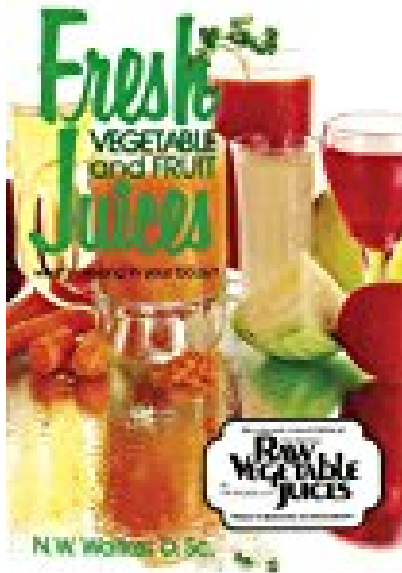


Fresh Vegetable and Fruit Juices



BOOK DETAILS

- Author : Dr. N.W. Walker D.Sc.
- Pages : 120 Pages
- Publisher : Norwalk Press
- Language : English
- ISBN : 089019033X

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BOOK SYNOPSIS

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.

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