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# **Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending)**

*Donna Cavanaugh*

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## **Juicing for Health**

The Essential Guide  
To Healing Common Diseases  
with Proven Juicing Recipes and Staying Healthy For Life

Donna Cavanaugh

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4 of 4 people found the following review helpful. Great recipe book and nicely organized! By Marta Really informational book full of creative juicing recipes. I especially loved the vegetable juices. I like the fact that Donna included explanations with each recipe. Each recipe is nicely organized, and you are told specific conditions it is good for. Will be using her recipes regularly! 3 of 3 people found the following review helpful. Love, love, love this book By Pam Carrick-Hall Juicing book Finally a brief, concise summary of juice recipes for the most common health conditions. I am very impressed that Mrs. Cavanaugh is familiar with the apricot kernel cure for cancer and recommends them to her readers. If you are into juicing or if you are looking for an alternative way to heal your disease, give this book a try. 5 star! 0 of 0 people found the following review helpful. This book looks like a horribly photo copied book By Marie Fetzer This book looks like a horribly photo copied book. The table of contents don't match up with the pages, so you have to search for the recipes, and there are many misspellings.

Juicing For Health The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life Today only, get this Kindle book for just \$0.99. Regularly priced at \$2.99. Read on your PC, Mac, smart phone, tablet or Kindle device. You are about to discover how to heal or at least improve today's most common diseases by juicing with specific ingredients. When foreign substances enter our bodies, our immune system goes into high alert to prevent those substances from causing damage. Our bodies do this through chemical and cellular mechanisms that result in inflammation. However, the inflammation that results is not without its own drawbacks. Think about a mosquito bite or an asthma attack. These are reactions that we can directly observe, but there are many others that occur throughout our bodies that contribute to heart disease, cancer, diabetes and autoimmune diseases such as rheumatoid arthritis or halitosis, to name a few. These inflammatory processes protect us, but can cause disease when the response is severe. A recent study conducted in Italy showed that drinking a fruit juice, rich in phytochemicals, reduced the high levels of inflammatory chemicals after eating a high-fat meal. Two other studies demonstrated that drinking orange juice or a strawberry juice decreased the pro-inflammatory effects of a high-fat, high-carbohydrate meal. Extensive research has revealed that plant-based medicines are the answer to diabetes, obesity, cancer, osteoporosis, heart disease, kidney stones, depression and psychosis, behavioral disorders, liver disease, kidney disease, urinary tract infections, skin problems, bad breath, body odor, Alzheimer's, eye health, longevity, colorectal cancer, Crohn's Disease, asthma and too many other health conditions to name. Once you start drinking plant medicines on a daily basis, your so-called "diseases" simply start to vanish. This book examines today's most common diseases and provides specific, easy to make juice recipes for each particular affliction. Do you suffer from: rheumatoid arthritis, menopause, diabetes, cancer, acne, hypertension, celiac disease or another "common" disease? Then I highly recommend you click the download button above and read on. Here is a preview of some chapters this book will cover Allergies Arthritis Cancer Diabetes Kidney Stones Menopause Ulcers >>> Much, much more! Scroll up and download your copy today! Take action today and make the conscious choice to fuel your body with tasty, fresh juices and I guarantee you will feel an amazing transformation in health, vitality and youthfulness. Tags: juicing, blending, healing, cure, disease, health, diet, allergies, anemia, anorexia, arthritis, asthma, blood pressure, hypertension, cancer, candida, celiac, cellulite cholesterol, cold, fever, flu, constipation, diabetes, eczema, halitosis, migraine, menopause, morning sickness, mucus, osteoporosis, pms, prostrate, sore throat, ulcers, varicose veins