



The Juice Fasting Bible: Discover the Power of an All-Juice Diet to Restore Good Health, Lose Weight and Increase Vitality

Dr. Sandra Cabot

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CLEANSE THE HEALTHY WAY!

In today's world, it is vital to detox! And there is no better way than by doing a juice fast. Fresh juices are bursting with healthy ingredients: antioxidants, vitamins, natural antibiotics, beneficial nutrients, anti-inflammatories, and even enzymes that vastly improve digestion and flush the intestinal tract.

The Juice Fasting Bible helps you harness the natural rejuvenating power of juices to improve your quality of life, enhance fitness, provide extra energy and even lengthen your lifespan. It shows how you can turn your love of juice into something wonderful for your body.

The Juice Fasting Bible guides you step by step through the entire cleansing process:

- **Finding the Best Fruits and Vegetables**
- **Choosing the Right Fast**
- **Handling the Fast with Ease**
- **Enjoying Glorious Juice Recipes**
- **Ending Your Fast Properly**

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