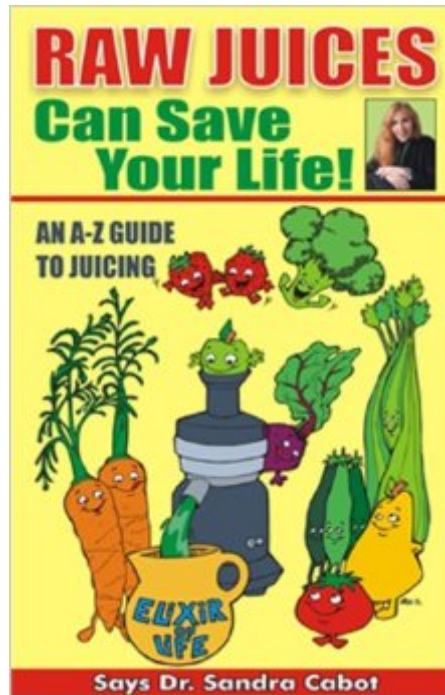


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# Raw Juices Can Save Your Life: An A-Z Guide To Juicing.



## Synopsis

Promoting the health benefits of raw juice ingestion, this informative manual illustrates the powerful healing and rejuvenating properties of the essence of fruits and vegetables. Highlighting that raw juices are both easily digested and designed for maximum absorption, this collection of recipes and remedies can benefit and relieve illnesses such as poor appetite, nausea, digestive issues, inflamed stomach or intestines, cancer, immune dysfunction, liver problems, and chronic fatigue. With comparisons to modern-day medicines as treatment for symptoms of disease, and countering with the many benefits of a more naturalistic approach, this essential guide is both a healthy and delicious alternative for people of all ages.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (63 customer reviews)

Best Sellers Rank: #253,711 in Books (See Top 100 in Books) #38 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers](#) #112 in [Books > Cookbooks, Food & Wine > Cooking Methods > Raw](#) #211 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#)

## Customer Reviews

I am plagued with multiple chronic health issues and have been on a personal quest to improve my health. Over the years I had consumed numerous freshly made organic juices from various stores and felt a slight positive change in my health. However, it wasn't until I purchased this book and began weekly drinking two to four cups of juice combinations from within it that I began to feel the juices had made a tremendous positive change in my health. My first clue to the power of the recipes was the strong feelings of increased strength and well being that began twenty minutes after drinking a cup of juice. Over the next two months my acne completely disappeared, my face had more of a glow than an oily sheen, and my hair began to regain its luster. The changes were so apparent that numerous people remarked how healthy I looked. I can only imagine the health benefits it's had that are not so easily seen. Today I had a hidden allergen in my lunch that left my

intestines painfully inflamed. As soon as I could I referred to this book and juiced a recipe to soothe my symptoms. Much to my delight, it worked! I can see and feel the positive impact the juice is having on my recovery. This book is helping me save my life!

This book has all you need to know about medicinal juicing in a deceptively small and easy to read package. I used her antibiotic juice in lieu of a prescription antibiotic and it cleared everything up in just 2 days. All her recipes seem to be very effective. Highly recommended especially if you are just starting out with juicing.

I gave 4 and not 5 stars because the author did not enclose a recipe for hyperthyroidism and chose to focus on hypothyroidism only because "it's more common". Judging from the amount of text on the other condition, I beg to differ. However, anything with Brussel sprouts and broccoli will help manage a hyperthyroid condition. Also some of the recipes reference vitamin mixtures sold exclusively by the author, who is Australian- so ordering may be a bit impractical for non-Australian readers. However, this book is a great reference on what juices are best for common conditions and even gives tips on which fruits and veggies complement each other on taste and which do not. All I need is a list of ingredients and I'm off to the market. The ingredient amounts also make enough juice for 3 servings a day- which is great because they recommend that the nutritional value of juices diminish after a few hours. By necessity, I make juice the night before for breakfast but the juice is still fresh.

I bought this book, but it wasn't what I was expecting. I was hoping for explanations on what a certain fruit juice or vegetable juice has that makes it good for whatever ailment described, but I only saw a few of those in this book. Book is mostly juicing recipes without giving the reasoning behind the selection of vegetables or fruits for the condition they're supposed to help. I would've liked to see more in-depth explanations and also maybe some case studies of those who tried these juice recipes and were successful. I liked it, but didn't love it.

This book is a good choice for those very new to juicing. There is not a lot of depth in this book compared to others on this topic such as *Â Juicing, Fasting, and Detoxing for Life: Unleash the Healing Power of Fresh Juices and Cleansing Diets* and others but it is an okay choice with some good content if you're really just after the basics. It is a very small book and a quick and easy read. Note that this book does not contain any type of in-depth discussion over which type of juicer

to buy - centrifugal vs. single or twin gear. I agree strongly with the main premise of this book which is that having some vegetable juice daily is an excellent choice for your health, whether you are well or seriously ill or somewhere in-between. It can be really tasty as well! Jodi Bassett, The Hummingbirds' Foundation for M.E. (HFME) and Health, Healing & Hummingbirds (HHH)

I bought the book two months ago and now juice everyday. I have seen a remarkable improvement in my skin (acne prone) and my energy. I have told all my friends about the virtues of juicing. I am a believer in the health benefits of juicing. I think that Dr. Cabot does a wonderful job of giving you recipes and a glossary of benefits of certain types of fruits and vegetables. Her book was well-thought and very easy to read.

Raw Juices Can Save Your Life: An A-Z Guide I love this book because it explains what fruits and vegetables to use for different diseases and also gives the recipes. I tried the recipes and not only are they delicious but HEALTHY. I feel so good right and healthy right now and I don't feel run down and sick anymore. I am telling everyone about juicing and to buy this book. The title of this book is "Raw Juices Can Save Your Life" and believe me in reality it does save lives, it did mine.

I love the recipes in this book. They are easy to make and they taste great. You can create life saving juices according to the area of health concern. Definitely a must have.

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