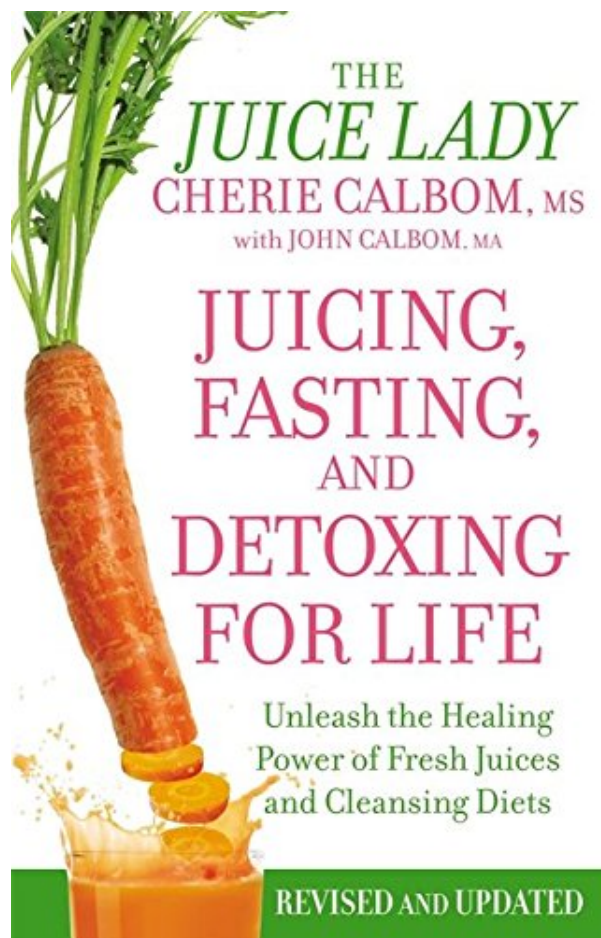
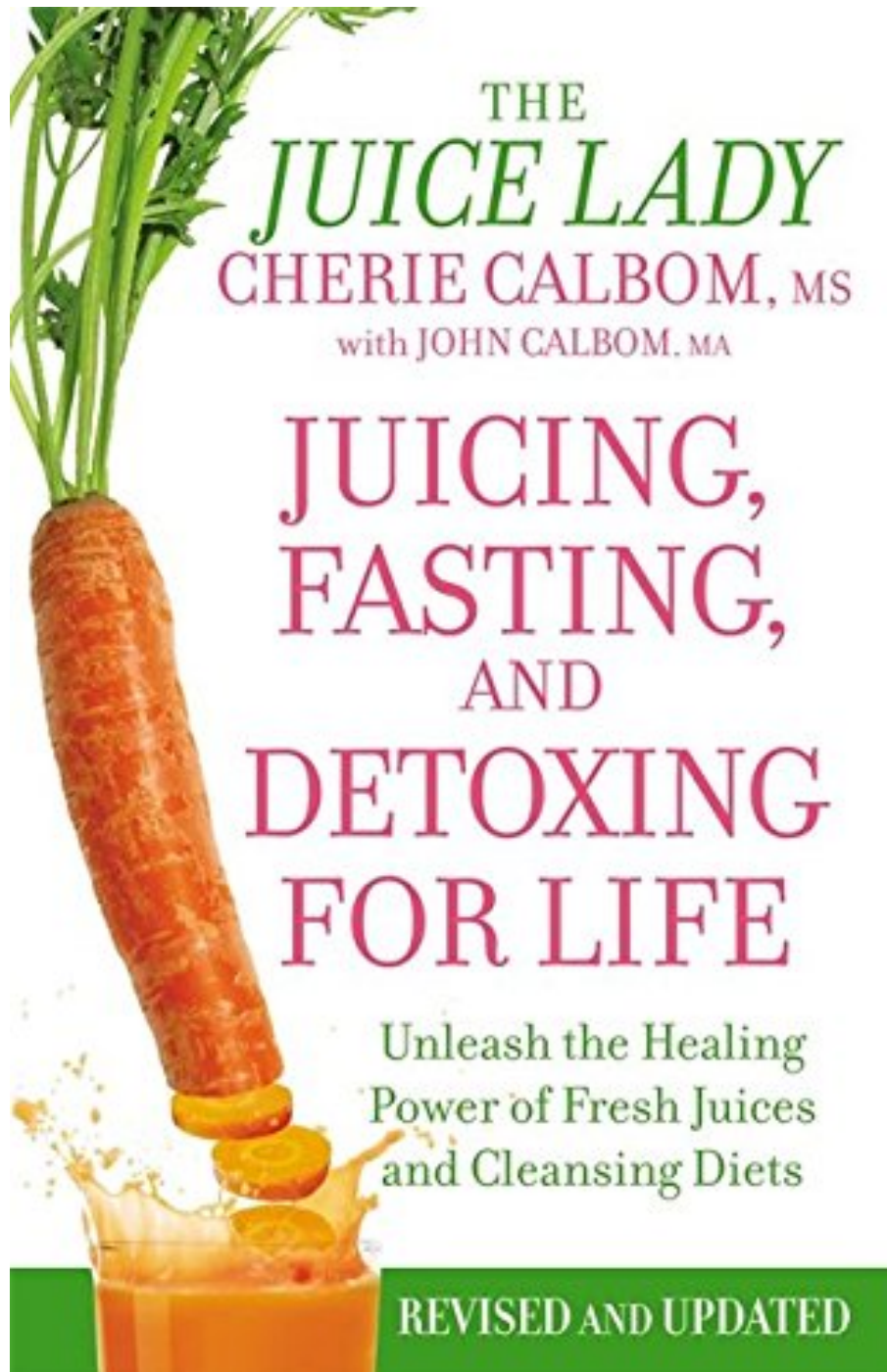


