



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

*Sandra Cabot M.D.*

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

*Sandra Cabot M.D.*

**Raw Juices Can Save Your Life: An A-Z Guide to Juicing.** Sandra Cabot M.D.

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.

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