



# The Fruit & Vegetable Bible: For Juices, Smoothies and Natural Goodness

*Andrew J. Williams Ph.D.*

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Did you know that the citric acid in lemons kill odour-producing bacteria, making them a good alternative to underarm deodorants? Or that lots of bugs are sensitive to the smell of lemons so can be used as insect repellent? It's also a good stain remover and can whiten your finger nails. Nutritionally, lemons are packed with antioxidants and have anti-inflammatory properties. Studies have even shown lemons to have antiviral and anti-cancer properties. This book is packed with nuggets of information on 46 different fruit and vegetables that you can find in your local shops. **The book includes details on:** Alfalfa Sprouts, Apples, Asparagus, Basil Leaves, Beets With Leaves & Stem, Blackberries, Blueberries, Broccoli, Brussels Sprouts, Cabbage, Cantaloupes, Carrots, Cauliflower, Celery, Cilantro & Coriander Seeds, Cranberry, Cucumber, Dandelion Greens, Fennel, Figs, Garlic, Ginger, Grapefruit, Grapes, Green Beans, Jicama, Jerusalem Artichoke, Kale, Kiwifruit, Lemon, Lettuce, Mint, Onion, Oranges, Parsley, Pears, Pineapple, Radishes, Raspberries, Spinach, Strawberry, Tomatoes, Turmeric, Turnips, Watermelon, Wheatgrass

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Why? Because this The Fruit & Vegetable Bible: For Juices, Smoothies and Natural Goodness is an unordinary book that the inside of the publication waiting for you to snap this but latter it will zap you with the secret the idea inside. Reading this book alongside it was fantastic author who else write the book in such amazing way makes the content inside of easier to understand, entertaining means but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have such as help improving your expertise and your critical thinking way. So , still want to postpone having that book? If I have been you I will go to the book store hurriedly.

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