



## Fruit & Vegetable Juice Therapy

By N. N. Saha

B Jain Publishers Pvt Ltd. Paperback. Book Condition: new. BRAND NEW, Fruit & Vegetable Juice Therapy, N. N. Saha, Drugs provide temporary relief from diseases but their regular intake would cause side-effects in the body. As per the concepts of naturopathy if you eat well, you would never need drugs. So adopt healthy eating habits and get a fit life ahead. This book will help you to follow the natural ways to health by guiding you to find the right fruit for a specific disease. The key word to good health is detoxification which is most effectively done by consuming raw fruits and vegetable juices. So eat in a healthy way with the help of this exemplary book.



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