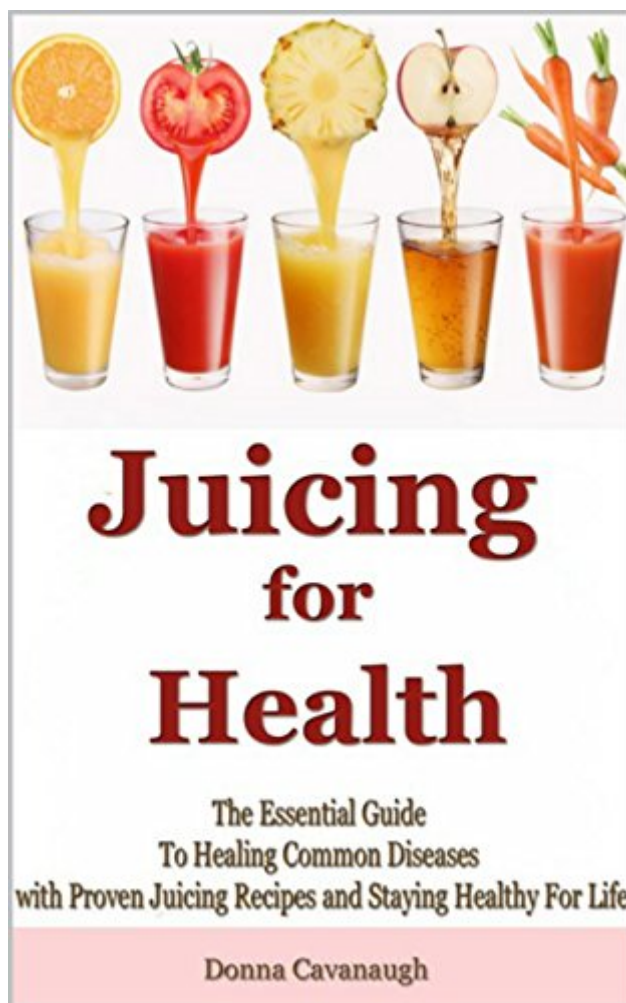


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# Juicing For Health: The Essential Guide To Healing Common Diseases With Proven Juicing Recipes And Staying Healthy For Life (Juicing Recipes, Juicing Detox, ... Cancer Cure, Diabetes Cure, Blending)





## Synopsis

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 \$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, juicing recipes, detox, 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, prostate, sore throat, ulcers, varicose veins

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## Customer Reviews

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!

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!

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.

Info provided was very useful especially for people with certain medical conditions. This opened my

eyes to which fruits and vegetables can do certain things to help my body work best. The more I read, the more I want to read.

I love juicing and with my new juicer, it is so much better. This book is an excellent guide that I have recommended to my mom friends that are looking for some healthy options and information.

HEADLINE: I am now all about juicing.1. If you are looking for a no-frills guide on what ingredients to use in your juice for a specific condition, then this book is for you.

Great for beginners, not for me though.

Extremely beneficial read. I like how this book is laid out. Rather than talking about a bunch of nonsense, this book is alphabetically organized by common diseases and what juice recipes are recommended for each recipe. The author gives a brief description of why she recommends the ingredients, mostly based on scientific research. I have tried two different recipes and found them very tasty.

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