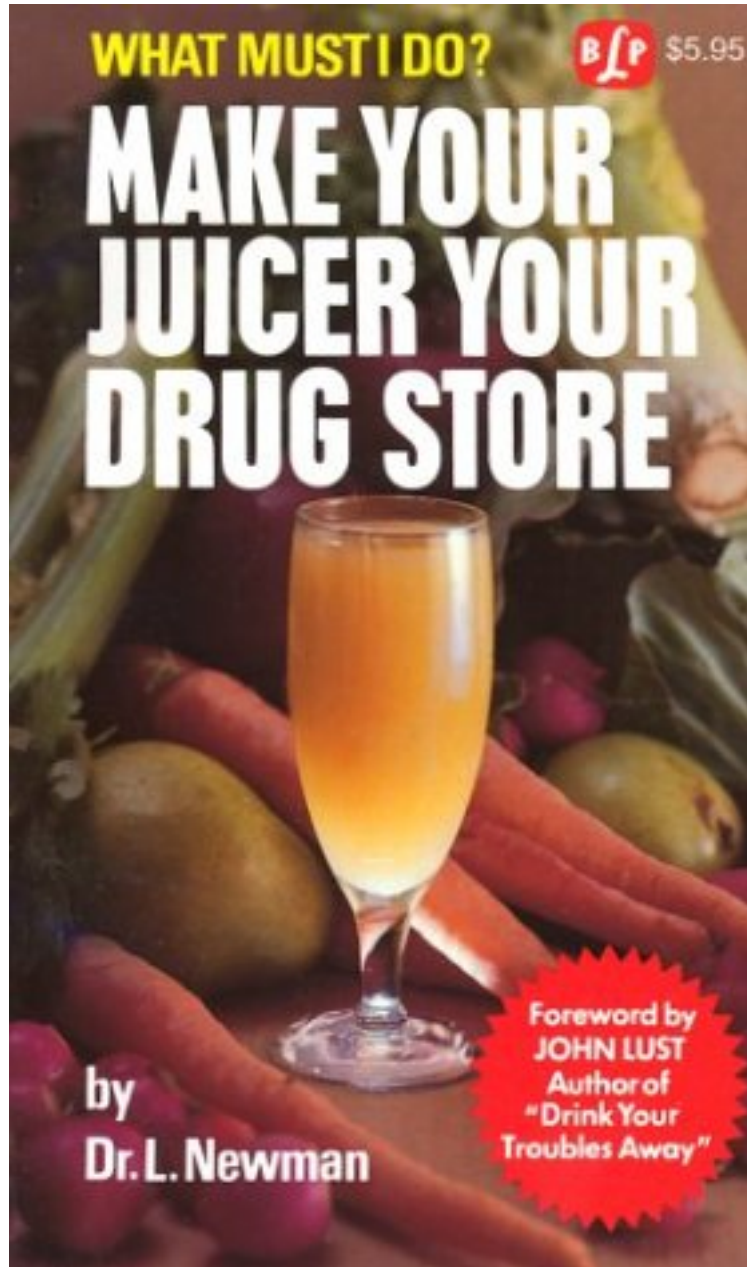


(Mobile book) Make Your Juicer Your Drug Store

Make Your Juicer Your Drug Store

Laura D. Newman

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Laura D. Newman : Make Your Juicer Your Drug Store before purchasing it in order to gage whether or not it would be worth my time, and all praised Make Your Juicer Your Drug Store:

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this. Absolutely Fantastic. 2 of 2 people found the following review helpful. a juicing classic
By Cleo Patrick S. Laura covers the homespun advice of heresy and hand me downs. And she knows what's she's talking about. Although drinking juices is good, you may need to try additional health moves. I'm into the health food movement like a lot of people nowadays. Unfortunately most books and programs don't cover all of the many ways to get and stay healthy. Although the above book listed is an excellent resource. It's like most authors and programs are trying to be too pc (politically correct). To correct myself a little, most health advice, programs, books and supplements usually offer pretty good advice these days. You know: 1. Don't alcohol 2. Don't abuse drugs 3. Don't smoke (cigaretts and the like) 4. Eat more live fresh fruits and vegetables. 5. Eat less process foods and meats. Now all of this is good advice, although there is a right way and wrong way to do anything. I saw an excellent book with a good 8 step plan. Search for: The Magic Of Mother Nature's Healing Foods. I liked it. 1 of 1 people found the following review helpful. Very Helpful for Health Concerns
By Avon J. Bellamy This is one of the best books I have read in terms of the information it presents on combinations of juices to be used to aid the body in the development of optimum health. It breaks down the juices to be used for various diseases and gives a variety of testimonies on the effectiveness of various juice therapies. I have found these juice combinations, when used with other forms of diet and exercise, useful in creating higher energy output and vastly better health. I am 71 and, with the exception of eye drops, medication free.

Make Your Juicer Your Drug Store - Dr. L. Newman
Laura Newman earned diplomas as Doctor of Physical Therapy and Doctor of Naturopathy to better understand the relationship between diet and health. This book was written to share with others the benefits of using raw vegetable juices to aid in health and healing. The book includes information about contacts of nature's lifeblood, the best juice and those to avoid, and help others find their faults and shortcomings. Contents
Mon. not die - he kills selv hvad Should I eat Drink How Old is Old Malnutrition Universal give us this day our daily Bread Why Drink Raw vegetable juice General rules recovery att Tired Feeling The Curing process digestive Troubles Elimination: constipation, appendicitis, kidney, skin.