Miracle Juicing: Unleashing The Secret To Vibrant Health

Miracle Juicing is a secret juicing recipe of selected vegetables, herbs and fruits to rejuvenate your life naturally, and prevent diseases such as high blood pressure,cancer,diabetes, heartburn, constipation, high cholesterol and more.

Dec. 1, 2009 - *PRLog* -- Miracle Juicing Unleashing The Secret To Vibrant Health examines the Biblical Divine diet designed for mankind and the link between diet and diseases in ways that might surprise you. You will learn to avoid foods that could contribute to ill health, and eat more of the foods that will unleash the secret to vibrant health. A practical guide on the optimal nutrition is presented as the natural solution to healthy living. The book ends with an uplifting message that life's journey on this Earth can be joyful and fulfilling if one follows God's plan, live wisely, eat right, and prevent illness. As the saying goes "An ounce of prevention is worth a pound of cure"

Just imagine what it will be like to drop your high blood pressure, high cholesterol, risk of heart attack, cancer, diabetes, plus lose weight, sleep well, maintain high energy, look younger and feel better with juicing!

What if this is not an imagination, but a true testament to the power of mother nature? These miraculous healing is possible when the body is given the natural nutrients it needs to do its job. This healing regimen is available to anyone using the amazing secret juicing combinations and recipes that is transforming lives from just getting by to vibrant health naturally.

God purposely created the human race in His image and provided the fruits and vegetables needed to nourish the body for optimum health. In addition, His creations were made to have normal blood pressure, normal heart function, normal weight, normal everything, and live disease free. He methodically designed the self-healing bodies to be able to thrive in this earthly environment. He designed a built-in doctor or pharmacist called the immune system that is constantly defending, building, repairing and rejuvenating the body. When the body is stressed, when people abuse their bodies by addiction, expose themselves to environmental pollution and fail to nourish it with the right foods, the cells in the body start to deteriorate, malfunction and eventually dies. This is when the unpleasant degenerative diseases start to show up. To be healthy one has to maintain six pillars of healthy living, namely: nutrition, hydration, exercise, stress management, relaxation and positive motivation.

Good health begins with what goes into the mouth. The food consumed is just one part of a much bigger picture for maintaining optimum health, but it does play a critical role. The closer food is to its natural state, the higher its nutritional value and its benefit to the body. The life nutrients in foods are what give life to the body. The trillions of living cells in the body need life-giving foods to survive and maintain good health. Good health means everything in the body is functioning normally, such as weight, digestive health or hair growth. Without good health, life will be miserable and all the money and achievements one has accumulated will be meaningless.

When one follows a healthy eating regimen with a diet rich in nutritious vegetables and fruits, coupled with lifestyle changes that include good nutrition, hydration, regular exercise, stress management, relaxation and positive motivation, one can prevent many diseases, and even reverse a degenerative medical condition.

The best way to get the nutrients from fruits and vegetables is by juicing.

Why Juicing?
•Juices are loaded with vitamins, minerals, and phytonutrients that are easily assimilated within fifteen minutes of drinking. The juice is quickly distributed throughout the body to build, heal, repair and restore optimum health.
•Juices cleanse the blood, which is the body,s lifeline. Clean blood loaded with nutrients will ensure a healthy long life.
•Juicing helps to pre-digest food so that it can be easily absorbed by the body.
•Juicing removes indigestible fiber. If a carrot is eaten, one may only get 1% of the beta-carotene, but if it is juiced, a 100% of the important beta-carotene will be assimilated.
•Juicing allows anyone to get more of the nutrients the body needs, since it is unlikely one can eat several pounds of fruits and vegetables daily.
•Fresh juices are a tremendous source of enzymes. Enzymes are the body,s workforce that facilitates digestion, absorption, conversion of food into body tissue, and production of energy at the cellular level.
•Store-brand juice is pasteurized (heated to kill germs). Pasteurization also kills the beneficial natural enzymes found in fruits and vegetables. Additionally, water, corn syrup, sweetener and preservatives are added to these juices, thereby diminishing their nutritional value.
•Vegetable and fruit juices detoxify by acting like a decongestant that flushes dead cells out of the body and dissolves plaque buildup.
•Vegetable and fruit juicing helps to reduced cholesterol, dissolves clogged arteries, reduces the risk of heart attack, reduces high blood pressure, dissolves kidney stones, cleanses liver, prevents cancers, increases energy and other health benefits.

Eating natural foods by juicing is a nutritious way to get the whole food, pure and fresh, into the body. The miraculous powers of Miracle Juicing with its combination of selected fruits, vegetables and herbs, provides a "cure all" potent healer that will rid the body of toxins, normalize all bodily functions, prevent many diseases and provide more energy, better sleep, normal blood pressure, good digestion and a stonger immune system. This change coming from the cellular level is profound and will add many years to one's life.

http://www.miraclejuicing.org

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Miracle Juicing; Unleashing the secret to vibrant health is an amazing discovery of the health benefits of juicing fruits, herbs and vegetables to prevent diseases without the use of drugs.
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