



## The Blending Book: Maximizing Nature's Nutrients: How to Blend Fruits and Vegetables for Better Health

By Ann Wigmore

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### **The Blending Book: Maximizing Nature's Nutrients: How to Blend Fruits and Vegetables for Better Health** By Ann Wigmore

Pioneering nutritionist Ann Wigmore has developed a simple and effective program to extract the maximum nutrients from foods without creating stress on the digestive system. By properly blending unprocessed foods—that is, liquefying them—we can release much more of the vital enzymes, vitamins, and minerals contained in them. Ann Wigmore observed that our modern diet puts a tremendous burden on the digestive system. This burden, over the years, is responsible for creating numerous health disorders, from gastric-related problems to degenerative diseases. In addition—and just as important—the body’s ability to assimilate the very nutrients we rely on to carry out daily-life sustaining functions is diminished. In *The Blending Book*, Ann Wigmore offers us her proven system to improve our health easily and simply.

*The Blending Book* begins by examining the problems inherent in our way of eating. It looks at our diet, our eating habits, our internal structure, and our health problems. It then explains how blending can work to correct numerous types of ailments. By breaking down food outside the body, blending offers maximum nutrients with less internal effort. With digestive stress lessened, the body is then able to heal itself. This book offers dietary guidelines and detailed instructions on choosing blending equipment and using blending techniques. It also includes a wonderful collection of delicious kitchen-tested recipes.

Through the simple act of blending, you can take back control of your health. In *The Blending Book*, you will find all you need to know to get started right.

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- Sales Rank: #526467 in Books
- Published on: 1997-04-01
- Released on: 1997-04-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .50" w x 6.00" l, .41 pounds
- Binding: Paperback
- 160 pages

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People live in this new morning of lifestyle always try and and must have the free time or they will get lots of stress from both lifestyle and work. So , when we ask do people have time, we will say absolutely without a doubt. People is human not only a robot. Then we ask again, what kind of activity do you possess when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative within spending your spare time, the book you have read is actually The Blending Book: Maximizing Nature's Nutrients: How to Blend Fruits and Vegetables for Better Health.

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