

WHAT MUST I DO?



MAKE YOUR JUICER YOUR DRUG STORE

**by
Dr. L. Newman**

Foreword by
JOHN LUST
Author of
"Drink Your
Troubles Away"

Make Your Juicer Your Drug Store

Esther Supernault



Make Your Juicer Your Drug Store:

Make Your Juicer Your Drug Store Laura Newman, 1998-08 Tells how you can make contact with Nature's Life Line thru plants Which juices are best for you and which to avoid How to discover your deficiencies A valuable book to anyone with a juicer **What Must I Do?** Laura Newman, 1992 **The Juicing Book** Stephen Blauer, 1989-05-01 Complete guide to using juices to maximize health and vitality Offers up to date information on the value of juices in relation to the body's needs Included are comprehensive charts delicious recipes and instructions on using various juicing equipment **Food for Thought** Ray Morgan, 2011-03-24 One of the greatest secrets you can ever learn is that you have the power to heal yourself Perhaps you have thought of this statement yourself If you have then you were right on target Maybe you have come to the conclusion that this special gift belongs only to certain persons the most spiritually advanced or the most brilliant in the practice of medicine or psychotherapy Perhaps you believe that there is something mysterious even mystical about healing Throughout the ages the word healing has been associated with superstition and even strange practices Today we hear a lot about spiritual healing as a result of prayer the laying on of hands and healing services at church or revival meetings With all of this awareness most people still think their health is dependent upon some source other than themselves We must come to the understanding that many illnesses come not only from a lack of life giving food but from our ill thoughts and feelings about ourself others our Creator and the world in which we live These ill thoughts constrict the life force within us causing dis ease or lack of ease It is very interesting to note that the word ill derives from the words evil wrong or incorrect It is literally our evil disagreeable out of balance incorrect thoughts and feelings These feelings are located in your body and plays havoc with your health *The A.D.D. & A.D.H.D. Diet!* Howard Peiper, Rachel Bell, 2012-04-17 Every day children are diagnosed with attention deficit disorder ADD or attention deficit hyperactivity disorder ADHD They are given powerful drugs like Ritalin in order to cope with their ADD but many parents don't realize the dangerous side effects associated with these drugs particularly the possibility of dependency Addressing the causes of ADD and ADHD should be the first step in any treatment but unfortunately conventional drug therapies treat only the symptoms not the causes In their new book *The A D D A D H D Diet* authors Rachel Bell and Dr Howard Peiper take a uniquely nutritional approach to treating ADD and ADHD The authors first address the root causes of the disorders from poor nutrition and food allergies to environmental contaminants They discuss which foods your child can eat and which foods he should avoid To make changing your child's diet easier the authors also offer you their very own healthy and delicious recipes Final chapters examine the importance of detoxifying the body supplementing diet with vitamins and nutrients and exercising regularly in order to achieve good health Managing your child's ADD doesn't have to be a chore With *The A D D A D H D Diet* you can learn how a simple change in diet may be the most effective treatment for your child *The Traditional Healer's Handbook* Ghulam Moinuddin Chishti, Hakim G. M. Chishti, 1991 This comprehensive guide to healing synthesizes the principles and practices of

Hippocratic Chinese Ayurvedic and Persian medicine and includes the first English translation of one of the handbooks of Avicenna whose writings have been classics in herbal and dietetic medicine for more than 1 000 years Based on the philosophy that food is the best medicine Avicenna's canon provides simple and effective diagnostic techniques and therapies for maintaining health and strengthening the immune system Includes a botanical guide for the 100 most used healing herbs and recommended treatments for 400 conditions including diet and nutrition herbology and aromatherapy

Low Carb and Beyond Nina Anderson, Howard Peiper, 2004 Low carb is still a popular trend among people who are trying to lose weight Most of the low carb diet books you read focus on eliminating foods Low Carb and Beyond talks about keeping the body in balance while you restrict your high glycemic carbohydrates This approach gives you a better all around method to health and weight loss and should be part of every low carb lifestyle Just reducing your intake of carbohydrates and bulking up on protein will not assure permanent weight loss or good health Carbohydrates are a necessary part of any healthy diet and this book will help you choose which ones can support a healthy body

Blue Diamond Journey Esther Supernault, 2010-11-18 Esther Supernault put her life on the line for her beliefs In Blue Diamond Journey she shares her secret gift of insight and guidance from the world of spirit Born of a Celtic and Native American heritage of seers she narrates how she received incredibly detailed sometimes humorous messages from her dreams visions and meditations messages that she then validated with solid medical research Day by day she was guided to specific foods helpers therapists doctors and books to heal her breast cancer without chemo or radiation Every person is part of an interconnected web as vast as this universe rather than a collection of parts Our innate inner soul contains incredible healing wisdoms Real healing honours this web of interaction far beyond scientific logic or fact What causes an illness will also help heal it All the answers we need to heal are within us and Esther demonstrates how to listen to those answers Her journey slowly uncovers a rare diamond in the rough the dawning evolution of a seer visionary and wisdom keeper With her gifted gentle healing messages Esther weaves a marvelous magical true tale in Blue Diamond Journey

The All-Natural High-Performance Diet Nina Anderson, Howard Peiper, 1999 Learn easy steps to improve your physical mental and sexual performance Would you like to lose weight Do you want a sharper mind Do you want to maintain your sexual prowess for the rest of your life The High Performance Diet can help We give you hope towards a longer life that's free of decrepitude senility and fat You are never too young or too old to start enjoying a healthier life

Education of Cancer Healing Vol. IV - Crusaders Peter Havasi, *The Bible's Seven Secrets to Healthy Eating* Joyce Rogers, 2001 The Apostle Paul taught us that our bodies are the temples of the Holy Spirit As such we should seek to glorify God with our body and spirit both of which belong to Him Joyce Rogers introduces a healthy way to eat by discussing the nutritional and spiritual value of the seven foods that abounded in the land of Canaan in Bible times Filled with recipes and tips this book will encourage readers to evaluate their own eating habits and form new ones so that whatever they eat and drink honors the Lord

Wheatgrass Steve Meyerowitz, 2006 New

expanded and improved this worldwide best seller has everything you need to know about this wonder plant and its miracle cures This is possibly the most up to date nutrition filled research packed book on wheatgrass in print Read the real stories by real people who in their own words have used wheatgrass to heal themselves after the medical establishment had given up on them Discover the fascinating history of wheatgrass going back to biblical times Get step by step detailed information on how to grow gorgeous grass with zero mold how to select from the best juicers on the market how to save time juicing and how to use it for maximum therapeutic benefit in a total health restoration program Books for Inner Development Cris Popenoe,1976 *The Grosset Encyclopedia of Natural Medicine* Ghulam Moinuddin Chishti,1980 **Wheatgrass, Natures Finest Medicine** Steve Meyerowitz,2006-09-29 *Books in Print* ,1991 *Treat Your Face Like a Salad!* Julia M. Busch,1993 Skin care naturally blemish and wrinkle free recipes and gourmet hints for a fabulous face *God's Way to Ultimate Health* George H. Malkmus,Michael Dye,1995 Malkmus and Dye base natural healing on the premise that a diet rich in raw fruits and vegetables and the elimination of processed dead foods will result in the ultimate health **Juice Fasting and Detoxification** Steve Meyerowitz,1999-01-01 This book explains how to fast using raw fruit about the organs of elimination how to handle a healing event and how to exit a fast safely Recording for the Blind & Dyslexic, ... Catalog of Books ,1996

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