

Juicing for life : a Guide to the Health Benefits of Fresh Fruit and Vegetable Juicing

Calbom, Cherie, author

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Abstrak

Eating fresh fruits and vegetables can boost your energy level, supercharge your immune system and maximise your body's healing power. This work gives nutritional programmes for over 75 health problems, telling you which fruits and vegetables have been shown to be effective in combating specific illnesses and why.