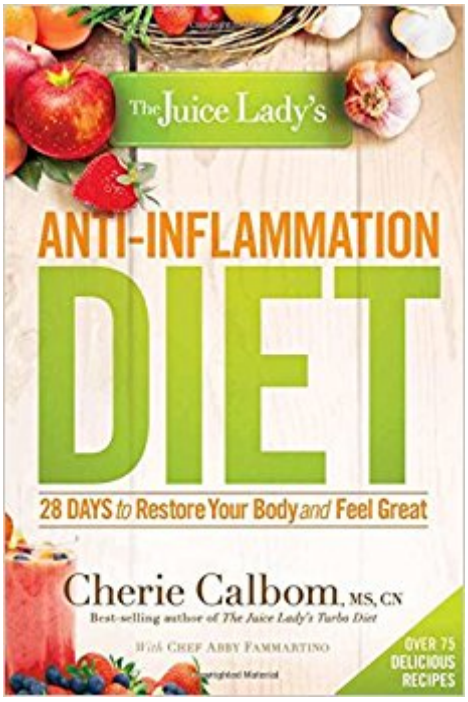
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The Juice Lady's Anti-Inflammation Diet: 28 Days To Restore Your Body And Feel Great



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Synopsis

Lose weight, increase your energy,and look and feel younger in justTWENTY-EIGHT DAYS!If you are experiencing joint pain, fatigue, or difficulty losing weight,you might have chronic inflammation that comes from a poor diet.Research shows that inflammation is at the root of nearly every diseaseand ailment. Ã Â The good news is that just changing the type of foods youeat can bring instant relief. Ã Â The anti-inflammatory diet is the answer. ItÃ¢â ¬â„¢s the diet that remediesconditions such as heart disease and diabetes. Ã Â ItÃ¢â ¬â„¢s the path to recoverfrom just about every ailmentÃ¢â ¬â •and it works. Ã Â The Juice Lady Cherie Calbom has teamed up with Chef Abby Fammartino,of AbbyÃ¢â ¬â„¢s Kitchen, for a four-week menu plan with easy, delicious recipesin a new twenty-eight day program to mend and restore your body. Ã Â You will discover which foods to eat, which to avoid, and learn how toprepare them into tasty meals that you and your family will love as youheal your body and rejuvenate your life.

Book Information

Paperback: 256 pages

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Average Customer Review: 4.2 out of 5 stars 62 customer reviews

Best Sellers Rank: #141,095 in Books (See Top 100 in Books) #43 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Homeopathy #99 inÃ Â Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #2196 inÃ Â Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

Cherie Calbom, MS, CN, is the author of twenty-six books,including the best sellers The Juice LadyÃ¢â ¬â„¢s Big Book of Juicesand Green Smoothies and The Juice LadyÃ¢â ¬â„¢s Turbo Diet. Sheholds a master of science degree in whole foods nutritionfrom Bastyr University. Cherie pioneered juicing in thehome with her appearances on QVC and infomercials, andshe and her husband conduct juice health retreats andhealth and healing conferences throughout the year. Formore information, see www.juiceladycherie.com. Cherieresides with her husband in Santa Fe,

New Mexico.

I just love the recipes in this book. Each one I've tried, so far, is packed with so much flavor. They are extremely satisfying and really don't feel like they belong in a book that says "diet" on the front. I've lost 7 pounds in less that two weeks and I never felt like I was dieting. In fact, I wasn't dieting. I bought this book, not with the idea of losing weight, but with the idea of feeling better. That I do, the weight loss is a bonus. My husband is a diabetic on an insulin pump. His sugar has been hovering around 98 all week. Amazing turnaround for him. He's been over 200 for a long time, even with the pump. Can't wait to see what his A1C is next time. Very happy we've started on this delicious path. I'm recommending this book to everyone I know.

Given To Me For An Honest ReviewThe Juice Lady's Anti-Inflammation Diet: 28 Days to Restore Your Body and Feel Great by Cherie Calbom, MS, CN is a good book if you are in need of an anti-inflammation diet. This book has 4 week menu plans, with easy recipes in a 28 day program. It also comes with information on what foods are good to eat, which to avoid, and how to prepare them into great meals. There is also a two week shopping list with a daily shopping list and a check pantry list. The recipes that are included are delicious and not difficult to make. The instructions for the recipes are very easy to follow and you also will find some time saving tips. This is a great book to include in your kitchen. Not that you should do away with your nutritionist but you will now have one 24/7 in your home. I recommend this book to everyone, it would make a great addition to anyone's kitchen collection of cookbooks. I look for more from Cherie Calbom, MS, CN.

