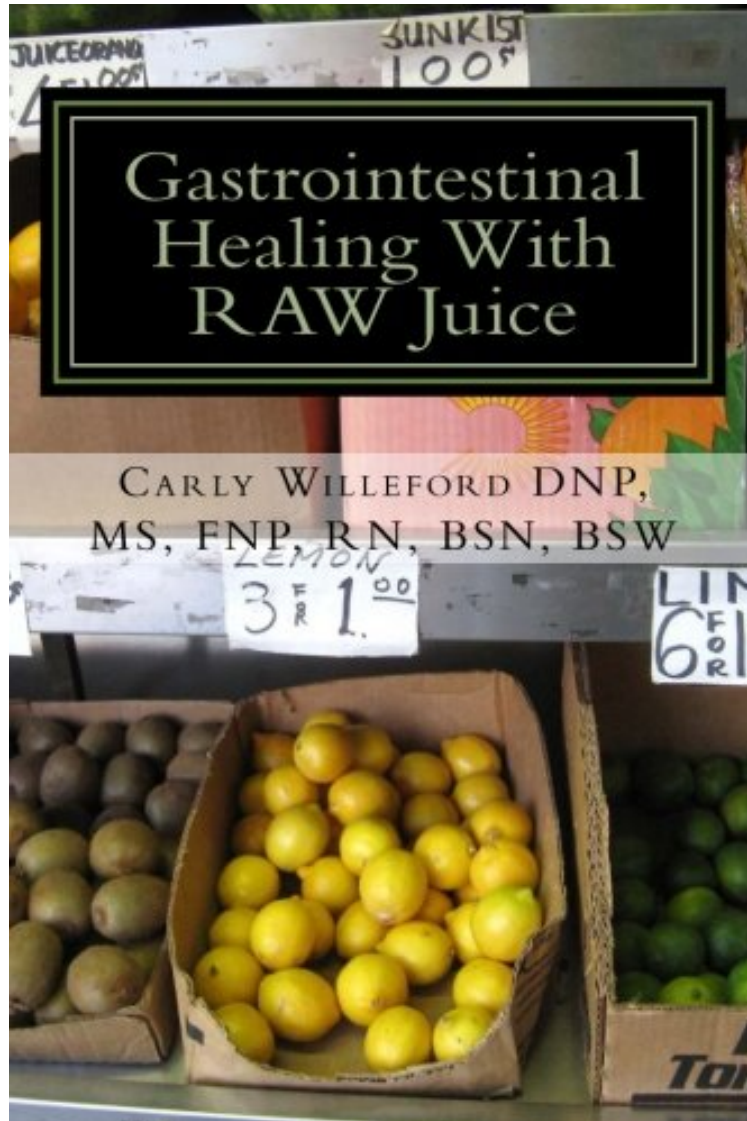


## Gastrointestinal Healing With RAW Juice

*Dr. Carly Willeford DNP*

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**Dr. Carly Willeford DNP : Gastrointestinal Healing With RAW Juice** before purchasing it in order to gage whether or not it would be worth my time, and all praised Gastrointestinal Healing With RAW Juice:

Functional gastrointestinal disorders can be prevented or minimized by maintaining a healthy lifestyle and practicing good bowel habits. The digestive tract is a long tube which connects the mouth to the anus. There are many problems that can affect the small and large intestines, and most are associated with incorrect dietary habits. Drinking water and

RAW veggie and fruit juice can rehydrate your body. Increasing your vegetable juice will help you avoid constipation and give you the minerals you need to build healthy specialized cells that do critical jobs inside your body. The juice from the plants is full of chlorophyll and a full spectrum of nutrients. If you are overweight for example, you can use juicing to help reduce your weight especially if you have gastric reflux disease or a hernia. Juicing is like a small frequent meal that will not increase the pressure in the stomach. Drinking a celery juice for dinner, three hours before bed is better than eating a large meal before bed and it is very alkaline which also helps for a great night sleep.

About the Author Carly Willeford DNP, MS, FNP, RN, BSN, BSW is co-owner of Coastal Carolina Integrated Medicine and Ministry located in the beautiful Carolinas. Dr. Carly is currently completing post doctoral work at Asbury Theological Seminary specializing in Healing Ministry connecting Science and Spirituality. She is a proven innovative leader in the Health Care System focused on conducting research and promoting scholarly activities related to religion, spirituality, and health. Dr. Carly is a strong proponent of a Preventative Health Care Plan that promotes the health of people and the environment. Dr. Carly seeks to engage dialogue between Farmers, Elected Officials, Healthcare Providers and Patients. Health Care without Harm should be the vision and goal of every health care system. Dr. Carly is a gifted educator that teaches people with diagnosed disease how to get well and more importantly how to prevent further complications, especially disease caused from environmental factors. Through advocacy and community leadership Dr. Carly is a motivated professional implementing health care preventative programs that connect all aspects of the food system with health.