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Dr. Juice

And The
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Yes, fruits, vegetables and all our food are more in the focus than ever. But not under the sign of changing the eating habits of the people, that would be a revolution. No, always with the wrong attitude and ignoring the results of scientists made nearly 100 years ago. What I put together is known now minimum since three, four generations of so called educated people in the Western society. And we all, more or less, refuse to accept the fact that eating the right things will help to bring all our daily circumstances we do with fitness, health programs, good looking efforts, whatever, to an easy formula: You are what you eat!

