



Dr. Jensen's JUICING THERAPY

NATURE'S WAY TO
BETTER HEALTH AND
A LONGER LIFE

OVER
100
RECIPES

Features information on:

- *Juice combination recipes*
- *Recipes for soups, salad dressings, and green drinks*
- *Juices for babies and children*
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Dr. Bernard Jensen

Natures Way To Health Juice Therapy

S Ashworth

Natures Way To Health Juice Therapy:

Nature's Way to Health Arthur W. Snyder (Ph.D.),1951 Become Younger Norman W. Walker,2010-11-09 Dr Walker lays out his program on how to become younger which he partly defines as having all or most of the attributes of youth health energy vitality and perpetual laughter on the lips and in the eyes The key to accessing both more energy and more vitality lies in changing our eating drinking and living habits Dr Walker encourages people to develop a very definite philosophy he calls Right Thinking which is maintaining a positive outlook and positive thoughts about themselves and others Together with the other principles outlined in his program he offers readers knowledge that gives them the courage to make the changes necessary Readers are given a brief yet concise introduction to different parts of our anatomy and how these systems work for and against us depending upon the food we consume Dr Walker recommends changing old eating habits to include natural nourishing foods The use of juicing fasting and eating natural organic foods in their unprocessed forms including mostly raw fruits and vegetables play an important role in maintaining good health Through his personal observations experience and knowledge Dr Walker provides the information needed to stay younger Natural Ways to Health C.

Norman Shealy,1996 **Fresh Vegetable and Fruit Juices** Norman W. Walker,2010-11-09 Dr Walker is a huge proponent of nourishing your body with fruit and vegetable juices and 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 While there is still a place for eating raw whole vegetables and fruits due to their fibrous content Dr Walker recommends nourishing our bodies with fruit and vegetable juices due to their high enzymes content He explains why fruits are considered the cleansers of the human system and vegetable juices are the builders and regenerators of the body using basic terminology that is easy for the lay person to understand **Nature's Path** ,1938 **Eating Your Way to Health** James Douglas Thompson,1925 Dr. Jensen's Juicing Therapy Bernard Jensen,2000-04-22 Dr Jensen s years of study have proved the juices both fruit and vegetable are the fastest method for getting nutrients into our bodies Dr Jensen s Juicing Therapy offers more than 100 nourishing easy to make juice combinations to enhance health and well being Also included are case histories demonstrating the extraordinary effects juices can have on rejuvenation and healing **Helping Yourself with Natural Healing** Lewis Harrison,1988 **Organic Farming and Gardening** ,1951 The Complete Idiot's Guide to Alternative Medicine Alan H. Pressman,Sheila Buff,1999 This comprehensive guide takes a balanced look at each alternative method exploring its strengths and weaknesses so that readers can make informed decisions

Your Environment ,1970 Healthy Healing Linda Page,2004-09 The Ultimate Resource For Improving Your Health Naturally Over 1 million copies sold In its first edition nearly 20 years ago Dr Linda Page s book Healthy Healing was the only one of its kind Now updated and expanded Healthy Healing is still the easiest to use bestselling natural health reference book on the market Customize your own personal healing program using natural therapies for more than 300 ailments through diet whole

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