



The Juice Lady's Remedies for Asthma and Allergies: Delicious Smoothies and Raw-Food Recipes for Your Ultimate Health

By Cherie Calbom

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The Juice Lady's Remedies for Asthma and Allergies: Delicious Smoothies and Raw-Food Recipes for Your Ultimate Health By Cherie Calbom

Are you one of the fifty million Americans who suffer from allergies? Fight back with these delicious living foods remedies!

You don't have to put up with the effects of allergies. By simply adding more living foods to your diet and eliminating the foods that can cause allergic reactions such as milk and wheat, you can bring your allergies under control naturally. Additionally, living foods have significant anti-inflammatory effects that help mitigate the damage even minor reactions can cause.

With recipes and recommendations for healing teas, juices, smoothies, and meals this quick guide helps you...

- Eat natural, healthy foods every day and watch your allergies and asthma symptoms subside
- Safely eliminate toxins from your body to help your organs function more efficiently
- Experience more energy and a higher level of wellness

Discover a way of eating that will help you feel and look alive and vibrant each and every day of your life. A healthier life truly does await you!

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- Sales Rank: #191419 in Books
- Published on: 2014-05-06
- Original language: English
- Number of items: 1
- Dimensions: 7.00" h x .36" w x 5.00" l, .34 pounds
- Binding: Paperback
- 144 pages

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Editorial Review

About the Author

Cherie Calbom, MS, is the author of *The Juice Lady's Turbo Diet*, *The Juice Lady's Living Foods Revolution*, and *Juicing for Life*, which has nearly two million books in print in the United States. Known as "The Juice Lady" for her work with juicing and health, Cherie has taped *HealthWatch* for CNN and has appeared in *Shape*, *First for Women*, *Women's World*, *Men's Journal*, *Vogue*, *Quick & Simple*, *Marie Claire*, and *Elle Canada*. Cherie earned a master's degree in nutrition from Bastyr University, where she now serves on the Board of Regents, and has practiced as a clinical nutritionist at St. Luke Medical Center in Bellevue, Washington.

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