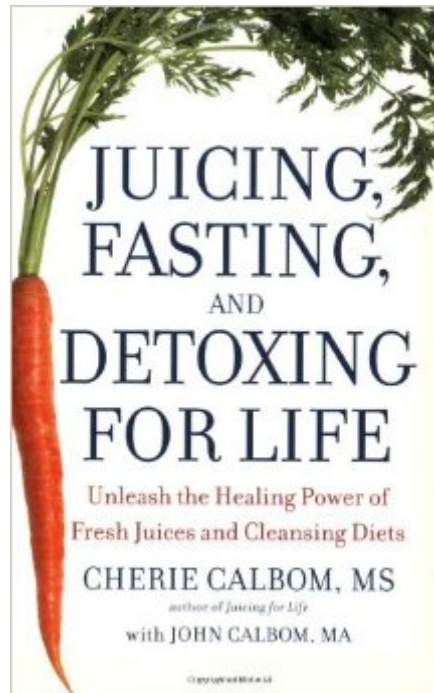


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# Juicing, Fasting, And Detoxing For Life: Unleash The Healing Power Of Fresh Juices And Cleansing Diets



## Synopsis

Did you know the secret to vibrant health is in your blender? It's true--juicing vegetables provides concentrated nutrition that is found in virtually no other source: vitamins, minerals, enzymes, phytochemicals, and antioxidants. By juicing, you'll feel better, more energized, and improve your immune system. 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. It also offers a guide to the food richest in nutrients from Vitamin A to zinc and includes various cleanses to benefit the colon, liver, gall bladder, and kidney and more. Beyond the body, the authors explain the heavy toll emotional, mental, and spiritual unrest can take on the body (and sometimes even encourage disease) and share unique, effective methods for cleansing the body of such toxicity.

## Book Information

Paperback: 368 pages

Publisher: Grand Central Life & Style; 1 edition (July 30, 2008)

Language: English

ISBN-10: 0446581372

ISBN-13: 978-0446581370

Product Dimensions: 5.2 x 1 x 8 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (167 customer reviews)

Best Sellers Rank: #645,841 in Books (See Top 100 in Books) #84 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Juicers](#) #491 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#) #3760 in [Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

Perfect for : Personal Use  
In a nutshell: This is a very well-thought-out book. We've been eating processed foods for so long, it is nice to know there is something we can do to help reverse some of the damage they are doing! There is a very strong message throughout the book, encouraging the reader to eat better by including more vegetables and fiber, and reducing red meat, sugar and highly processed foods. The authors have addressed all the main toxic areas in the body, providing helpful information on detoxing and fasting in order to heal and cleanse the body to become

healthier. Each chapter includes facts pertinent to the subject, as well as supportive instructions. For cleanses, they include a sample menu with references to recipes within the book. Overall, it is easy to find information using the Index or chapter headings if you don't want to read the whole book.

**Extended Review:** I was amazed to find a lot of information on Candida, a yeast-like health issue that one of my close relatives has suffered with for years. I immediately called my relative and read some of the book over the phone. She was so excited to hear what the book said, and can't wait to follow the cleansing suggestions to relieve the symptoms she has had for years! I can see how this book can be life-altering in a great and natural way!

**Content:** The content supports the book very nicely. It starts by talking about health, then explains the how's and why's of juicing, fasting and detoxing. The book then goes into the specifics of cleansing your colon, liver, gallbladder and kidney. It then progresses into more detox programs and cleansing yourself mentally and emotionally. In the final chapters the authors include information on the nutrient content in food, recipes to use while fasting and detoxing, and a nice resource guide.

**Format:** The chapters flow nicely, providing the reader with some great information. I was never confused while reading, but rather caught myself nodding several times in support of what was being explained. In addition to providing great information in each chapter, the authors have also provided some great guides on the nutrition of foods, recipes and resources as a wrap-up at the end of the book.

**Readability:** I found the book easy to read. The authors have presented factual and scientific information in a way that everyone can understand. The index is easy to use and helps the user find things quickly.

**Overall:** The book provides just about everything you need (except a juicer, vegetables/food, and supplements) to detox and cleanse your system in order to become healthier. I plan to try a lot of the cleanses and recipes in an effort to become healthier and more energetic!

Her other book - "The juice lady's guide to juicing for health" is much better. This one really doesn't give much information and left me wanting to look for another book. When I found her other book, I wondered what the purpose of this one was.

I bought this book after reading a lot of comments on .com (I go there when I need to decide on which books to buy as Americans post a lot of comments, a pity the same ones are not posted on other sites). I was looking for a book about juice fasting and ended up buying the Juice fasting bible and this one because they seemed to have more positive comments than most. I found Juicing, Fasting and Detoxing for life an extremely useful book but it is all about detoxing, not my first priority, which was juice fasting, therefore the 4 stars and not 5. I do believe that I should do some

detoxing only it is so very complicated.... I will start with some juice fasting and maybe one day I will be up to the detox. Cherie has a great writing style, which you don't often find among health writers and unlike journalists who write about these topics, she does know what she is talking about. This book includes quite a few detox programmes like the Colon Cleansing, Liver, Gallbladder and Kidney cleansing and even a Mental and emotional cleansing. As far as the juice and soup recipes go I will try a few but I have to say that my husband and I find it very difficult to take the green juices. And some of the soups include milk, something I dislike profoundly. No matter how much healthier green juices may be we will stick to the recipes of The Juice fasting Bible which include some fruit and taste a lot nicer. What is the point of doing something extremely healthy which you hate and will eventually give up? Celery juice we find rather hard to drink, no matter how many other ingredients you mix with it, the taste and smell always seems to be very present. If you are looking for a detoxing book I can really recommend this one, if juice fasting is your priority.... not really, you won't find any fasting in it or you have to consider the detox programme as a fast. One last thing, Cherie seems to use a centrifuge juicer something which amazed me because I thought that if you are really serious on juicing for your health you would recommend and use a masticating juicer. I own an Oscar but I would recommend you do a lot of research before buying one. They are not cheap and the Oscar has a few problems.

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