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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 ...

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An all-encompassing reference to using juice fasting strategies for detoxifying the body and burning fat includes a series of short-term juice fasts, sharing accessible guidelines that are complemented by recipes and detailed explanations of the practice's potential benefits. Original.

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

Juicing is the easiest and quickest way to transform your life. Fresh, vitamin-rich fruit and vegetable juices can help you lose weight and improve your health by boosting your metabolism and cleansing your whole body. Juicing for Beginners will teach you how to start juicing today for weight loss and better health, with 100 simple and delicious juicing recipes, as well as a complete guide to starting your own juicing diet. Learn how to pick out the juicer that is perfect for you. Discover the nutritional benefits of each juicing ingredient, from oranges, to spinach, to wheatgrass, and find out how to create your own refreshing flavor combinations. With easy-to-follow directions and amazing recipes, Juicing for Beginners is your complete juicing bible. Juicing for Beginners will change your diet and your life with: 100 easy, tasty juicing recipes, from Pomegranate Peach Detox Blend, to Mango Tango Green Juice Tips on juicing for weight loss, including the juice fast, juice cleanse, and juice detox Introduction to 11 healthy additives, such as wheatgrass, whey powder, and aloe vera, used to increase health benefits of your juice recipes Overview of how to use juicing to fight diseases and common health ailments Detailed nutritional information charts for every juice ingredient Juicing for Beginners is the first and only juicing book you'll need to start your slimmer, healthier life.

CAPTURE THE BENEFITS OF EARTH'S SUPERFOODS Looking for a quick, flavorful and nutritious way to stay youthful and healthy? The Green Smoothies Diet provides the perfect solution! Green smoothies are the best way to power up your body and supercharge your health in just minutes a day. Packing a tasty, nutrient-filled punch in every sip, these ultrahealthy smoothies pair leafy green vegetables with delicious, antioxidant-rich fruits. Discover how green smoothies help you: •Lose Weight •Detoxify the Body •Increase Energy •Fight Heart Disease •Prevent Diabetes & Certain Cancers •Boost the Immune System •Make Skin and Hair Beautiful Features easy-to-make recipes like: •Rad Raspberry Radicchio •Black Kale Blackberry Brew •Red Pepper Mint Julep •Grapefruit Cilantro Booster •Big Black Cabbage Cocktail

CLEANSE WITHOUT BEING STARVED OR DEPRIVED Follow the delicious and hunger-satisfying raw-food diets offered in this book and you will lose weight, gain energy and feel vibrantly healthy while clearing your body of toxins. Raw Food Cleanse offers four customized plans that provide you with everything needed for an easy and powerful detox, including: •toxin self-assessment •day-by-day programs •mouth-watering recipes •real-life success stories •3-Day Energy Boost Cleanse Give your body an all-natural weekend to start your Monday feeling

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great. •7-Day Rejuvenation Cleanse Enjoy a week of delicious raw foods to thoroughly refresh your system. •14-Day Deep Detox Cleanse Go longer to experience better skin and hair, a clearer mind and a slimmer body. •28-Day Total Reset Cleanse Give the body a full recharge with an intense, nutrient-packed month of raw foods.

YOU KNOW THE BENEFITS OF THE MASTER CLEANSE: DETOXING, LOSING WEIGHT AND INCREASING ENERGY. But how can you go 10 days without eating? This book shows you! Presenting the day-by-day journals of 12 ordinary people who overcame their fears and successfully completed 10 days on The Lemonade Diet, The Master Cleanse Experience offers their real-world solutions to all your questions, including: •Tricks to resist food cravings •Tips for remaining focused and positive •Effective ways to keep your energy up •Solutions for the effects of the laxative tea •Smart approaches to the saline flush •Strategies for getting through a full day at work •Helpful ideas for falling asleep on an empty stomach •and many more

MAXIMIZE YOUR CLEANSE The Lemonade Diet is simple and powerful. The recipe takes only minutes to learn, and when done correctly the cleanse is surprisingly easy and completely safe. But there's more to it than just drinking the lemonade mixture. The Complete Master Cleanse offers a step-by-step program that unleashes the full power of the Master Cleanse and all its health benefits. Author Tom Woloshyn shares the amazing results, helpful information and insightful tips that he has gained from personally coaching thousands of people on the best way to follow The Lemonade Diet. Much has been learned about detoxing since the Master Cleanse was first developed over 30 years ago, and this up-to-date book explains clearly how and why cleansing can improve all aspects of your personal health, including: •Increasing Energy •Balancing Your Body's pH •Losing Weight •Reducing Swelling and Pain •Alleviating Allergies •Flushing the Colon •Improving Skin and Hair •Ridding Your Body of Parasites

EXPERIENCE THE BENEFITS OF THE MASTER CLEANSE EVERY DAY • Stay Toxin Free • Keep the Weight Off • Increase Energy • Improve Skin and Hair • Eliminate Allergies • Maintain a Healthy Colon Spending ten days on The Lemonade Diet is a proven way to transform your body and health. But if you return to your former unhealthy habits, you will quickly undo all you gained. With its comprehensive post-cleanse program, Beyond the Master Cleanse allows you to maintain and extend the Master Cleanse's amazing benefits. Beyond the Master Cleanse explains how to identify and overcome the most common difficulties you will encounter in your post-cleanse life. Drawing on the principles and power of The Lemonade Diet, this book's program offers an effective way to keep your body from sliding back into a toxic state. From easy parasite cleansing and tips for avoiding common toxins to overcoming addictions and transitioning to your new diet, Beyond the Master Cleanse shows how to continue the healthy transformation you started with your cleanse so that you can live a happier, healthier and more prosperous, abundant life.

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

This book is available as open access through the Knowledge Unlatched programme and is available on www.bloomsburycollections.com. We need to talk about Hippocrates. Current scholarship attributes none of the works of the 'Hippocratic corpus' to him, and the ancient biographical traditions of his life are not only late, but also written for their own promotional purposes. Yet Hippocrates features powerfully in our assumptions about ancient medicine, and our beliefs about what medicine – and the physician himself – should be. In both orthodox and alternative medicine, he continues to be a model to be emulated. This book will challenge widespread assumptions about Hippocrates (and, in the process, about the history of medicine in ancient Greece and beyond) and will also explore the creation of modern myths about the ancient world. Why do we continue to use Hippocrates, and how are new myths constructed around his name? How do news stories and the internet contribute to our picture of him? And what can this tell us about wider popular engagements with the classical world today, in memes, 'quotes' and online?

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