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About the Author

Cherie Calbom, M.S. is a registered nutritionist. She is the author of several health and diet books . John Calbom, M.A. is a behavioral medicine specialist and psychotherapist. He is the director of Trinity Wellness Institute.

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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 food richest in nutrients from Vitamin A to zinc and includes over 20 new juice recipes as well as new versions of various cleanses to benefit the colon, liver, gall bladder, and kidney, lymphatics, and more. Beyond the body, the Calboms 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.

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Features

- Grand Central Life Style

About the Author

Cherie Calbom, M.S. is a registered nutritionist. She is the author of several health and diet books . John Calbom, M.A. is a behavioral medicine specialist and psychotherapist. He is the director of Trinity Wellness Institute.

Most helpful customer reviews

13 of 13 people found the following review helpful.

Very Helpful

By tubbyreader

I bought this book a few years ago because i needed a guide to help my mom who was then diagnosed of a Stage 4 Adeno carcinoma of the Lungs and it already spread to some parts of her body.

Mom did not want any medications from the orthodox medicine and we can't do anything but to obey what they patient wanted. When we reached the stage of where she was unable to eat, we were able to prevent her from having NGT as her source of food, instead, we asked her to at least drink 1/2 glass of carrot and apple

juice every 2 hours, as I derived from this book. Doctors were surprised because she was able to survive without any solid food intake for months.

However, after months she finally agreed to take medications for her disease and from 1/2 glass every 2 hours, she started eating solid food again and regained her strength and was able to walk and be independent in a matter of another 3 months in medication with the juices as her supplement.

I like this book because it may not be used only by people with diseases but also people who want to maintain a healthy lifestyle.

6 of 6 people found the following review helpful.

This book is a Wonderful Life Saver

By Althea L. Lewis

My girlfriend checked out this book from the library and let me borrow it to read. I had started juicing, but needed to hear about other juicing and raw foods diet experiences. Also, I wanted a more detailed explanation of why juicing is good for your health in the long run.

This book gave me the reassurance that I can get and remain healthy for the remainder of my life, and that I will never again have to return to the unhealthy lifestyle of eating and/or going on fad diets.

In fact, I love this book so much I ordered 5 copies of it and sent them out to friends and family as birthday gifts. So far two of the recipients have started "Juicing Fasting and Detoxing For Life."

Sincerely,

Amazon customer

2 of 2 people found the following review helpful.

Very informative book, but was a little too long ...

By OBG

Very informative book, but was a little too long on the details. Was looking for more on preparation techniques, shopping tips, and advice on purchasing fruits and vegetables, ended up just skimming through much of the book as it goes into a lot of detail on specific health issues and what juicing program works for each.

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