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The Blending Book begins by examining the problems inherent in our way of eating. 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.

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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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