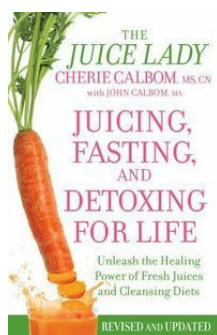


# JUICING, FASTING, AND DETOXING FOR LIFE: UNLEASH THE HEALING POWER OF FRESH JUICES AND CLEANSING DIETS

More than a simple collection of recipes, this book guides readers toward a lifestyle that promotes alkaline balance by juicing, eating well, and cleansing the body and soul. While most juicing books focus too much on fruit juice (which disrupts the body's pH balance with too much natural sugar), this book primarily focuses on juices, smoothies, and soups made from vegetables. Now, completely revised and updated, it also offers a guide to the...



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## Peek Inside the Book

vegetable oils like safflower, sunflower, soy, corn, and canola oil. However, these oils are all made up of long-chain fatty acids (LCFAs), which contribute to weight gain because the body tends to store them rather than burn...

## Reader's Opinions

Very informative! It gets a little too textbook like at times, but only because she not only tells you how to heal your body, but explains the how and why of it. Very good book with excellent information and...