



5LBs in 5 Days: The Juice Detox Diet

By Jason Vale

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5LBs in 5 Days: The Juice Detox Diet By Jason Vale

Lose at least 5lbs in 5 days with Jason Vale's newest, easiest and most effective juicing programme ever.

Jason Vale aka The Juice Master – and the man responsible for turning around the lives (and diets) of celebrities and top athletes from around the world – has designed a brand new programme to reshape and reinvigorate your body in just 5 days. Lose the weight you've always dreamed of without restricting what you can eat or drink at the weekend.

The culmination of over a decade's worth of research, 5lbs in 5 Days is a new and fresh approach to juicing and the ultimate guide to kickstarting rapid and healthy weight loss, boosting your energy levels and motivation, and maintaining optimum health.

Follow Jason's plan and you'll lose at least 5lbs in 5 days (the average is actually 7lbs) and be recharged on both a physical and a mental level.

Packed full of juicy recipes and tips for getting started, it's simple to start and straightforward to follow. Start juicing today!

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Editorial Review

About the Author

Jason Vale aka The Juice Master has been described as one of the UK's leading authorities on health, addiction, and juicing.

After turning his own life around with the help of a freshly extracted juice programme, he set out on a mission to 'Juice the World'; a mission he still firmly holds today. His books have sold over 2 million copies and have been translated into many languages. He has spent the last fifteen years working spreading his message to people from every corner of the globe.

Users Review

From reader reviews:

Alejandro Jones:

This 5LBs in 5 Days: The Juice Detox Diet book is simply not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is actually information inside this e-book incredible fresh, you will get info which is getting deeper you read a lot of information you will get. That 5LBs in 5 Days: The Juice Detox Diet without we recognize teach the one who reading through it become critical in imagining and analyzing. Don't possibly be worry 5LBs in 5 Days: The Juice Detox Diet can bring whenever you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cellphone. This 5LBs in 5 Days: The Juice Detox Diet having good arrangement in word as well as layout, so you will not really feel uninterested in reading.

Mac Cutter:

The guide with title 5LBs in 5 Days: The Juice Detox Diet has lot of information that you can discover it. You can get a lot of help after read this book. That book exist new information the information that exist in this guide represented the condition of the world today. That is important to yo7u to learn how the improvement of the world. This book will bring you in new era of the internationalization. You can read the e-book with your smart phone, so you can read this anywhere you want.

Naomi Harris:

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