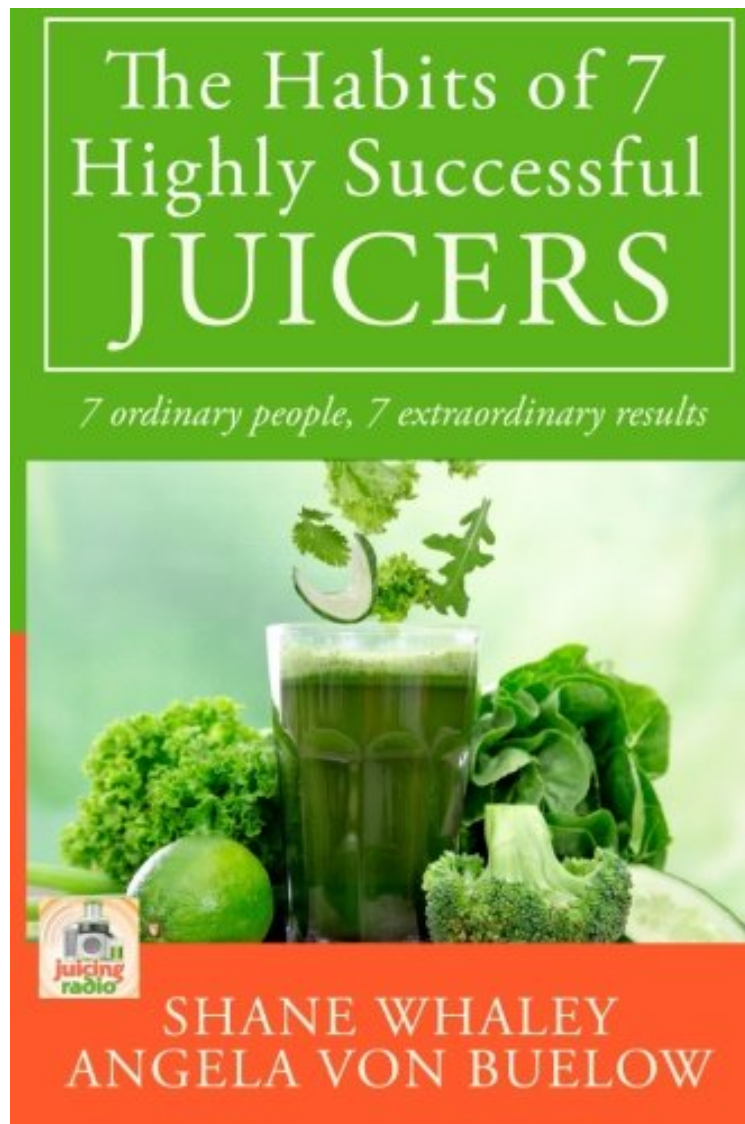


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The Habits of 7 Highly Successful Juicers: 7 Ordinary People, 7 Extraordinary Results

Shane Whaley, Angela Von Buelow
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About the AuthorShane Whaley started juicing in 2010 (after several failed attempts.) Shane has lost 80 pounds (6 stone) and has completed four half marathons. He set up the Running On Juice blog, which he started in early 2010 when he began his amazing journey and juicing weight loss. He wrote a Free Juicing Starter Guide in 2011, which has been downloaded more than 25,000 times. Shane started the Juicing Radio podcast when he realized that a weekly podcast with free juicing content would have helped him in his early days. In November 2013, with Angela von Buelow, he launched JuicingRadio.com, a weekly juicing podcast, which is listened to by thousands of people every week. Shane is a Brit who lived in Stockholm, Sweden, before moving to San Francisco and later New York City, where he lives with his greyhound, Brunhilde. He loves soccer, reading, and Morrissey! Angela von Buelow, born in Texas and raised in California, is a former foodie. In fact, Angie once ran a popular restaurant review site in San Francisco. Angie achieved 86 pounds of weight loss through juicing and has completed two half marathons. (Both Angie and Shane could not run for 1 minute before juicing.) Angie has appeared on The Dr. Oz Show talking about her juicing success. She was a featured success story in The Reboot with Joe Juice Diet: Lose Weight, Get Healthy, and Feel Amazing.