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going to drink juice, this is the kind you want to drink. Simply put, juice is the liquid and about 90% of the nutrients from a fruit or vegetable. When made fresh and kept raw those nutrients stay intact. And, more enzymes, which help you digest your food, are saved. When you make juice you extract only the liquid nutrition from the

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The book provides a lot of information about the conditions and not just a list of which recipes to juice. There is also a section about healthy foods that includes fruits, vegetables, herbs and other ingredients such as Cider Vinegar, Green Algae and Sprouts.

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The Juice Lady's Big Book of Juices and Green Smoothies

Cherie Calbom, MS, is the author of The Juice Lady's Turbo Diet, The Juice Lady's Living Foods Revolution, and Juicing for Life, which has nearly two million books in print in the United States.

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