



Resource Guide

NYC Hydraulic Press Juice Bars

Blue Dog Cafe: 212.459.2520, 155 West 56th Street between 6th and 7th Avenue

The Juice Press: 212.777.0034, 70 East 1st Street

Liquiteria: 212.358.0300, 170 2nd Avenue at 11 Street

Organic Avenue: 212.358.0500, 116 Suffolk Street, 43 8th Avenue, 156 Sullivan Street and other locations

Juice Generation: 212.579.0400, 117 W72nd Street and other locations

Places to Eat Nutritious & Delicious Food

Angelica Kitchen: 212.228.2909, 300 E 12th Street

Apple: 212.473.8888, 17 Waverly Place

Baby Cakes NYC: 212.677.5047, 248 Broome Street

Bonobos: 212.505.1200, 8 East 23rd Street

Café Viva: 212.420.8801, 179 2nd Avenue

Candle Cafe: 212.472.0970, 1307 3rd Avenue

Caravan of Dreams East : 405 E 6th Street

Gobo: 212.288.3799, 1426 3rd Avenue

Gobo: 212.255.3242, 401 Avenue of the Americas

Gobo: 212.255.3242, 402 Sixth Avenue

John's Of 12th Street: 212.475.9531, 302 E 12th Street

Lil' Frankie's: 212.420.4900, 21 1st Avenue

Mana: 212.787.1110, 646 Amsterdam Avenue

Ozu: 212.787.8316, 566 Amsterdam Avenue

Peace Food Café: 212.362.2266, 460 Amsterdam Avenue

Pure Food and Wine: 212.477.1010, 54 Irving Place

One Lucky Duck: 212.477.7151, 125 E 17 Street, 75 9th Avenue

Supper Restaurant: 212.477.7600, 156 E 2nd Street

Tsampa East: 212.614.3226, 212 E 9th Street

Whole Earth Bakery & Kitchen: 212.677.7597, 130 St. Marks Place

Suggested Books

Nutrition **Dr. Norman Walker:** Become Younger | Colon Health | Fresh Vegetable and Fruit Juices

Professor Arnold Ehret: The Mucusless Diet Healing System | Rational Fasting

Dr. M. Ted Morter, Jr.: Dynamic Health | Your Health Your Choice

Caroline Myss: Anatomy of the Spirit

Viktor Kulvinskis: Survival in the 21st Century

Steve Meyerowitz: Food Combining and Digestion

Natalia Rose: The Raw Food Detox Diet | Detox for Women

Matthew Kennney & Sarma Melngailis: Raw Food Real World

Self-Help **Louise L. Hay:** You Can Heal Your Life

Fertility **Dr. Toni Weschler:** Taking Charge of Your Fertility

Juia Indichova: Inconceivable