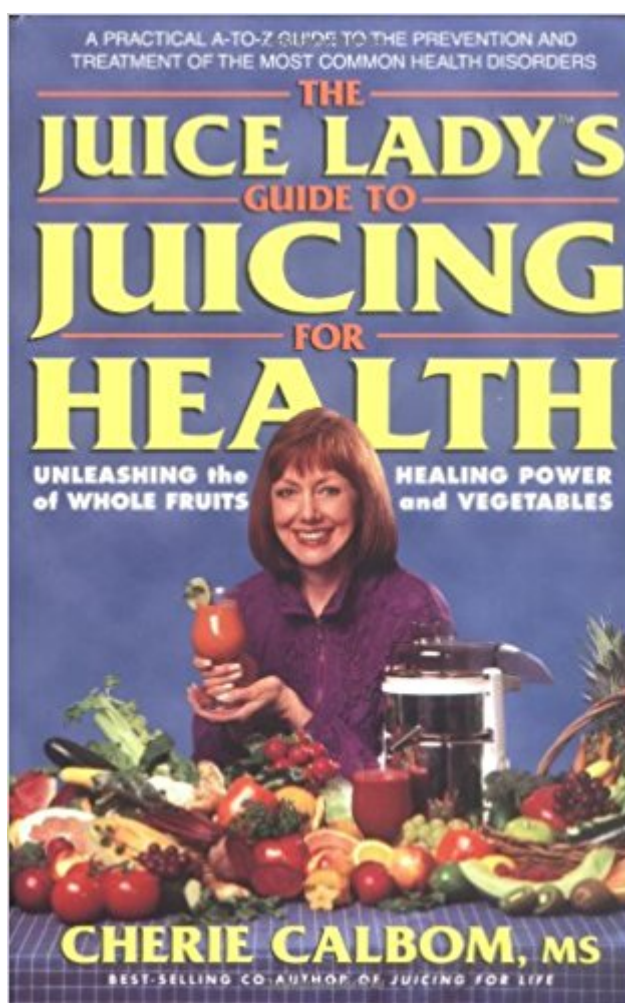


The book was found

# The Juice Lady's Guide To Juicing For Health: Unleashing The Healing Power Of Whole Fruits And Vegetables



## Synopsis

The first section of *The Juice Lady's Guide to Juicing Health* gives in-depth information about juice while the second section provides recipes and dietary tips geared to specific conditions that need attention. The author explores juicing remedies, backed by scientific data and extensive research, to treat everything from allergies to water retention. This guide shows readers how to get the maximum healing potential by incorporating freshly made juices, especially vegetable juices, into their daily plans for health, healing, and recovery.

## Book Information

Series: Avery Health Guides

Paperback: 400 pages

Publisher: Avery; Revised ed. edition (January 1, 2000)

Language: English

ISBN-10: 0895299992

ISBN-13: 978-0895299994

Product Dimensions: 6.1 x 1 x 9 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.5 out of 5 stars 13 customer reviews

Best Sellers Rank: #963,072 in Books (See Top 100 in Books) #113 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #654 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #5270 in Books > Health, Fitness & Dieting > Nutrition

## Customer Reviews

Having trouble getting your five to nine recommended daily servings of fruits and vegetables? Drink your vegetables, says Cherie Calbom, the Juice Lady, and she offers 75 juice recipes to help you do it. Juicing not only tastes good and gives you nutrition, but it can also benefit your health, says Calbom. She organizes *The Juice Lady's Guide to Juicing for Health* into 53 medical conditions--such as Alzheimer's, ADD, allergies, influenza, gout, herpes, fibrocystic breasts, diabetes, and depression. For each, she makes recommendations about lifestyle, diet, nutrients, herbs, and juice ingredients, and offers specific juice recipes. The juices are innovative and cleverly named, such as Popeye's Power (with apple, spinach, parsley, carrots, celery, and beet), Ginger Hopper (apple, carrots, gingerroot), Sweet Calcium Cocktail (pineapple, kale), Jack & the Bean (tomato, lettuce, string beans, Brussels sprouts, lemon), and Weight-Loss Buddy (Jerusalem artichoke, carrots, beet). Two caveats: (1) Realize that you also need the fiber in fruits and veggies,

not just the vitamins and minerals from the juice, so don't juice exclusively. (2) Juices are part of healthy nutrition, but they don't cure disease. (She doesn't claim this, but it's easy to jump to that conclusion from the way the book is organized.) Enjoy the juices and use them to support your health, but don't expect that juicing will cause a change in a medical condition. --Joan Price

Since using the info from this book and following it we now enjoy a greater intake of healthy fresh fruits and vegetables in our diet.

