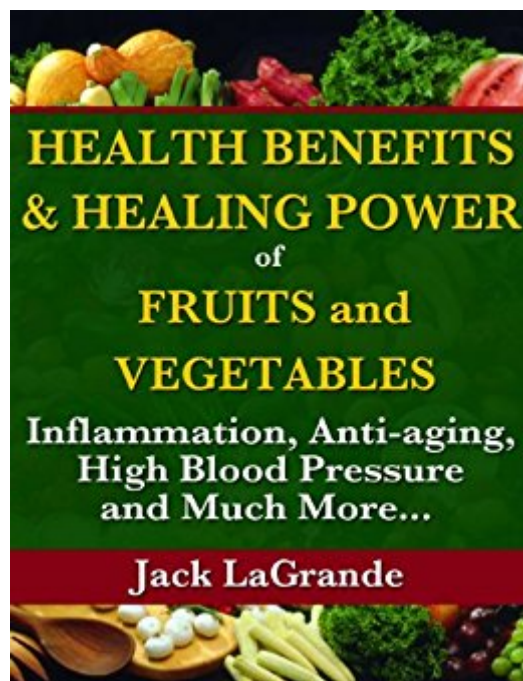




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# **Health Benefits And Healing Power Of Fruits And Vegetables: Inflammation, Anti-aging, High Blood Pressure And Much More...**



## Synopsis

Health Benefits and Healing Power of Fruits and Vegetables: Inflammation, Anti-aging, High Blood Pressure and Much More...Jack LaGrande, an author and expert on the health benefits and healing properties of fruits and vegetables, shares in each of his books over 20 years of personal research and juicing experience. In the book "Health Benefits and Healing Power of Fruits and Vegetables", Jack gives documented evidence of how 52 vegetables contain the 25 plus nutrients needed by the body to provide true health and healing. Written in a style that is easy to understand and follow. Consider That Your Body Was designed to filter out toxins, fight against disease and illnesses, regenerate cells and even self-heal, if provided with appropriate nutritions such as, minerals, vitamins, enzymes, fiber, fats, proteins, oils, carbohydrates, and phytochemicals. Health Benefits and Healing of Fifty Different Fruits and Vegetables Click on the What's Inside and It walks you through an example of Crimini Mushroom highlighting its health benefits and possible prevention/treatment of different health problems. It also shows you the different nutrients within each fruit or vegetable that provide a high or good amount of your daily needs. In addition there is a link to each nutrient. The book also highlights some of the research done on each of the fifty fruits and vegetables. Health Benefits and Healing of 25 Different Nutrients The What's Inside walks you through an example of the mineral Selenium found within Crimini Mushrooms highlighting its health benefits and possible prevention/treatment of different health problems. Each nutrient has a link to the best fruits and vegetable for the particular nutrient and also shows other foods that are best for the particular nutrient. For each nutrient like each fruit and vegetable the book highlights some of the research done on each of the 25 nutrients. The Powerful Synergism of Fruit and Vegetables Synergism means that the sum is greater than the parts; or two plus two equals something greater than four. This principle applies to the nutrients we ingest. The combining of different vitamins, minerals, proteins, carbohydrates, phytochemicals, etc. often leads to a more effective combination of nutrients. For example, vitamin E is more effective if it is combined with vitamin C and there are thousands of these relationships between nutrients that take place inside our bodies.

## Book Information

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Has some valuable information - Some is repeated in other books that I have but there is a lot more here that is wholly relevant - all in all, a good package. It's often good to have things confirmed by more than one source so in that respect, I am glad I bought it. This one will definitely be copied from many times and the copies kept close to hand in my kitchen.

Simple easy to follow recipes and an excellent eBook addition. I have several eBooks for my Kindle that really help me in my everyday nutritional lifestyle and this is one of them. I have written down several of the tips and tricks and added them to 5"x7" recipe cards and keep them right next to my juicer. Vitamins, and minerals easily explained and catalogued for easy cross referencing in applying to your specific needs. This one's a "keeper"! Recommend!

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I read *Smoothies: Fabulous Nutrition (Healthy Living)* and kept looking for new books that would help me to get healthy. That was when I found this book. This book is more about healthy eating and foods that can help you to get rid of or reduce your risk for a wide range of different things. It's great for anyone that's not just looking to lose weight (though it can help with that as well) but also for anyone that's just looking to get even more healthy. The vitamins and minerals that are in all the different vitamins and minerals that you can find in this book are amazing for your body. They have so many benefits that you've probably never even heard of them all. But these are the reasons that so many people and so many doctors say that you should eat a lot of these foods. Once you've read this book you will definitely agree and you will believe in the great power of these foods as well. When your doctor starts telling you that your health problems are getting better and your cholesterol and blood pressure are going down not to mention all the great benefits for your eyes, teeth, bones, blood cells, brain and every other aspect of your body, you'll be amazed. This book explains 52 different vegetables and explains how they can keep your body healthier and happier than ever. Because these vegetables will provide a wide range of different benefits for your body that will help it to feel and act even better than ever before. And isn't that what you want? If you're looking to lose weight then eating these healthy foods can help you immensely because they cut down on the amount of unhealthy food you eat. If you're not looking to lose weight then these foods can still help you immensely. That's because they contain all these great vitamins and minerals and they contain them naturally. Fruits and vegetables don't have harmful additives, just the great, healthy benefits. So it doesn't matter if you want to lose 10 pounds or if you want to get healthier, this is the book for you. I really liked learning about all the different things that vitamins and minerals can do for your body. I knew they were really good but I definitely never knew close to all of the things that they do for a person. Reading this book helped me to see all of those things. It also helped me to see which fruits and vegetables should be included the most in my diet because they have the most benefits and the most things that I need. You'll be able to target your medical conditions and problems with fruits and vegetables after reading this book too.

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