

Natural Juice Remedies are Just the Right Prescription for Some Ailments

Written by Ginny Grimsley
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Veggie Cocktails Target Bad Cholesterol,
Arthritis, Headaches & More

Drinking to good health via juicing is seeing a resurgence in popularity as a new generation discovers the benefits of juiced vegetables, says nutritionist and juicing icon Cherie Calbom, MS. (“The Juice Lady”).

“For decades, people with acute medical conditions and those striving for optimum health have turned to juicing nutrient-dense ingredients,” says Calbom, author of a new book full of juicing tips, tricks and recipes, “The Juice Lady’s Big Book of Juices and Green Smoothies,” (www.juiceladycherie.com).

“You can supplement your diet with a glass of fresh juice, or go on a days-long cleansing ‘juice feast.’ And you can use different combinations of ingredients to improve your mood or boost your energy or even help alleviate physical ailments.”

Calbom says she witnessed the transformation of a woman who had back and arthritis pain, which caused her many nights of interrupted sleep due to pain in her hands. After six weeks of juicing in the morning and before dinner, she lost 12 pounds and felt more energetic in the mornings. More importantly, her arthritic and back pain has completely ceased.

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Calbom suggests these cocktails for people burdened with specific ailments:

- **Arthritis helper:** One handful of flat leaf parsley; One dark green lettuce leaf; three to four carrots, scrubbed well, tops removed, ends trimmed; two stalks of celery with leaves; a two-inch-chunk of ginger root; and one lemon, peeled if not organic. This makes 1 serving. Ginger has anti-inflammatory properties that can help reduce arthritic joint pain and help combat oxidative damage to joints.
- **The asthma helper:** Five carrots, scrubbed well, tops removed, ends trimmed; five to six radishes with leaves; one green apple; half a lemon, peeled if not organic. This makes one serving and can be served chilled or at room temperature. Radish is a traditional asthma remedy.
- **The headache mender:** Half a ripe cantaloupe with seeds and rind removed; half of a cucumber, peeled if not organic; a 1- to 2-inch chunk of ginger root, peeled. Cantaloupe and ginger root have been shown to reduce platelet stickiness, which is related to migraine headaches.
- **Cholesterol buster cocktail:** Four medium-sized carrots, scrubbed well, tops removed, ends trimmed; two ribs of celery, with leaves; two kale leaves; one green apple, such as a Granny Smith, or pippin apple; a 1-inch chunk of ginger root, scrubbed or peeled if old. Ginger root has been shown in numerous scientific studies to reduce inflammation. It's inflammation that is implicated in heart disease. But if you are looking to lower your LDL, juice an apple with your ginger root. Apples contain antioxidants that help to halt oxidation of LDL. It is oxidized LDL that is most harmful.
- **The adrenal booster:** One handful of parsley; one dark green lettuce leaf; four carrots, scrubbed well, tops removed and ends trimmed; two tomatoes; two ribs of celery with leaves; a dash of hot sauce; a dash of Celtic sea salt. Serves two. The adrenal glands respond to stress; when they're overworked and fatigued, you can experience mood swings and weight gain. Hot peppers and parsley are rich in vitamin C and celery is a great source of natural sodium, both of which are very beneficial for the adrenal glands.

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“As with any juice cocktail, these drinks are best imbibed as soon as possible after being processed,” Calbom says. “This is ‘live food,’ which has a full complement of vitamins, minerals, phytochemicals, biophotons and enzymes. You can make it the night before, however, and drink in the morning or take it with you if you keep it chilled in a covered container.”

About Cherie Calbom

Cherie Calbom, MS is the author of 21 books, including the best-seller “Juicing for Life,” with 2 million copies sold in the United States and published in 23 countries. Known as “The Juice Lady” for her work with juicing and health, her juice therapy and cleansing programs have been popular for more than a decade. She holds a Master of Science degree in nutrition from Bastyr University. She has practiced as a clinical nutritionist at St. Luke Medical Center, Bellevue, Wash., and as a celebrity nutritionist for George Foreman and Richard Simmons.