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Souping Is The New Juicing: The Juice Lady's Healthy Alternative



Synopsis

Discover the Ultimate Comfort Food Featured in national publications such as *Woman's World* magazine and the *Los Angeles Times*, Cherie Calbom is a leading authority on health and detoxification. Her latest book, *Souping Is the New Juicing*, offers an introduction into the quickly growing popularity of souping and its many benefits. This book reveals the advantages of eating soup for internal cleansing, weight loss, healing, and renewed energy. You will learn to make various types of soups, from warm, hearty soups to chilled, pureed soups, to simple broths. Health-conscious people who have tried juicing but found it to be too inconvenient, too time-consuming, or too unsatisfying will benefit from this well-crafted, motivational health guide to all things soup.

Book Information

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Customer Reviews

Cherie Calbom, CN, is a leading authority on juicing for health and detoxification. Known as "The Juice Lady," she is a TV chef and celebrity nutritionist who has helped in pioneering the fresh-juice movement around the world. A graduate of Bastyr University with a master of science degree in whole-foods nutrition, Calbom is the author of more than thirty books. She has helped thousands of people restore their health through her juicing and cleansing programs. She has also worked as a nutritionist with George Foreman and Richard Simmons, appeared on numerous radio and TV shows, and been featured in scores of magazine articles. She and her husband offer health-and-wellness juice and raw-foods retreats throughout the year.

Success stories of people who have healed their bodies through juicing are available on her website, www.juiceladycherie.com.

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