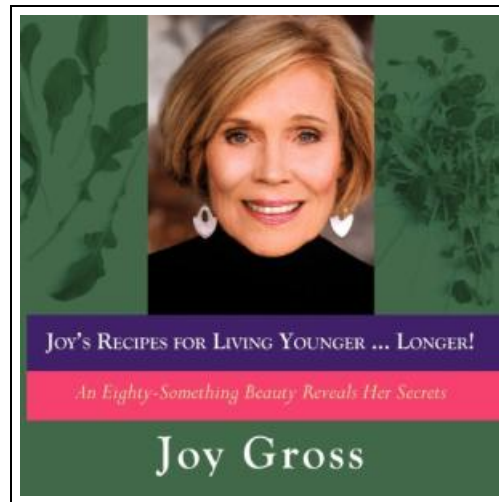


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Reviews

Extremely helpful to all category of individuals. I have got go through and that i am confident that i will likely to read through once again again later on. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Nikita Herzog)

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Epigraph Publishing, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. JOY IS A FORCE OF NATURE. - David A. Foster, Ph.D., Professor of Biology, Hunter College Have you arrived at that day of reckoning when you look in the mirror and find yourself admitting, I don't like the way I look. I don't like the way I feel. I wish I could start over again! Well, you can. Joy Gross is living proof that when you change your diet and incorporate healthful practices into your life, you will end up looking and feeling brand new. You can revolutionize your entire approach to living. Maybe you'll even take up skydiving at the age of 81, as Joy did! Joy s Recipes for Living Younger . Longer is not just another book about the virtues of eating better for health. Joy Gross and her husband, Dr. Robert Gross, co-founded the legendary Pawling Health Manor in upstate New York. Over the course of three decades she demonstrated the effectiveness of the principles she believed in by applying them to more than 60,000 clients. Celebrities from Hollywood to Broadway paid tens of thousands of dollars for the health secrets provided at the Manor. But all of these secrets-and more-are revealed completely in this succinct and powerful book. Delicious recipes show you practical ways to nourish your body and maintain an alkaline inner environment. Joy shows you how to make beautiful nutritious salads, innovative raw and steamed vegetables, and magic green chlorophyll-rich juice and smoothies. You'll put together luscious fruit plates and even yummy desserts. Plant-based meals have never tasted so good! Joy s book truly delivers on the promise of its title. If you make the changes she advocates, you will become younger and live younger...



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