



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

Cherie Calbom

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Are you one of the fifty million Americans who suffer from allergies?

Fight back with these delicious living foods remedies!

You don't have to put up with the effects of allergies. By simply adding more living foods to your diet and eliminating the foods that can cause allergic reactions such as milk and wheat, you can bring your allergies under control naturally. Additionally, living foods have significant anti-inflammatory effects that help mitigate the damage even minor reactions can cause.

With recipes and recommendations for healing teas, juices, smoothies, and meals this quick guide helps you...

- Eat natural, healthy foods every day and watch your allergies and asthma symptoms subside
- Safely eliminate toxins from your body to help your organs function more efficiently
- Experience more energy and a higher level of wellness

Discover a way of eating that will help you feel and look alive and vibrant each and every day of your life. A healthier life truly does await you!

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