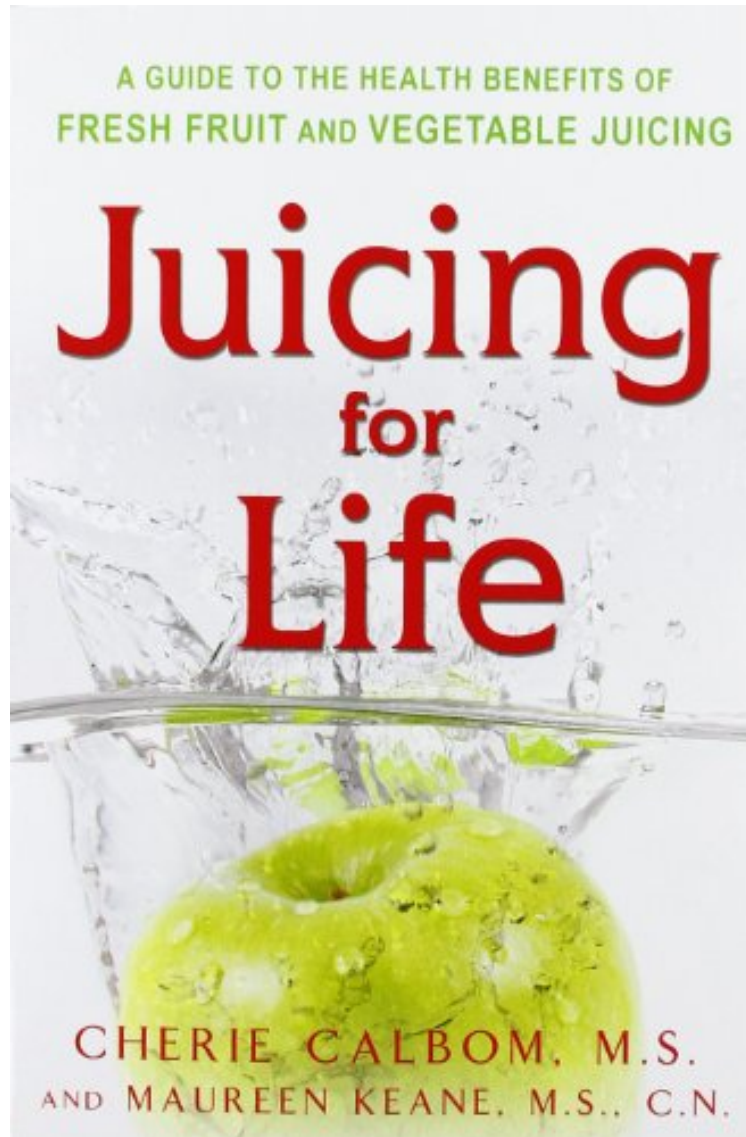


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## Juicing for Life: A Guide to the Benefits of Fresh Fruit and Vegetable Juicing

*Cherie Calbom, Maureen B. Keane*

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**Cherie Calbom, Maureen B. Keane : Juicing for Life: A Guide to the Benefits of Fresh Fruit and Vegetable Juicing** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Juicing for Life: A Guide to the Benefits of Fresh Fruit and Vegetable Juicing:

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something three times, then I know my information is sound and I can proceed accordingly. Funny, I was interested in Juicing, and was talking with a neighbor, she happen to have this book. She let me borrow it, and I loved how it was sectioned off with the ailments then told you what juice to drink for that ailment. I gave her book back, and went on and purchased my own copy. I highly recommend Cheries books. PS you can always look in your library first, then if you love it, then buy it. 1 of 1 people found the following review helpful. excellent resource recipe book! By Ariel The book has some outdated info (refers to anti-oxidants as 'anutrients') but the book was published in 1992, so give it a break! The book has all kinds of helpful healthful tips and tidbits of advice, which I like when embarking on a new venture such as juicing. The book itself is in excellent condition (I bought a used copy). Not only does this book list specific conditions (from acne to water retention) but it also has solid, nutritional advice on possible nutrient deficiencies as well as what those nutrients do to help the condition. Then it lists foods that are high in that nutrient, as well as dietary modifications to possibly improve your health. Next, it lists numerous juice recipes that target your particular health concern. The book also lists diet plans as well as juice cleanses as well as juice recipes for the different types of cleanses. I highly recommend this book am very glad it was one of my first recipe books on juicing. 1 of 1 people found the following review helpful. Simple Start for Juicing Recipes By Customer I'd already read this book before purchase. It was a great guide for beginning juicing and good yet simple perspective on juicing for health. Easy read, every simple. Nothing complex, if that's what you're looking for. It gives very basic info about juicing, but a great guide for starting.

Eating fresh fruits and vegetables can boost your energy level, supercharge your immune system, and maximize your body's healing power. Convenient and inexpensive, juicing allows you to obtain the most concentrated form of nutrition available from whole foods. This A-Z guide shows you how to use nature's bounty in the prevention and treatment of our most common health disorders. This accessible book gives complete nutritional programs for over 75 health problems, telling you which fruits and vegetables have been shown effective in combatting specific illnesses and why. Along with hundreds of delicious, nutrition-rich juicing recipes, this book provides dietary guidelines, and diet plans to follow in conjunction with your juicing regimen.

From Publishers Weekly While Calbom and Keane promise no quick fix for various ailments, their simple-to-prepare natural "potions" fit the contemporary demand for instant--and healthful--gratification. Arranged alphabetically by ills (which range from acne to age spots to chronic fatigue syndrome, varicose veins and water retention), juice "cures" are touted here as "vitamin and mineral cocktails" that can detoxify the body and supplement the diet. Many of the same juice recipes work on sundry and specific ills; recipes for potassium broth, "very veggie" cocktail, "Cherie's cleansing cocktail," "ginger hopper," "garlic express" and "chlorophyll cocktail" are among the repeated panaceas. At the very least, juicing raw produce is a relatively direct means of introducing the vegetables recommended by nutritionists into daily habits. So while some will pigeonhole Juicing as just another New Age treatise, others--convinced of the place of the occasional juice fast in the diet--will find the volume fascinating, and well worth the investment in a juicer and organic produce. Copyright 1992 Reed Business Information, Inc. About the Author Cherie Calbom, M.S., has been known for her work with juicing and health for more than a decade. She has appeared regularly on QVC for the past eight years with the JuiceLady juicer, the Salton Juiceman juicer, and the George Foreman grills. She is also the author of eleven books on health and nutrition.