

# **Juice-Diet For Perfect Health**

**By Dr. D.R. Gala**

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Disclosure: Information below is directly from the book Juice Diet for Perfect Health by Drs. R. Gala, Dhiren Gala, and Sanjay Gala. Cancer:

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About Andrew Rezk Andrew is a dr. Oz fan and full time blogger. He likes to write about the latest health tips and information provided by dr Oz.

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## **Drs. D. R. Gala and Dhiren Gala and Sanjay Gala -**

Drs. D. R. Gala and Dhiren Gala and Sanjay Gala is the author of Juice Diet For Perfect Health (5.00 avg rating, 1 rating, 1 review)

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Paperback: 176 pages Publisher: Navneet Publications (1 June 2011) Language: English ISBN-10: 812430128X ISBN-13: 978-8124301289

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Juice diet as a medical therapy is one of the best therapies to prevent and cure diseases. This book will serve as a useful guide to those who want to improve their health through juice-dieting. It gives valuable information about the food value of various juices and provides useful instructions. Many diseases of modern man are directly ascribable to his wrong and improper diet. Juice diet as a medical therapy is one of the best therapies to prevent and cure diseases. This book will serve as a useful guide to those who want to improve their health through juice-dieting. Translated into English from Hindi, Juice Diet for Perfect Health is informative, easy to read also includes remedies. Although the book makes references to Indians now and then, I would recommend to everyone. A healthy diet for weight loss is incomplete without natural fruit and vegetable juices. Know 10 juice recipes and ingredients that promote calorie burn. Inculcating certain healthy habits in your daily diet can bring about remarkable changes in your life and health. It is best to clarify a few confusions that are associated with juicing. Juicing on an occasional basis while gorging on unhealthy foods and living a sedentary lifestyle can't help in losing weight. It is a healthy habit that must be included in daily life to enjoy its health benefits. Consuming natural fruit and vegetable juices is extremely beneficial for detoxifying the body and is one of the best natural ways to lose weight and jump-start the process of fat burning. Why Should If you are looking for an easy way to detox and cleanse your liver and give it a healthy boost, then this is the perfect liver detox juice recipe to try! Dr. Josh Axe is on a mission to provide you and your family with the highest quality nutrition tips and healthy recipes in the world...Sign up to get VIP access to his eBooks and valuable weekly health tips for FREE! Free eBook to boost metabolism & healing. 30 Gluten-Free Recipes & detox juicing guide. Shopping Guide & premium newsletter. Your Best Email \*.

“The Perfect Health Diet is the missing link. It bridges the gap between the philosophical, broad-based, almost intuitive ancestral approach to health and the hard-core data hounds who need to see proof at every step. The authors are scientists through and through, an astrophysicist and a molecular biologist, who deftly wield the scepter of cold, hard science while paying homage to the inescapable wisdom of traditional, ancestral, evolutionary health.” Mark Sisson, author of *The Primal Blueprint* and founder of [marksdailyapple.com](http://marksdailyapple.com). “Whenever any of my clients ask me a health/performance diet question, I just tell them to go to Perfect Health Diet; I trust that anything that appears in the book has been thoroughly researched and examined. Juicing diets and fasts where only freshly made juices are consumed for several days have become a popular way to lose weight and detox the body. If you decide to embark on a program like this it’s recommended to follow a detailed plan like the *Ultimate Juicing Guide*, which teaches you the intricacies of doing a juice fast properly and helps to minimize potential side effects of detoxification. Be aware that detoxification reactions can happen when you start juicing, particularly if you’ve eaten a largely processed food diet up until this point. Your body, and your liver in particular, finally