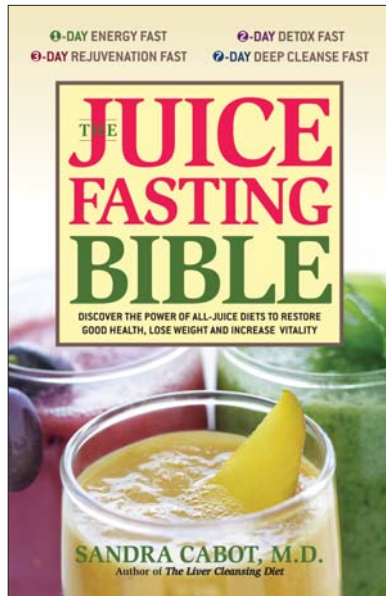


**A quick and easy way to cleanse the body of toxins**

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#### **About the Author**

**Dr. Sandra Cabot's** first book, *The Liver Cleansing Diet*, sold more than 400,000 copies and was awarded The Australian People's Choice Award in 1997. She is a popular guest on radio and television programs and writes for many women's and health magazines. Dr. Cabot tours the world giving lectures for hospitals and organizations such as the American Liver Foundation and the Primary Biliary Cirrhosis Society.

## **Juice Fasts the Answer to Toxic Diet**

**T**he third National Report on Human Exposure to Environmental Chemicals found no fewer than 186 harmful chemicals lurking within the bodies of average Americans. To remedy this, many people are turning to detox diets — temporarily cutting out solid foods so that the body will burn all the diseased and inferior protein and fat tissues.

According to the author of *The Juice Fasting Bible*, Dr. Sandra Cabot, the safest and easiest way to do that is juice fasting. “The benefits of juice fasting are a veritable ‘what’s what’ of good health,” Cabot says. “Juices give new life to cells and organs, strengthen the immune system, provide additional energy, help lose weight, prevent or reverse disease, and even help one look younger and more radiant.”

Juice fasting initiates *autolysis*, the breaking down and disposal of old and dying cells. There are many benefits to consuming raw juices:

- o Living enzymes improve digestion and break down mucus
- o Powerful antibiotic substances fight infections
- o Anti-inflammatory substances reduce pain and swelling
- o Antioxidants such as vitamin C, vitamin E, flavonoids, beta carotene, and other carotenoids, which help fight cancer
- o Polyphenols, which are even more powerful in their protective and healing effects than vitamins, and are made much more concentrated by juicing
- o Organic sulfur compounds, which can detoxify poisonous chemicals and cleanse the liver and bloodstream
- o Minerals such as magnesium, potassium, calcium, phosphorus, iron, copper; zinc, boron, and selenium

**If you would like to interview Dr. Cabot or obtain an excerpt from *The Juice Fasting Bible*, please contact Karma Bennett at 510-601-8301 x 108.**

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