

Fruit and Vegetable Juice Therapy: Curative & preventive properties of fruits & vegetables in ensuring a healthy body & glowing skin

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Abstrak

Fruits & vegetables act as scavengers to our body, and drive away toxic and harmful wastes. They nourish our body with pure water, sugar, vitamins, minerals, proteins, fibers, aromatic compounds and host of other micronutrients. This authentic, self-help, therapeutic guide makes you learn and apply the remarkable ways to combat naturally all kinds of ailments.