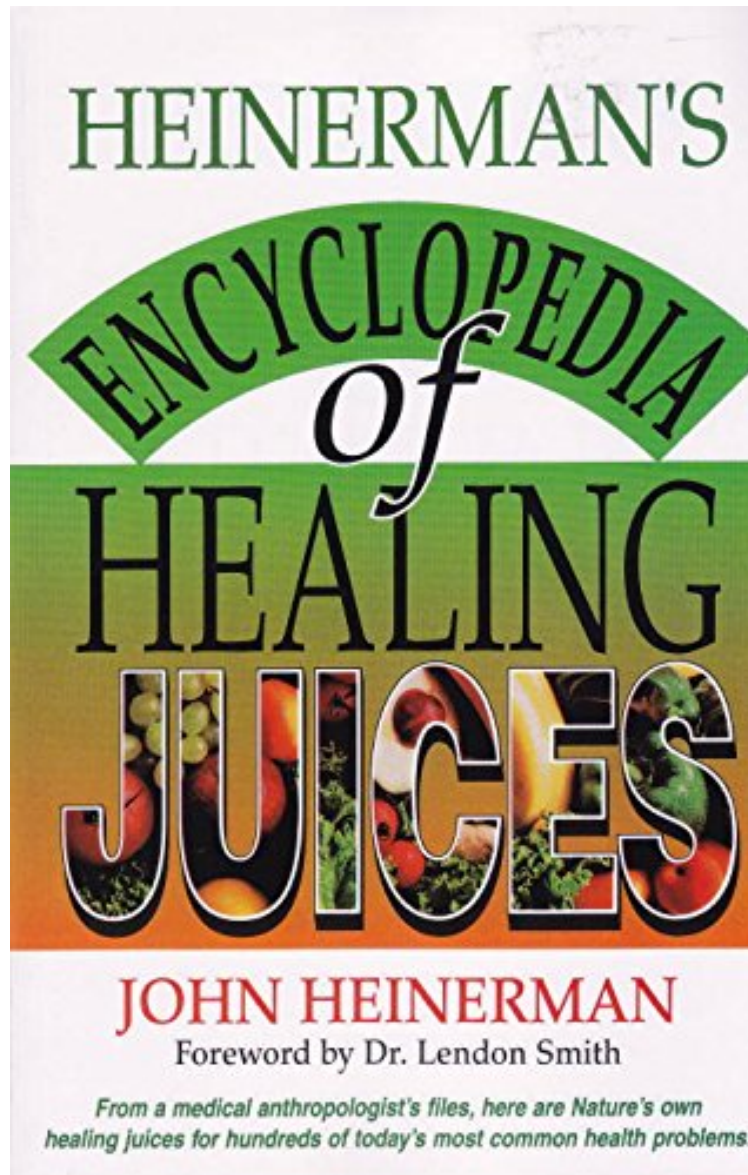


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This publication shows how raw, natural juices can help maximize health and boost the immune system. A total of 83 juices are discussed.

About the AuthorJohn Heinermann;is a medical anthropologist whose research has taken him to thirty-three countries, where he has worked with folk healers as well as top doctors and scientists. Dr. Heinerman has written hundreds of articles in the area of folk medicine, herbs and nutritional healing for The Herbalist, The Herb Report, Folk Medicine Journal and Vegetarian Times. He is also the author of over two dozen cookbooks, including the bestselling Heinerman's Encyclopedia of Fruits, Vegetables and Herbs.