



Fresh Vegetable and Fruit Juices

Dr. N.W. Walker D.Sc.

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Dr. Walker explains how the lack or deficiency of certain elements, such as vital organic minerals and salts, and consequently of vitamins, from our customary diet is the primary cause of nearly every sickness and disease. Following his recommendations to consume fresh vegetable and fruit juices, we can furnish our bodies with the enzymes needed for optimal health.

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Spent a free time to be fun activity to perform! A lot of people spent their down time with their family, or all their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the publication untitled Fresh Vegetable and Fruit Juices can be great book to read. May be it is usually best activity to you.

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