



Rebuild Your Health: with Dr. Ann Wigmore's Living Foods Lifestyle

Ann Wigmore

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Ann Wigmore is known as the mother of living foods for her pioneering work using wheatgrass, sprouts, and a living-foods diet for detoxification and healing. She led countless individuals to wellness with the Living Foods Lifestyle that she developed and recommends for total health.

Rebuild Your Health presents Ann's beliefs about disease and healing and explains all the components of the Living Foods Lifestyle in detail.

You'll find primers on indoor gardening and composting, a discussion of colon health, instructions for making your own Rejuvelac, Energy Soup, and wheatgrass juice, and an emphasis on relaxation and positivity. A section of simple recipes for raw food dishes is also included.

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From reader reviews:

Jennifer Stewart:

Playing with family inside a park, coming to see the ocean world or hanging out with friends is thing that usually you have done when you have spare time, in that case why you don't try thing that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Rebuild Your Health: with Dr. Ann Wigmore's Living Foods Lifestyle, it is possible to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't get it, oh come on its called reading friends.

William Grant:

Rebuild Your Health: with Dr. Ann Wigmore's Living Foods Lifestyle can be one of your nice books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to get every word into satisfaction arrangement in writing Rebuild Your Health: with Dr. Ann Wigmore's Living Foods Lifestyle but doesn't forget the main position, giving the reader the hottest and based confirm resource facts that maybe you can be certainly one of it. This great information can easily drawn you into new stage of crucial contemplating.

Sallie Farris:

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Jeffrey Chambers:

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