

# Download Food Matters Green Juice Challenge

Food Matters uncovers the secrets of natural health to help you achieve optimum wellness! Discover inspiring documentaries, wellness guides, nutrition tips, healthy recipes, and more. Did you know that pure celery juice has unique regenerating and healing properties? Here are 5 healing benefits of pure celery juice. Hello Friends, I am sorry I have been out of touch the past (gasp) five months. The sale of our house was a speed of light event this spring that left us in an odd spot. Let thy Food be thy Medicine and thy Medicine be thy Food - Hippocrates. That is the message from the founding father of modern medicine echoed in the controversial new documentary film Food Matters from Producer-Directors James Colquhoun and Laurentine ten Bosch.