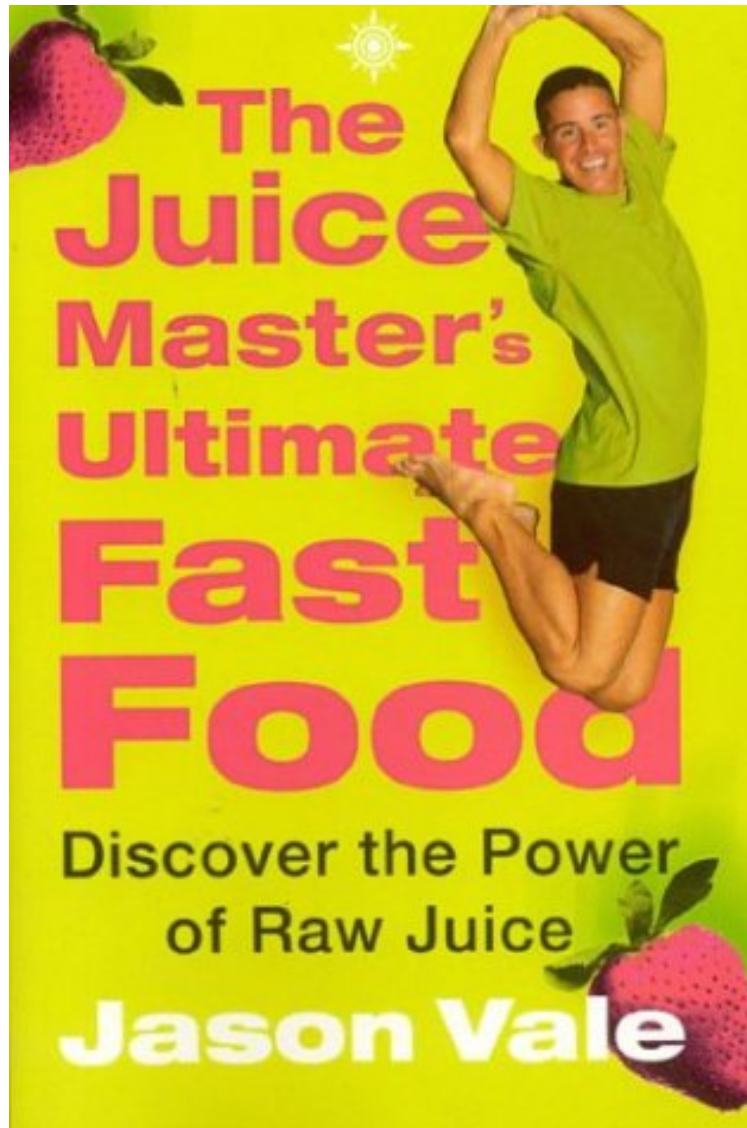


(Download ebook) The Juice Master's Ultimate Fast Food: Discover the Power of Raw Juice

The Juice Master's Ultimate Fast Food: Discover the Power of Raw Juice

Jason Vale

audiobook / *ebooks / Download PDF / ePub / DOC



 Download

 Read Online

#1186475 in Books 2004-01-25Ingredients: Example IngredientsOriginal language:EnglishPDF # 1 9.26 x .68 x 6.36l, #File Name: 000716968X256 pages | File size: 78.Mb

Jason Vale : The Juice Master's Ultimate Fast Food: Discover the Power of Raw Juice before purchasing it in order to gage whether or not it would be worth my time, and all praised The Juice Master's Ultimate Fast Food: Discover the Power of Raw Juice:

1 of 1 people found the following review helpful. Your Body and Mind will love itBy Linda Puhr-WesterheideWe learned by this book how to give our body a healthy treatment which it had not had before. And it was delicious and

satisfying as well. Weight loss was not our primary purpose. It happened anyway. So, we will go on with juicing whenever we feel like it. Great recipe ideas, well supported by the philosophy behind it. 2 of 2 people found the following review helpful. Love This Book! By G. Eliot I love this book. I've had it for a couple of years now, and when I go through my bouts of vegetarianism, and even when I'm not, this is a great recipe book and just a fun read. Interesting information about the foods we put into our bodies. Some of it seems a bit over kill and one sided, but I suppose that is the way with most things these days as we are forced to do research for ourselves on all sides of a subject. 0 of 0 people found the following review helpful. Be Inspired! By JML This book gives so many helpful tips to get and stay healthy. Very inspiring!

A funny over-the-top--wickedly convincing--book that praises the power of raw, juiced fruits and vegetables as a lifestyle.

Emails from ex-fast food junkie readers of Slim 4 Life: 'A totally brilliant book, jam packed with information that everybody NEEDS to know. It was a revelation and one of the most worthwhile books I've ever bought.' Linda Georgiou 'Thank you, thank you, thank you for your brilliant book...Even my husband, who is very much an 'eat as little fruit and veg as possible' kind of person, is reading the book and, after just a few days of cutting out the rubbish, is 'hooked' on this way of thinking and eating. Just as with 'The Good Book', I believe that every home should have a copy of Slim 4 Life.' Lynne Pritchard 'Your book has been invaluable to me and has changed my way of thinking completely. I feel enlightened and lucky to have come across you in my life journey. If you're in Harrogate sometime, maybe we could meet over a fresh cup of...juice! Thanks again bud.' Ramesh Mehay Emails from readers of Slim 4 Life: 'I discovered Slim 4 Life via a display in Waterstones. The bright yellow cover and the extraordinarily healthy looking bloke pictured caught my eye. As soon as I began reading the first page I realised that here was something different. And I loved your style of writing- straight forward, humorous and really interesting. I couldn't put it down...I am slowly converting my office with my enthusiasm. Added to which they can see the improvement in my skin and weight loss (8lbs in 4 weeks- yippee!). They have all noticed as well that I am eating loads of food- certainly not starving myself like half the girls in the office! So far, 2 girls and 1 guy have bought your book- and two have already bought a juicer.' Erica Raby, Blackpool 'I've just finished reading your book Slim 4 Life. Wow!! Many, many thanks. I'm recommending it to all my friends.' Hilary Baines 'I have read Slim 4 Life in 2 days which is good going as I work all day. I think it is amazing how you have turned your life around and although I am not overweight I know it will change my life as well.' Sharon Guymer About the Author Jason Vale, the Juice Master, is a successful health and lifestyle coach. A former trainer for Alan Carr in Birmingham, he launched his London clinic and UK-wide workshops two years ago. His seminars on losing weight and quitting drinking and smoking are consistently sold out. He has been reviewed by the Sunday Times and is a key presenter at London's annual Vitality Show.