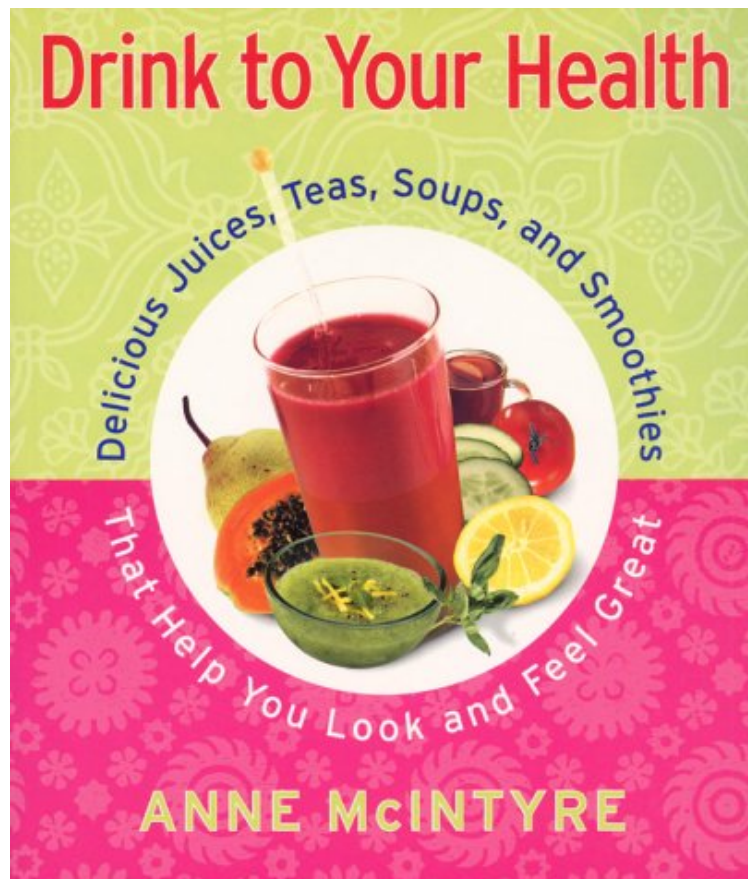


[Free] Drink to Your Health: Delicious Juices, Teas, Soups, and Smoothies That Help You Look and Feel Great

## Drink to Your Health: Delicious Juices, Teas, Soups, and Smoothies That Help You Look and Feel Great

Anne McIntyre

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**Anne McIntyre : Drink to Your Health: Delicious Juices, Teas, Soups, and Smoothies That Help You Look and Feel Great** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Drink to Your Health: Delicious Juices, Teas, Soups, and Smoothies That Help You Look and Feel Great:

1 of 1 people found the following review helpful. Only 3 smoothies By A. What's the difference between conventional medicine and alternative medicine? Conventional medicine works. This book is packed full of teas, juices, and soups that will "heal" your disease and put a bounce in your step (presumably by lightening your wallet when you spend all your cash on exotic ingredients). If you trust the sort of unqualified, unsubstantiated "alternative" advice, then this book is for you. However, know that this book contains only three smoothie recipes (and one of them is a high-calorie milk shake). The book is mostly teas, juices, and soups. The soup recipes look tasty, but I was really hoping for a smoothie book. If you want to make healthy smoothies from whole-foods, may I recommend the smoothie section in The DASH Diet Cookbook. I'm not on the DASH diet, but the smoothies in the DASH book are between 80-200

calories, use whole fruits and vegetables, and are low in sugar salt. The DASH book also contains a detailed breakdown of each smoothie's nutritional information. 1 of 1 people found the following review helpful. Recipes really Work! By B. Zantello I have used this book only a couple of times but my mom has used it over and over. The recipes really work to help relieve whatever issue you are trying to help. Sometimes the ingredients are hard to find but we live in a rural area...it might not be so hard in a city. My mom just made a cough syrup the other day and when no other med would work this stopped her from coughing all night. There are recipes for headaches, clearing coughs, stimulating the immune system, great skin, healthy hair, blood pressure, colic, constipation, nausea, depression, relieving stress, and so much more! It also has a section on different items (food products, herbs, etc.) and what their healing properties are. It has been a great book and it is definitely worth having around especially if you like to treat things more naturally. 0 of 0 people found the following review helpful. This item was delivered on time. By Lisa I highly recommend this book for anyone who needs natural remedies using everyday fruits, vegetables and herbs.

To Life! From juices and teas to soups and smoothies, this imaginative collection of delicious drinks from around the world has been compiled to help you look and feel great. These luscious and easy-to-prepare recipes will help lift your spirits and soothe your soul, and warm you up and cool you down, as well as recover from a wide range of illnesses and ailments. Features include: \* In-depth profiles of the healing qualities and benefits of twenty-five key ingredients -- from almonds and apples to barley and beetroot, and from garlic and ginger to oats and onions \* More than 120 recipes from sources around the world -- from China and Russia to North and South America, the Caribbean, and Europe \* Specifics for vegetarians, vegans, and people suffering from certain food intolerances \* Traditional wisdom married with discoveries from modern medical science \* Gorgeous full-color illustrations and detailed step-by-step instructions Beautiful, informative, and comforting, Drink to Your Health will show you simple ways to make yourself feel a lot better.

About the Author Anne McIntyre, Fellow of the National Institute of Medical Herbalists, is a practicing medical herbalist and the author of many books, including Herbs for Common Ailments, Simple Home Remedies for Common Ailments, The Complete Women's Herbal, and The Complete Floral Healer. She has lectured widely in herbal medicine and has been interviewed frequently for magazines, newspapers, radio, and television.