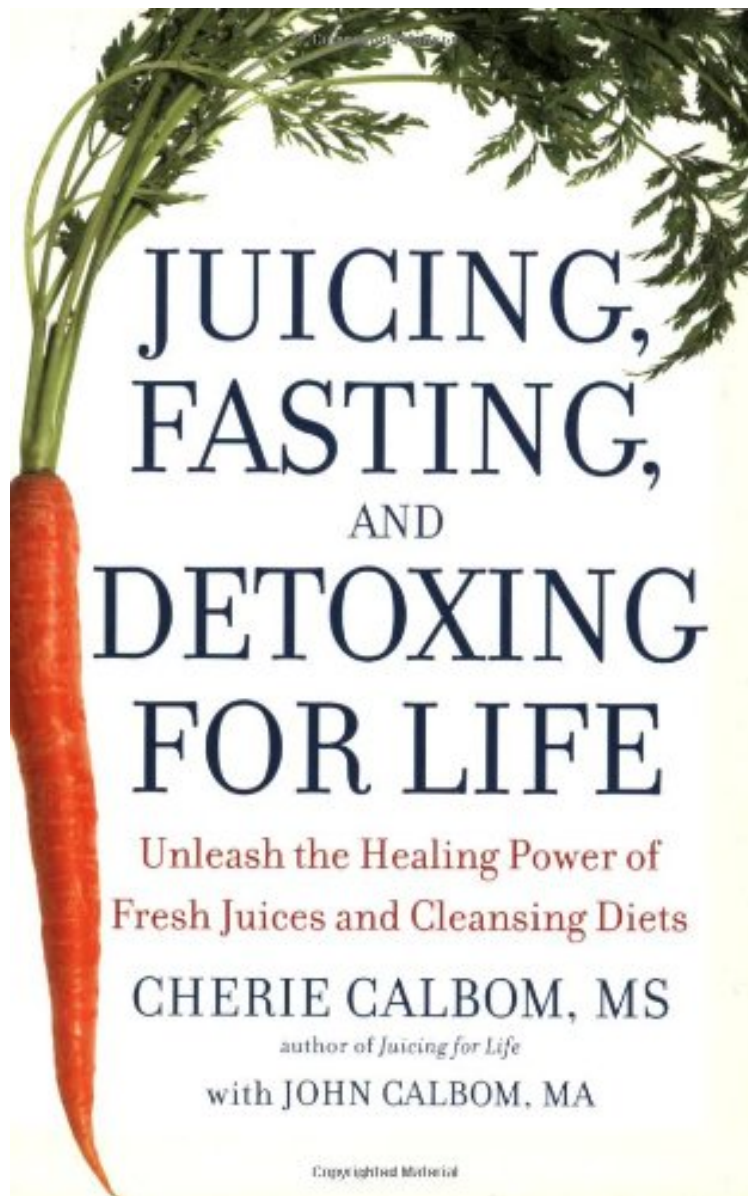


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## Juicing, Fasting, and Detoxing for Life: Unleash the Healing Power of Fresh Juices and Cleansing Diets

*Cherie Calbom MS, John Calbom MA*

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## Diets:

1 of 1 people found the following review helpful. Fantastic reading!  
By Natalie Urena I have become very curious about detoxing our bodies and the great consequences this brings. This book has detailed explanation of benefits, independent detox programs for beginners, short term, long term, weight loss, for different diseases, each and various elimination organs, symptoms you might experience during detox and real testimonies (not only the good ones). I haven't finished reading it yet but I am very caught up on it. I highly recommend it!  
2 of 2 people found the following review helpful. It was easy to read and written for immediate application  
By ritad This book has so much information. It was easy to read and written for immediate application.  
1 of 1 people found the following review helpful. **GET THIS BOOK FROM THIS SELLER!**  
By tee I gave this seller and this book a 5 star. I first read this book at the library and just had to have it. This seller sent my book fast, which is something I enjoyed because, I couldn't wait to have this book. I recommend this book to anyone who is trying to get healthy and care about what fast foods and other toxic foods are doing to your body. Buy this book and you won't be disappointed.

Did you know the secret to vibrant health is in your blender? It's true--juicing vegetables provides concentrated nutrition that is found in virtually no other source: vitamins, minerals, enzymes, phytochemicals, and antioxidants. By juicing, you'll feel better, more energized, and improve your immune system. More than a simple collection of recipes, this book guides readers toward a lifestyle that promotes alkaline balance by juicing, eating well, and cleansing the body and soul. While most juicing books focus too much on fruit juice (which disrupts the body's pH balance with too much natural sugar), this book primarily focuses on juices, smoothies and soups made from vegetables. It also offers a guide to the food richest in nutrients from Vitamin A to zinc and includes various cleanses to benefit the colon, liver, gall bladder, and kidney and more. Beyond the body, the Caboms explain the heavy toll emotional, mental, and spiritual unrest can take on the body (and sometimes even encourage disease) and share unique, effective methods for cleansing the body of such toxicity.

About the Author  
Cherie Calbom, M.S. is a registered nutritionist. She is the author of several health and diet books .  
John Calbom, M.A. is a behavioral medicine specialist and psychotherapist. He is the director of Trinity Wellness Institute.