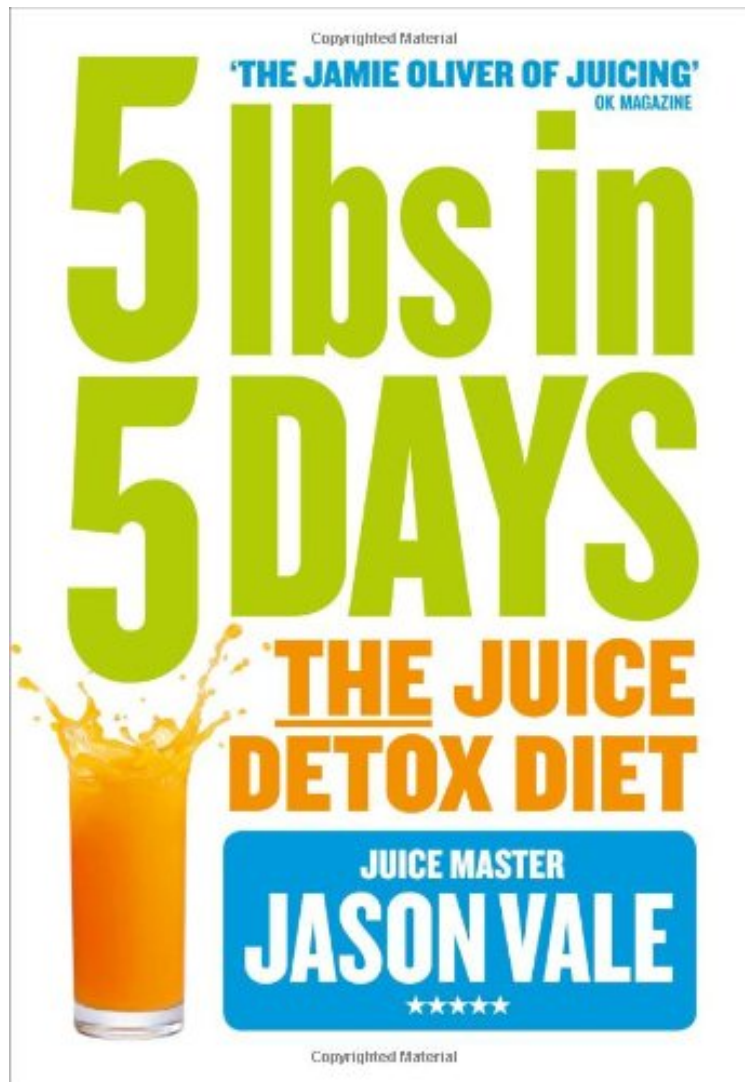


[Get free] 5LBs in 5 Days: The Juice Detox Diet

5LBs in 5 Days: The Juice Detox Diet

Jason Vale

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Jason Vale : 5LBs in 5 Days: The Juice Detox Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised 5LBs in 5 Days: The Juice Detox Diet:

12 of 12 people found the following review helpful. WowBy JLGI first bought the iPad app that accompanies this book. The videos Jason has on there are super inspiring. At first I wondered why on earth Jason was so hyperactive (in a good way, passionate and excited) in his videos. Anyway they inspired me to buy this book on Kindle and I started the program immediately.Now I know why Jason is so hyperactive because I feel the same!! This program has made me feel, no joke, the best I've ever felt in my life. Im 32 and have been fit and healthy (or so I thought) until I was 29 and STILL those 29 years of health feel nowhere near as good as I feel now. My wife keeps jokingly telling me to be

quiet as I'm talking non-stop about how good I feel! It makes me wonder why people in general feel so bad and low when there is such a simple solution which is outlined perfectly in this book, with mind bogglingly tasty recipes. On day 1 I was craving a burger, now I'm craving my dinner Juice! I know most people won't try these kind of things but I promise you, give it a couple of days of dedication and you will not regret it at all. Best thing I've ever done. 20 of 21 people found the following review helpful. Another fabulous nourishing DETOX! By trulyblessedmama First I'd just like to say the previous reviewer obviously has no experience with detoxes. Those are all symptoms of detoxing and no one ever said detoxing was fun. My guess would be that that person was quite "junked" up from poor food choices and lifestyle habits as most American's. I have done the 7 day detox and just finished the 5 day. I like them both but I will say there are advantages to the 5 day not going into the weekend. I didn't use any of the SOS's (specific foods you can eat if you think you're starving) but was also glad the opportunity was there. My husband did use them daily - it was his first detox and he said he would do it again. A friend of mine also did it (she's new to juicing) and she used a few SOS's and when all was said and done she said she'd like to periodically do them to keep her body running efficiently. The thing with any detox is that you have to sail through the storm to get to clear skies and sunshine. Although days 1-3 are generally the worst (all three of us "suffered" with irritability and psychological hunger, exhaustion and a few headaches) day 4 dawns and you'll feel terrific (we all had a renewed sense of energy and felt really great/squeaky clean!). That almost made me want to juice the weekend - just because I was feeling so good by that point I didn't want it to end a day later. I lost 5 lbs, hubby lost 5 lbs and of course you're not going to keep it all off but it is possible to keep most of it off if you continue juicing and eating healthy foods. For those who have a lot of weight to lose I think losing that much weight in such a short time is a great motivator especially if you can keep on with the 5/2/5 plan (Juice 5 days, eat 2, juice 5) but the key is to keep going with it. In other words you can't go back to your cheeseburger or nachos and think you're going to maintain the 5 lb weight loss. The most important thing to remember though is that this is a DETOX, an extremely nourishing one at that, which can very well become a lifestyle (incorporating more juices into your daily routine - not straight juicing) and the point of a detox is to give your organs a break and release toxins from your body. The weight loss is a perk. I'm looking forward to the rest of Jason's book in the fall! 6 of 6 people found the following review helpful. 5LBS in 5 Days: The Juice Detox Diet By Michalle W. I would recommend this book to everyone who wants to improve their health and energy levels, including losing weight if needed. Though I did not have much weight to lose, I suffer from asthma and had low energy. I also struggle with insomnia. All of these things improved within just 5 days of juicing following this plan. I feel great and I plan to continue making juicing a permanent part of my lifestyle.

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!

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.