



The Juice Lady's Remedies for Stress and Adrenal Fatigue: Juices, Smoothies, and Living Foods Recipes for Your Ultimate Health

Cherie Calbom

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Don't let stress ruin your health.

Fight back with these all-natural juice remedies.

You don't have to suffer with the effects of stress and exhaustion. By simply adding more raw food to your diet, you increase your intake of essential nutrients and decrease the harmful effects of stress and adrenal fatigue on your body.

With recipes and recommendations for healing teas, juices, and smoothies, this quick-reference guide helps you naturally repair, rejuvenate, and reclaim your health. You also get valuable tips on stopping stress and adrenal fatigue at the source, including:

- The connection between chronic stress and adrenal fatigue
- Practical ways to lower your stress levels
- Nine common symptoms of adrenal fatigue
- Seven steps you can take to combat stress eating, and more!



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Roberta Granger:

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