



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:

Celia Redmond:

As people who live in the actual modest era should be upgrade about what going on or facts even knowledge to make these individuals keep up with the era which can be always change and advance. Some of you maybe will probably update themselves by studying books. It is a good choice in your case but the problems coming to anyone is you don't know what type you should start with. This 5LBs in 5 Days: The Juice Detox Diet is our recommendation to help you keep up with the world. Why, because book serves what you want and want in this era.

Matthew Schwartz:

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Theresa Kuykendall:

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Pat Thomas:

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