Cherie Calbom can't write a bad book! She is delightful, insightful and so informative. I recommend any of her books. I have a number of them and have not been disappointed.

I found impossible to follow her diet because it was very difficult to follow her book. I think there's probably a lot of good knowledge stored somewhere but all her books need editing. I was unable to apply any of her books because there are pages and pages of unrelated materials (fillings) and then one important information. What I found about her books is that it lacks focus. Then there's the problems with the recipes, you need paper and pencil or a computer to do your own editing because the recipe starts in one page and ends at another page way across the book so one has to flip here and there to understand and I simply don't have time to do that, so I shelved all her books...just can't read it. It needs good editing and much of the information needs to be removed examples

would be something like "drinking good water is good for your health". This may not be exactly what was said but it surely exemplifies what you are going to find throughout the book. Way too many fillers (pages and pages) and one has to fish the pertinent information and re-write the book in order to read it. I know I don't have time to do that, so there are other books in the market about raw food without facing that hassle which I found in all of her books. That is not to say that I don't believe she has an important information to convey and know what she is writing about. I believe that she does but I can't spend the time editing something before I read it.

Gets to the root of the problem of body-wide inflammation. Life is all about choices and Calbom presents excellent choices here. Lots of suggested recipes for accomplishing healthier goals.

loving this book learning so much . anticipating recieving my juicers so I can get started living and being healthier!

SÃƒÂºper complete information!

Love her books, and this was very fascinating. This is a great book to have if you are looking to be more health conscious and live a longer and better life.

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E JUICE RECIPES: 51 Awesome E Juice Recipes (e juice, e juice recipes, e juice cookbook, vaping, vaping juice, vaping started kit, vape recipes, vaping juice) The Juice Lady's Anti-Inflammation Diet: 28 Days to Restore Your Body and Feel Great ANTI INFLAMMATORY DIET: ANTI INFLAMMATORY COOKBOOK: ANTI INFLAMMATION: 500 Healthy and Delicious Anti Inflammatory Diet Recipes to Heal your Immune System(anti ... inflammatory foods, allergen management) Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti Inflammatory Diet: 5 Week Anti Inflammatory Diet Plan To Restore Overall Health And Become Free Of Chronic Pain For Life (Top Anti-Inflammatory Diet Recipes, Anti Inflammatory Diet For Dummies) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Anti Inflammatory Diet: Autoimmune Lunch Recipes: 35+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Anti-Inflammatory Diet, Cookbook Book 2) Gout

& Anti Inflammation Meal Plan Guide - Nutritional Strategies for Reducing Inflammation Naturally Gout Prevention, Gout Diet, Anti Inflammatory Foods ... Eat, & Avoid, & MoreÃ¢â ¬Â¦ (Gout & Inflammation) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune System ... Immune System, Reduce Inflammation Book 1) Anti-Inflammatory Diet: A complete guide to the Anti-Inflammatory Diet, How to reduce Inflammation?: What you should eat & avoid to Reset your Immune ... System, Reduce Inflammation) (Volume 1) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan) (Volume 2) Anti Inflammatory Diet Action Plan: 6 Week Meal Plans To Heal Yourself With Food, Restore Overall Health And Become Pain Free (Anti Inflammatory Diet, ... Anti Inflammatory Diet Plan Book 2) Anti Inflammation: The 10 Day Inflammation Reduction Miracle: Beat Swelling, Lose Weight, Get Energized, Cure Pain, Optimal Nutrition for the Reduction of Inflammation PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) Anti Inflammatory Diet: The Ultimate Diet Guide That Will Help You Lose Weight, Reverse Aging, Eliminate Pain, and Restore Your Overall Health (This ... and Fight Against Inflammation and Arthritis) Instant Pot Recipes CookBook: Anti-Inflammation Diet Recipes For Optimal Healthy Lifestyle(Instant Pot Cookbook, Anti Inflammatory Diet, Clean Eating, Pressure cooker cookbook,low carb diet) Anti Inflammatory Diet: The Ultimate Diet Guide That Will Help You Lose Weight, Reverse Aging, Eliminate Pain, and Restore Your Overall Health (This BeginnerÃ¢â ¬â„¢s ... Fit Forever and Fight Against Inflammation)

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