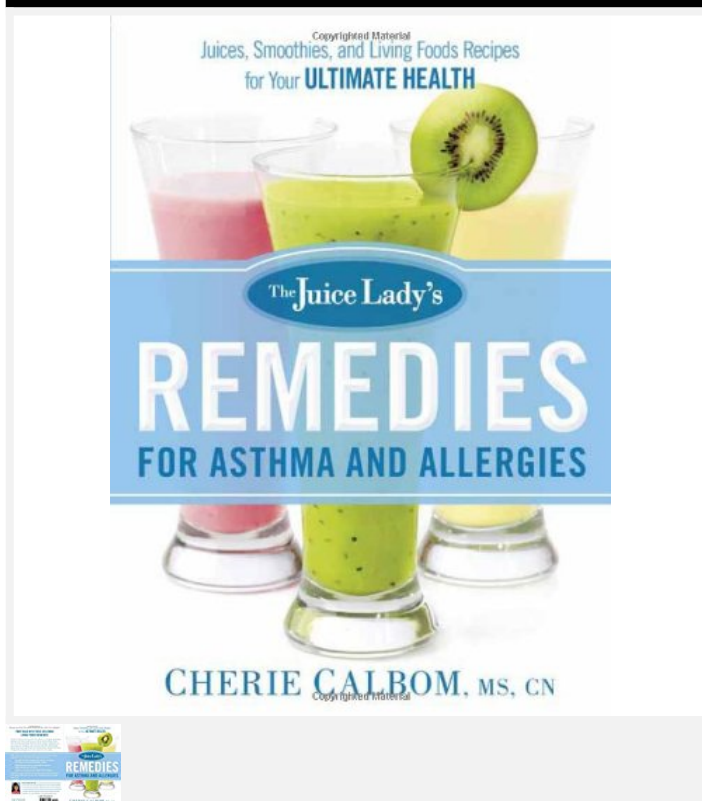


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## Read The Juice Lady's Remedies for Asthma and Allergies: Delicious Smoothies and Raw-Food Recipes for Your Ultimate Health - Read Unlimited eBooks



### Book detail

- Title : Read The Juice Lady's Remedies for Asthma and Allergies: Delicious Smoothies and Raw-Food Recipes for Your Ultimate Health - Read Unlimited eBooks
- isbn : 1621366014



### Book Synopsis

Living foods (raw foods) contain biophotons that are essential for the cellular health of our bodies. By simply adding more raw foods to your diet and eliminating the foods that tend to cause allergic reactions such as milk and wheat, you can bring your allergies under control naturally. Additionally, living foods have significant anti-inflammatory effects on our bodies helping mitigate the damage even minor reactions can cause. The Juice Lady's Remedies for Asthma and Allergies will include: \* Healing teas, juices, and smoothies \* Green smoothies that pack a powerful punch of phytonutrients and antioxidants \* Raw food recommendations \* An introductory section that provides tips on choosing the best juicer and the best produce, as well as tips for prepping, cleaning, and storing juices and smoothies.

### Related

[The Juice Lady's Anti-Inflammation Diet: 28 Days to Restore Your Body and Feel Great](#)

[Juicing, Fasting And Detoxing For Life: Unleash the Healing Power of Fresh Juices and Cleansing Diets \(Revised Edition\)](#)

[The Juice Lady's Sugar Knockout: A 30-Day Detox to Lose Weight, Kill Cravings, and Prevent Disease](#)

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