ForeWord Reviews

COOKING

The Juice Lady's Guide to Juicing for Health
Cherie Calbom
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With a Master's degree in nutrition, six books and many magazine and newspaper articles to her credit, Calbom's is a competent voice for juicing for health. Calbom begins with the story of her personal odyssey to health through juicing. She answers many questions a reader might have with great detail—from what juicer to buy to what juice combinations are best for which ailments.

Working from allergies through chronic fatigue, eczema and high blood pressure to varicose veins, Calbom has gathered information on health supportive alternatives to drugs. In the section entitled Fibrocystic Breast Disease, Calbom provides a description of the ailment, what causes it, dietary and nutrient recommendations and suggestions for herbal remedies and juice ingredients. Calbom's nine recipes for juices that help fibrocystic breast disease like Watermelon Refresher, Sweet Calcium Cocktail, Magnesium Special and Beautiful Bone Solution are easy to prepare with familiar ingredients.

Juicing for health began in the sixties and seventies on the far out edges of nutrition and health with such books as Paavo Airola's How to Keep Slim, Healthy and Young with Juice Fasting. From the abundant list of presently available books on it, juicing along with herbs and a healthful diet seems to be moving closer to center among the health-minded.

Calbom leads and inspires the reader into an easy approach to better nutrition. With the push for more fresh fruit and vegetable consumption her book is a valuable aid. She carefully holds readers' hands as they discover a new path to health and healing. While it may not be the answer to everyone's prayers, Calbom demonstrates that juicing can be one tasty and life affirming way to deal with illness.

Nancy K. Allen