



# Resource Guide

## NYC Hydraulic Press Juice Bars

**Blue Dog Cafe:** 212.459.2520, 155 West 56<sup>th</sup> Street between 6<sup>th</sup> and 7<sup>th</sup> Avenue

**The Juice Press:** 212.777.0034, 70 East 1<sup>st</sup> Street

**Liquiteria:** 212.358.0300, 170 2<sup>nd</sup> Avenue at 11 Street

**Organic Avenue:** 212.358.0500, 116 Suffolk Street, 43 8<sup>th</sup> Avenue, 156 Sullivan Street and other locations

**Juice Generation:** 212.579.0400, 117 W72<sup>nd</sup> Street and other locations

## Places to Eat Nutritious & Delicious Food

**Angelica Kitchen:** 212.228.2909, 300 E 12<sup>th</sup> Street

**Apple:** 212.473.8888, 17 Waverly Place

**Baby Cakes NYC:** 212.677.5047, 248 Broome Street

**Bonobos:** 212.505.1200, 8 East 23<sup>rd</sup> Street

**Café Viva:** 212.420.8801, 179 2<sup>nd</sup> Avenue

**Candle Cafe:** 212.472.0970, 1307 3<sup>rd</sup> Avenue

**Caravan of Dreams East :** 405 E 6<sup>th</sup> Street

**Gobo:** 212.288.3799, 1426 3<sup>rd</sup> 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 12<sup>th</sup> Street

**Lil' Frankie's:** 212.420.4900, 21 1<sup>st</sup> 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 9<sup>th</sup> Avenue

**Supper Restaurant:** 212.477.7600, 156 E 2<sup>nd</sup> Street

**Tsampa East:** 212.614.3226, 212 E 9<sup>th</sup> 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 21<sup>st</sup> 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