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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 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 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 liquifying them we can release much more of the vital enzymes vitamins and minerals contained in them 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 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

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