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# Fresh Vegetable And Fruit Juices



## Synopsis

Dr. Walker explains how the lack or deficiency of certain elements, such as vital organic minerals and salts, and consequently of vitamins, from our customary diet is the primary cause of nearly every sickness and disease. Following his recommendations to consume fresh vegetable and fruit juices, we can furnish our bodies with the enzymes needed for optimal health.

## Book Information

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## Customer Reviews

This book got it all started for me in my desire to eat mostly raw fruits and vegetables (especially the juices). Ten years ago as a first-year graduate student at UC Santa Barbara I found myself with an acne problem that had plagued me for the last 5 years, in addition to eyes that were beginning to tire easily. Then one day I stumbled upon this book by Dr. Walker which from the onset made complete sense to me. I bought a juicer the next week (and it hasn't failed me since!) and began a regimen of fresh juice three times a day. Some amazing things began to progress over the next year: i) my acne not only completely disappeared, but I found myself having a very youthful, vibrant look. I looked better than I had ever in the past. ii) I lost 15 pounds in one year and became a star on the softball field. iii) I have not touched my reading glasses in the past 9 years. In the words of Jack Lalane (who is older and more fit than 99.99% of all other Americans) "If man made it, I don't eat it".

About this book by Dr. Norman Walker. I fully accept the idea of nutrition, health, longevity and freedom from degenerative diseases as very much related to raw, live foods.. and that means

vegetable juices. Dr. Walker explains the reasons over and over again in this book. I bought and followed this when seeking relief of a prostate condition.. I want to sleep more.. yes.. acidic condition and all. What I now know: Yes, in my case, at age 62, carrot juice has improved my eyesight, which I was not aiming at. I am now able to read telephone books and all fine print.. no glasses. The combination carrot and asparagus seems great for kidneys and urinary tract problems. Walker is right on target! JL

Norman Walker's books are among the definitive words in all of health. There are few authors that compare to Walker (Arnold Ehret being one of them). Walker died in 1985 and lived to be 109 (some say 120, but it is 109) yrs old. This is the first raw-food book I bought and it did not let me down. This man knew what he was talking about: he saw autopsies performed and saw the filth in the body first hand. Get all of his books; you won't be let down.

I came across this book at GNC many years ago, and it turned me onto juicing, and trying to take better care of myself. Unlike other books that deal with juicing and raw foodism, it isn't sensational, it is basic, and the juicing recipes can be used with items at your grocery store, not at a specialty health food store. I recommend all of Dr. Walker's books.

The title says fruit juices, but he hardly mentions them in this book! Well, I guess he preferred to eat them since they digest easier than veggies. He says enzymes can be preserved at any desired low temperature without loss, which I didn't know. He also says that the sprays and pesticides are retained in the fiber, not the juice! He says a lot of good things about raw goats milk, and apple cider vinegar. Also says that the sea & ocean are full of minerals, so you should take sea-salt, kelp, and dulse. And if you wanna eat flesh, choose fish! And take a look in the ailments list, he lists nymphomania! Great book.

I was looking for a book to help me get on the right track to better eating for better health and Norman Walker is right on target. This book tells you the proper combinations for combining fruits and vegetables to reap the benefits of relief from whatever ails you (from acne to rheumatism and arthritis). One has to remember that healing doesn't happen over night but it does happen. My husband is a living testimony. Thanks to this book, I've been able to learn about the benefits of juicing and have gone on to read several other books by Norman Walker. This book was truly a blessing to my family. Now I can help other people to get on the right track for a healthier lifestyle.

It was suggest to me to buy this book when I purchased my first juicer. I love this book. I have read it over and over and enjoy the carrots with 1 stalk of celery juiced daily. I wish I could enjoy fresh juice during the day, but you can't juice at work! My skin, hair and overall health has improved since I started juicing. I took this one step further and bought his other book, Pure & Simple Natural Weight Control, which talks about juicing and raw foods. It give such insight of how the body digests food, and make you want to eat for nurishment. I recently read a article on raw food diet that names Mr. Walker and said he died at 118 from a accident. You won't be dissapointed with anything Mr. Walker has written.

This book has turned into my health bible. I have given this as a gift to many friends and family members. Use this as your guide to curing and fighting desease. You can feed your body the nutrients it needs to heal itself. I teach juicing and raw food preparation classes, this is one of the books that inspired me and I recomend it to all that attend my classes.

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