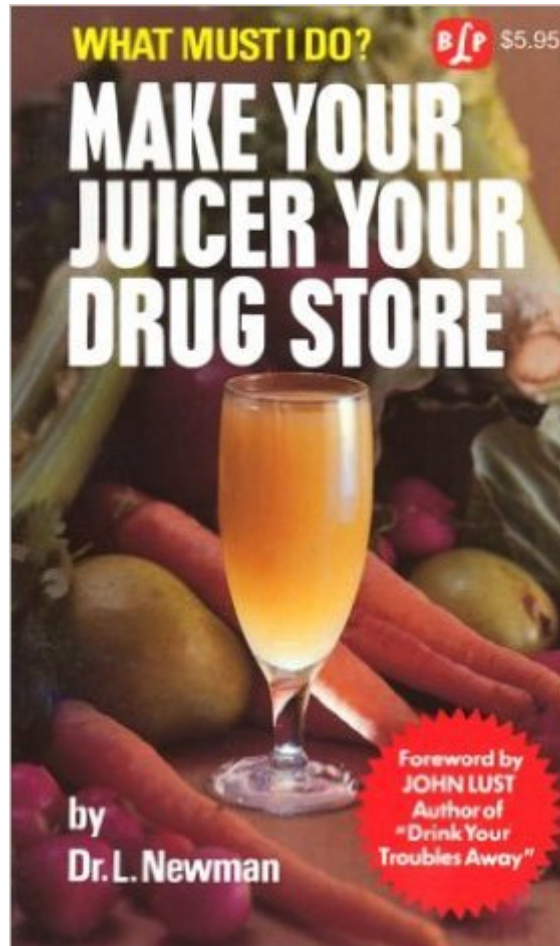


The book was found

Make Your Juicer Your Drug Store



Synopsis

Make Your Juicer Your Drug Store - Dr. L. Newman Laura Newman earned diplomas as Doctor of Physical Therapy and Doctor of Naturopathy to better understand the relationship between diet and health. This book was written to share with others the benefits of using raw vegetable juices to aid in health and healing. The book includes information about contacts of nature's lifeblood, the best juice and those to avoid, and help others find their faults and shortcomings. Contents Mon. not die - he kills selv hvad Should I eat DrinkHow Old is Old Malnutrition Universal give us this day our daily BreadWhy Drink Raw vegetable juice General rules recovery att Tired FeelingThe Curing process digestive TroublesElimination: constipation, appendicitis, kidney, skin.

Book Information

Paperback: 192 pages

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Customer Reviews

I bought this book to replace the book I got as a gift back in the early 70's that strangely disappeared from my bookcase. I looked a long time for a replacement and couldn't be happier that I found it. It helped me a lot! Lots helpful information in it.

This book is a bit dated (published originally in the 60s and later updated). Unlike most juicing books, this one does not tell you to rid all meat from your diet (though it suggests cutting back). It provides interesting formulas for juice fasting and reorganizing your diet. The book suffers from a lack of update. Consequently, I was wondering if the philosophies purported in this book could be improved upon given what we now know about nutrition.

Laura covers the homespun advice of heresy and hand me downs. And she knows what's she's talking about. Although drinking juices is good, you may need to try additional health moves. I'm into the health food movement like a lot of people nowadays. Unfortunately most books and programs don't cover all of the many ways to get and stay healthy. Although the above book listed is an excellent resource. It's like most authors and programs are trying to be too pc (politically correct). To correct myself a little, most health advice, programs, books and supplements usually offer pretty good advice these days. You know: 1. Don't alcohol 2. Don't abuse drugs 3. Don't smoke (cigaretts and the like) 4. Eat more live fresh fruits and vegetables. 5. Eat less process foods and meats. Now all of this is good advice, although there is a right way and wrong way to do anything. I saw an excellent book with a good 8 step plan. Search for: The Magic Of Mother Nature's Healing Foods. I liked it.

This is one of the best books I have read in terms of the information it presents on combinations of juices to be used to aid the body in the development of optimum health. It breaks down the juices to be used for various diseases and gives a variety of testimonies on the effectiveness of various juice therapies. I have found these juice combinations, when used with other forms of diet and exercise, useful in creating higher energy output and vastly better health. I am 71 and, with the exception of eye drops, medication free.

The book was amazing. I am not a big reader, but I read the first four chapters as soon as I got it. It was full of immeasurable information that was extremely helpful to me. It helps me to view fruits and vegetables in a whole new light. Everyone should buy a copy.

IT WAS A FAVORITE OF MINE FOR IT'S COMMON SENSE HEALTHFUL APPROACH... FROM USE IT DEGRADED AND SO TO BE ABLE TO HAVE IT AGAIN WAS TERRIFIC! I USE THE IDEAS AND IT HAS BEEN ONE OF MY FAVORITE BOOKS! SHARE THE IDEAS WITH FRIENDS

This is a great book written years ago with nutritional information that is still valid today. It's a great book to have in case you are feeling sick or just want to stay healthy!! read this book once again after a long while of being on my shelf. The title of this book lacks the full depth and scope of the book because it is much more than just a 'juicing' book. By reading the title, one would think it's all

about different types of juices. While that is 'part' of it, the book is really a wake up call to those eating the Standard American Diet (S.A.D). This is a good book to buy and give to someone to whom you would like to see change their eating habits for the better, and to have around when we get off track and start eating unhealthy. Dr. Laura Newman doesn't dance around the subject of health. She is persistently persuasive, rightfully uncompromising, tough, critical, strikingly inspiring, passionate and poignant. All of this she teaches with humanity, and empathy. If you're looking for a book that will be a wake-up call, and help you to change for the better, and perhaps save your life, this book will do just that. I refer to this book as low-cost health insurance -- A long lost jewel of a book that everyone concerned with living healthy should have. Read once a year and it will help keep you pumped-up and motivated and on the right track and remembering 'why' you're living healthy. I highly recommend this book.-----If you enjoyed this review, you may enjoy other my other reviews. Clicking on the screen-name at the beginning of a review will take you to the total reviews page.

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