

## The Great Benefits of Fresh Squeezed Juices

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When fresh juices are unlocked from the cells of plants, pure and vital liquids of great healing power are released, and their infinitely gentle action can coax our body back to normality. Fresh juices have none of the potential dangerous side effects of many potent drugs, yet they can eliminate health problems arising from many of those deficiencies created by the bustle and pace of modern life.

The regular addition of fresh juices to a wise diet is also a great strengthener of bodily function, assisting in the prevention of the premature degeneration of skin, flesh, glands and organs that causes so many who should be enjoying a long and active prime of life to lapse into early senility.