



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

Sandra Cabot

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Offering a series of quick and easy juice fasts - including a one-day energy boost, a two-day weekend detox, a three-day rejuvenation and a seven-day deep cleanse - this book provides a reader-friendly approach to an increasingly popular, alternative health practice. In Addition to listing recipes, the author details the scientific evidence of how juice fasting can improve quality of life and lengthen lifespan. She explains how to determine one's body toxin level and reveals why it is vital to detox in today's world. More importantly, she breaks down how fresh vegetables, fruits and culinary herbs work to cleanse the body's elimination systems. Guiding the reader step by step through the entire process, The Juice Fasting Bible explains it all; how to prepare for a fast, what physical changes to expect while fasting, how to overcome the challenges of not eating and finally, the best way to resume a normal diet when coming off a fast.

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