If you are into juicing or want to get started this is the book for you. The juice lady is awesome and she speaks from experience. I recommend that you purchase all her books!

Good choice for juicers

Highly recommend this book to maintain good health!

book in great condition

What more could we want? This perky lady has stuffed another of her popular books with all the great nutritional ideas, easy-to-make recipes and interesting uses for juice anyone could want! This is the ultimate reference book - I prefer it to all her other books, although I have them all. She's the spokeslady on QVC - you know, the chirpy one who seems so smart. Well, read the book and you know she's not only smart, but she knows how to make healthy stuff taste GREAT! Good Work, Ms. Calbom! Thanks SO much for your work!

Great book

"The Juice Lady's Guide to Juicing for Health" is designed for anyone suffering from a specific disorder. This book is perfect for anyone suffering from Alzheimer's, allergies, anxiety, cancer, colds, depression, eczema, fibromyalgia, high blood pressure, indigestion, insomnia, migraines, arthritis, stress or ulcers and many more...Each chapter begins with a brief introduction to the disease or disorder discussed. Diet, Herb, Juice and Nutrient recommendations are then given. For instance in the chapter on Alzheimer's disease it is recommended that you do a live cleanse. The Juice recommendations include: Tomato Florentine - tomatoes, spinach, basil and lemon Popeye's

Power - apple, spinach, parsley, carrots, celery and beet  
Wheatgrass Light - apple, wheatgrass, mint and lemon  
Memory Mender - tomato, lettuce, cauliflower and lemon  
Sweet Dreams Nightcap - lettuce, parsley, carrots and celery  
Antiaging Cocktail  
Most of the recipes are repeated throughout the book under each disorder. I didn't count them but it seems like there are only 20-30 recipes in this book. Still some are worth trying and the Antiaging Cocktail was delicious. It is made with grapes, raspberries, lemon and ginger. The only issue I had with the recipe was the quantity of juice it produces. It was only about 1 cup of juice. None of the recipes have any information on how many servings each will produce. From what I can tell most of the recipes produce one serving.  
At the end of the book there is information on juice fasting and cleansing. However, the information on fasting is especially brief. If you want to go on a juice fast I'd recommend you buy *Juice Fasting and Detoxification: Use the Healing Power of Fresh Juice to Feel Young and Look Great : The Fastest Way to Restore Your Health.* ~The Rebecca Review

[Download to continue reading...](#)

JUICING RECIPES: The Juicing for Health Complete Guide (120 RECIPES): juicing, juicing detox, juicing for weight loss, juicing for beginners, juicing diet, juice diet, juice recipes, juicing books  
Juicing: 365 Days of Juicing Recipes (Juicing, Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for Weight Loss, Juicing Detox, Juicing for Beginners)  
The Juice Lady's Guide To Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables Revised Edition  
The Juice Lady's Guide to Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables  
E JUICE RECIPES: 51 Awesome E Juice Recipes (e juice, e juice recipes, e juice cookbook, vaping, vaping juice, vaping started kit, vape recipes, vaping juice)  
Juicing: 101 Juicing Recipes For Weight Loss, Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For Beginners, Fasting and Detoxing)  
Juicing Recipes for Rapid Weight Loss: 50 Delicious, Quick & Easy Recipes to Help Melt Your Damn Stubborn Fat Away! (Juice Cleanse, Juice Diet, ... Juicing Books, Juicing Recipes) (Volume 1)  
Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ... diet-juicing recipes weight loss Book 103)  
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)  
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)  
Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ...

Whole Foods Cookbook, Whole Foods Diet) Juicing: Juicing for Weight Loss: Refreshing Juicing Recipes for Weight Loss, Health and Vitality (Over 30 Delicious Juicing Recipes for Beginners) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Whole Food: The 30 Day Whole Food Challenge ã ã Whole Foods Diet ã ã Whole Foods Cookbook ã ã Whole Foods Recipes (Whole Foods - Clean Eating) New Juicing Recipes to Live Healthy: Best Vegetables & Fruits Juicing Diet Book for Weight Loss, Fasting, Detoxification, Diabetes, Cleanse & Cancer (Updated) Juicing: The Complete Guide to Juicing for Weight Loss, Health and Life - Includes The Juicing Equipment Guide and 97 Delicious Recipes Whole Food: The 30 day Whole Food Ultimate Cookbook 100 recipes (Whole Food Diet, Whole Food Cookbook, Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Juicing For Diabetics: Discover Powerful Juice Recipes that Fight Diabetes Based on the Latest Nutritional Research (Juice Away Illness Book 2) Juicing for Beginners: The Essential Guide to Juicing Recipes and Juicing for Weight Loss Juicing for Weight Loss - 25 of the Most Delicious Juicing Recipes Ever: Discover Juice Recipes That Heal

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)