



The Juice Lady's Remedies for Thyroid Disorders: Juices, Smoothies, and Living Foods Recipes for Your Ultimate Health

Cherie Calbom MS CN

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The third book in The Juice Lady's Remedies series, *The Juice Lady's Remedies for Thyroid Disorders* will focus on the thyroid gland, which is tied to metabolism and appetite; mood swings; the appearance of hair, skin, and nails; muscles, joint issues, and more. This book will include:

- Healing teas, juices, and smoothies
- Green smoothies that pack a powerful punch of phytonutrients and antioxidants
- Raw food recommendations
- A section that gives you tips on choosing the best juicer and the best produce, as well as tips for prepping, cleaning, and storing your juices and smoothies, and more!

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