



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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Scott Manuel:

Precisely why? Because this *The Blending Book: Maximizing Nature's Nutrients: How to Blend Fruits and Vegetables for Better Health* is an extraordinary book that the inside of the guide is waiting for you to snap the item but later it will distress you with the secret it holds inside. Reading this book close to it was fantastic. The author who wrote the book in such an amazing way makes the content interior easier to understand, an entertaining approach but still conveys the meaning entirely. So, it is good for you because of not hesitating to have this nowadays or you going to regret it. This excellent book will give you a lot of advantages that other books include such as help improving your talent and your critical thinking technique. So, still want to hold up having that book? If I were being you I will go to the publication store hurriedly.

Henry Slaughter:

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