



## The Juice Lady's Guide To Juicing for Health: Unleashing the Healing Power of Whole Fruits and Vegetables Revised Edition

By Cherie Calbom

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**A practical A-to-Z guide to the prevention and treatment of the most common health disorders.**

Written by nutritionist and juicing expert Cherie Calbom, *The Juice Lady's Guide to Juicing for Health, Revised Edition*, shows you how to use fresh juice to lose weight, boost energy, and achieve the glow of health. With helpful guidelines for buying and using a juice machine, Cherie also explains how to put that machine to work with delicious recipes and easy-to-understand nutritional programs for more than fifty health conditions. These research-backed programs include the best combinations of fruits and vegetables for each disorder, along with a diet plan and other health tips that can help you fight off disease.

This revised edition provides updated health and nutritional information on many conditions, including ADHD, cancer, chronic fatigue syndrome, diabetes, fibromyalgia, multiple sclerosis, and much more. Supporting the nutritional programs with a unique diet plan, special cleansing regimens, and detailed appendices packed with useful information, *The Juice Lady's Guide to Juicing for Health* gives you a total approach to health now, and for the rest of your life.

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### **Editorial Review**

#### **About the Author**

Cherie Calbom, M.S., has been known for her work with juicing and health for more than a decade. She has appeared regularly on QVC for the past eight years with the JuiceLady juicer, the Salton Juiceman juicer, and the George Foreman grills. She is also the author of eleven books on health and nutrition.

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#### **Afternoon Refresher**

1 medium to large organic cucumber, scrubbed well if organic, or peeled if not organic  
1/2 small or medium lemon, peeled

Cut the produce to fit your juicer's feed tube. Juice the ingredients and stir. Pour into a glass and drink as soon as possible.

Serves 1

#### **Awesome Green Smoothie**

1/2 cucumber, peeled and cut in chunks  
1 avocado, peeled, seeded, and cut in quarters  
1 cup raw spinach  
1/2 cup coconut milk  
Juice of 1 lime  
1 tablespoon green powder of choice (optional)  
2 to 3 tablespoons ground almonds (optional)

Combine all ingredients except almonds in a blender and blend well. Sprinkle ground almonds on top, as desired.

Serves 1–2

#### **Beautiful-Skin Cocktail**

1 cucumber, peeled  
1 parsnip, peeled  
2 to 3 carrots, scrubbed well, tops removed, and ends trimmed  
1/2 lemon, peeled  
1/4 green bell pepper, seeded

Cut the produce to fit your juicer's feed tube. Juice the ingredients and stir. Pour into a glass and drink as soon as possible.

Serves 1–2

NOTE: Cucumber and bell pepper are good sources of the trace mineral silicon, which is recommended to strengthen skin, hair, and fingernails along with bones. In studies, silicon has been shown to reduce signs of aging by improving thickness of skin and reducing wrinkles.

### **Cherie's Quick Energy Soup**

1 1/4 cups fresh carrot juice (5 to 7 medium, or approximately 1 pound, yield about 1 cup)

1 avocado, peeled and seeded

1/2 teaspoon ground cumin

Juice the carrots and pour the juice into a blender. Add the avocado and cumin and blend until smooth. Serve chilled.

Serves 1

### **Users Review**

#### **From reader reviews:**

##### **Brian Ramos:**

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##### **Sandra Romero:**

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**Jennifer Klein:**

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**Douglas Brownlee:**

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