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GQ-24019

USmix/Data/US-2011

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0 of 0 people found the following review helpful. Love this book!By Twin MomGreat book that explains all about juicing. It breaks down each fruit and vegetable and its benefits in juicing. Gave lots of information.

Many diseases of modern man are directly ascribable to his wrong and improper diet. Juice diet as a medical therapy is one of the best therapies to prevent and cure diseases. This book will serve as a useful guide to those who want to improve their health through juice-dieting. It gives valuable information about the food value of various juices and provides useful instruction about juice-dieting.