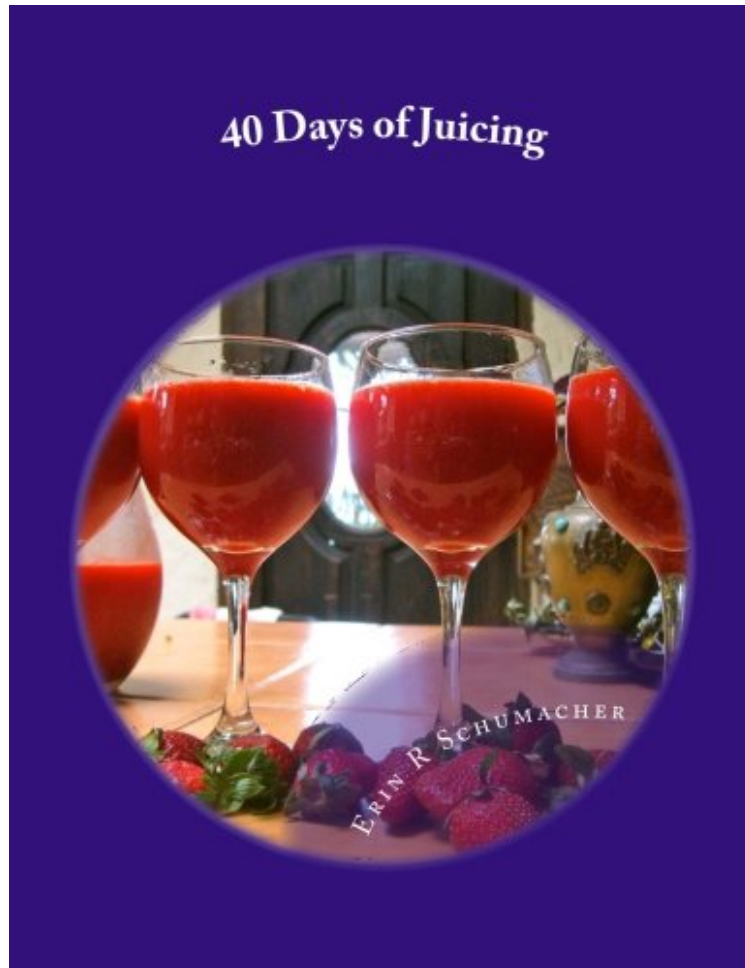


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What if you could help your body heal and remove any aches and pains by taking a magic pill? Now what if I told you this magic pill was in liquid form!?! Join Erin Schumacher, Certified Natural Health and Holistic Nutrition Practitioner, as she embarks on a 40 day journey of only fruit and vegetable juices. Raw fruits and vegetables contain all the enzymes, vitamins, and minerals that your body needs in order to heal itself, have more energy, and feel great! Whether you are new to juicing or simply looking for new recipes, you'll learn a lot in this book, including tips and secrets that they don't usually tell you about juicing! Are you ready to heal? Are you ready to feel great!?

About the Author Erin Schumacher is a Certified Natural Health and Holistic Nutrition Practitioner (CNHP; CHNP) She specializes in detoxification programs, internal cleanses, and helping clients build strong immune systems. She also travels internationally to do raw food workshops, yoga retreats, and personal coaching. In addition, Erin is a Certified Power Yoga Instructor and a Certified Raw Food Chef from the SunKitchen. For more information, visit www.ErinSchumacher.net.