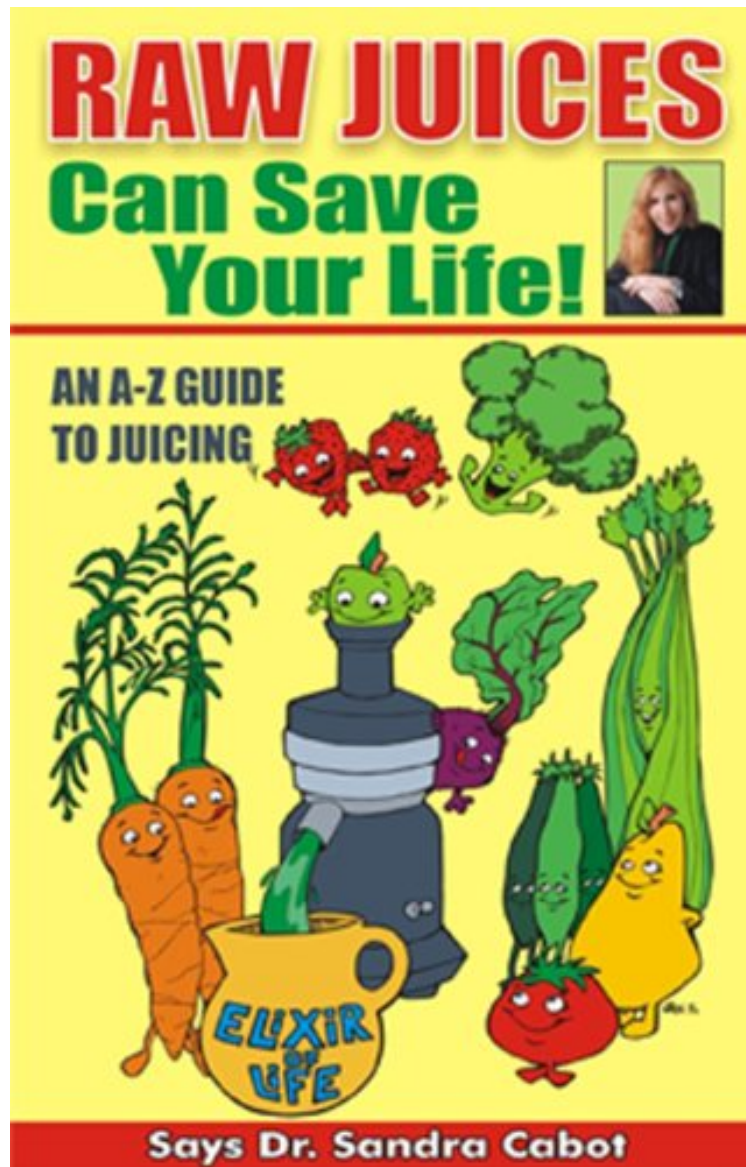


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## Raw Juices Can Save Your Life: An A-Z Guide to Juicing.

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Promoting the health benefits of raw juice ingestion, this informative manual illustrates the powerful healing and rejuvenating properties of the essence of fruits and vegetables. Highlighting that raw juices are both easily digested and designed for maximum absorption, this collection of recipes and remedies can benefit and relieve illnesses such as poor appetite, nausea, digestive issues, inflamed stomach or intestines, cancer, immune dysfunction, liver problems, and chronic fatigue. With comparisons to modern-day medicines as treatment for symptoms of disease, and countering with the many benefits of a more naturalistic approach, this essential guide is both a healthy and delicious alternative for people of all ages.

About the AuthorSandra Cabot is the medical and executive director of the Australian National Health Advisory Service. She graduated with honors in medicine and surgery from the University of Adelaide in South Australia in 1975. As part of her extracurricular medical training, she studied herbal medicine and nutritional medicine. Dr. Cabot began her medical career in 1980 as an obstetrician-gynecologist and practiced in Sydney Australia. During the mid 1980s she spent considerable time working as a volunteer doctor at the Leyman hospital, which was the largest missionary hospital in India. Her first book, titled Women's Health, was an authoritative holistic health guide. Subsequently she wrote several more groundbreaking books including The Liver Cleansing Diet, which has sold well over two million copies worldwide. She has written twenty-two other health titles.