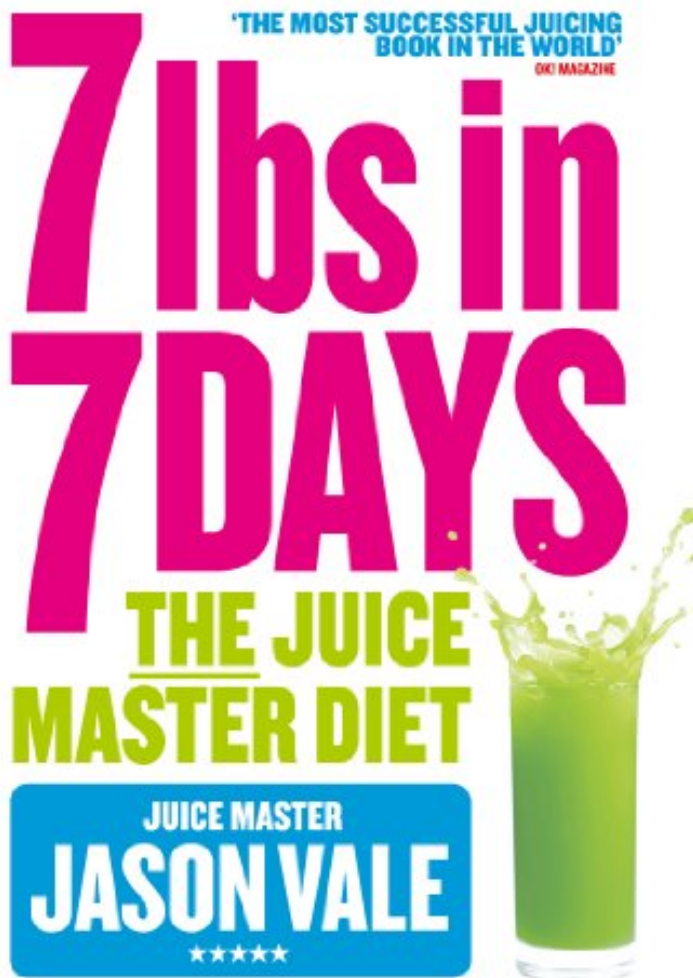


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7lbs in 7 Days Super Juice Diet



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Description :

Prsentation de l'diteurLose up to 7lbs in 7 days with The Juice Master Jason Vale's ultra-fast 1-week super juice cleanse. The man who helped Jordan to get her post-baby body back has designed a healthy and effective diet and exercise programme to reshape your body in just one week, but with lasting results.The one-week super juice diet with fast, body-transforming results from the UK's leading health coach and seminar leader Jason Vale aka The Juice Master. The man who helped Jordan get her slimmed-down post-baby body back has designed a highly motivational and hard-hitting programme for effective speedy weight loss. The 7lbs in 7 days Super Juice Diet can help you get in shape super-fast to give you a beach-perfect body or help you look sensational in that little black dress.With his simple diet and exercise programme and inspirational message, you will not only lose weight, but also have higher energy levels, clearer skin and be set free from the dieting trap forever.Not only will Jason Vale's carefully designed juicing plan help you diet

more effectively than ever before, it will also power-pack your body with nutrients and enzymes for the ultimate body boost and help you keep weight off permanently. Reshape your body in just one week by following Jason Vale's effective juicing programme, and feel invigorated and energised while you do it!

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HarperCollins Author Biography Jason Vale, the Juice Master, is a successful health and lifestyle coach and TV presenter. A fantastic advert for what he preaches: fit and healthy, he is a former chocolate-bingeing, lager-drinking chain smoker who has turned his life around, and since 1994 he has personally helped thousands of people destroy their cravings for the unhealthy products were addicted to. His seminars are consistently sold out. Jason Vale has a strong and ever-increasing media profile: Jordan was coached by Jason and lost 2 stone in 3 months. His health seminars, run all over Europe; and he appears regularly on radio slots, such as the Chris Evans show, the Steve Wright Show and the Gerry Ryan show in Ireland. From the Author Juicing has changed my life beyond all recognition. I know its a clich when people say this or that changed their life, but I can say with total confidence that without juicing my life would be radically different to what it is today. Before I got into Juicing I used to smoke 40-60 cigarettes a day; I like my drink (as they say) I was more that partial to the odd bit of junk(ie) food, and as a result, I was also fat. On top of that I had severe Asthma to the point where I had to use the blue and brown inhalers and was having 10-16 puffs a day on them. I also developed eczema, mild acne, bad hay fever, and very, very, severe Psoriasis. In short, I wasnt exactly in the best of health and my energy levels were often right through the floor. I am now in the fortunate position of being free from smoking, drinking and junk food. My Asthma has vanished, my eczema and acne have gone my Psoriasis has cleared by over 90% and I am no longer overweight. In fact, on the health front Im one happy camper! I am now also lucky to be able to help people who find themselves in a similar position to the one I was in. Jason Vale Contents Introduction: Juicing changed my life! 7lbs in 7 days: What the people say The Rules Phase 1: The 7lbs in 7 days plan Phase 2: The turbo-charge plan Phase 3: The Juicy Lifestyle More Juicy Help Quotes The juice programme works! And if it can work for me I believe it can work for anyone. - Jordan Just like Jordan, Jason Vale is living proof that his eating plan delivers results - New!