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Juice Off the Pounds f - Self-Care Revolution

Longo, is a professor of bio-gerontology at the USC Davis School of Gerontology and director of the USC Longevity Institute. The diet reduced the individualâ€™s caloric intake down to 34 to 54 percent of normal, with a specific combination of proteins, carbohydrates, fats and micronutrients.

Anti-Aging Secret = Juice Fast? | Juice Lady Cherie

The Juice Lady's Guide to Juicing for Health Cherie Calbom Avery Publishing Group (January 2000) Unknown \$13.95 (400pp) 978-0-89529-999-4 With a Masterâ€™s degree in nutrition, six books and many magazine and newspaper articles to her credit, Calbomâ€™s is a competent voice for juicing for health.

Review of The Juice Lady's Guide to Juicing for Health

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