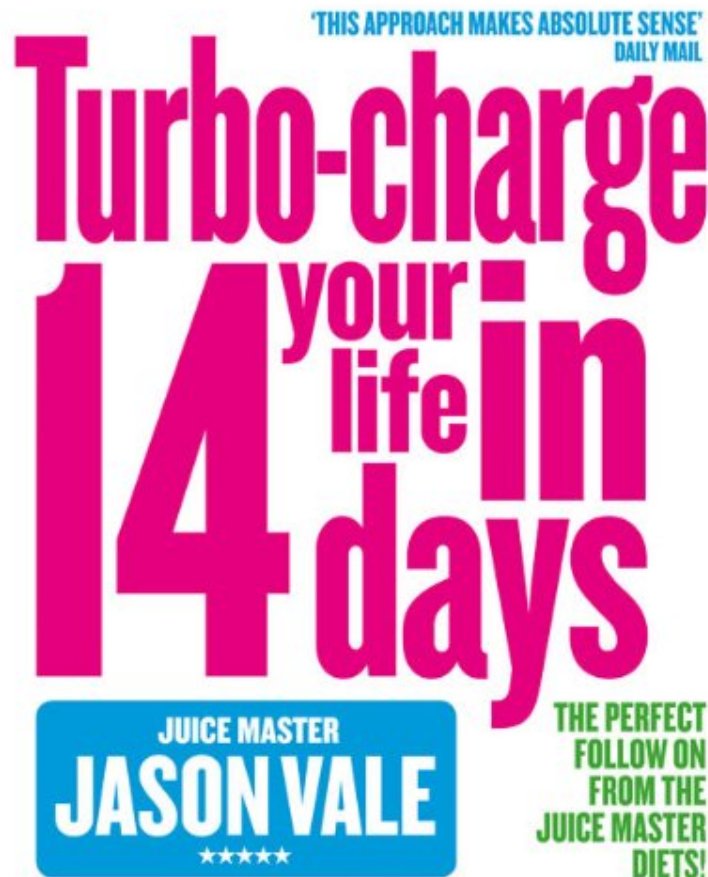


[Library ebook] Juice Master: Turbo-Charge Your Life in 14 Days

Juice Master: Turbo-Charge Your Life in 14 Days

Jason Vale

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Jason Vale : Juice Master: Turbo-Charge Your Life in 14 Days before purchasing it in order to gage whether or not it would be worth my time, and all praised Juice Master: Turbo-Charge Your Life in 14 Days:

43 of 45 people found the following review helpful. Life Altering.By Brad JacksonI must confess I was deeply skeptical about the whole "juicing" thing for many years. It's lately become obvious that this was due to a lack of education on my part, and a lack of motivation to acquire that education. I've been at various times a body-builder, swimmer, runner and cyclist (all recreational, nothing professional) and thought I knew a good bit about nutrition. I've believed for a couple of decades that a high-protein, moderate carb and low-fat diet were ideal; this suited me well, since I've always enjoyed egg-white omelettes, lean steaks, grilled chicken, etc., and I've never really enjoyed eating veggies.However, between "Forks Over Knives", a thought-provoking (to say the least) documentary about food, nutrition and lifestyle; "Fat, Sick and Nearly Dead", a rather different, but equally intriguing documentary by Joe Cross; and Jason Vale's books, I've slowly come to realize that far from being knowledgeable about diet and nutrition, I have been pretty much an ignoramus - I have not merely been wrong about nutrition, I've had it utterly backwards. I

wonder if you can imagine how hard it is to do a 180-degree turnabout on something like this in your late forties? It definitely didn't come easy, but the films and books were so logical and internally consistent, I just had to find out more. Even after seeing the documentaries, my deep skepticism wouldn't allow me to "buy in" completely. I decided to "just dip a toe in the water", so to speak: I found Jason Vale's "7lbs in 7 days" app in the iTunes store, bought a Breville RM-BJE510XL Certified Remanufactured 900-Watt Variable-Speed Juice Extractor and went shopping for produce. The juicer, by the way, is a *superb* piece of kit; it performs brilliantly, looks fabulous and is worth every penny of the full retail price. The refurb unit is currently discounted about US\$70, and the one we got was indistinguishable from new - not a mark on it, everything in original packaging, etc. If I'd bought it "new", I'd never have known the difference. The first juice I made looked -- to my uneducated eyes -- unappealing, at best. Did I mention I never cared much for vegetables? This stuff in the glass was dark green, foamy, and looked "lumpy". I tried it anyway -- and was rocked back on my heels by how *fantastic* it tasted! In spite of the appearance, it was not only delicious, but smooth and silky on the palate. I admit that some recipes appealed to me more than others, but not one of them was unpalatable to me. The first three days were (as predicted) a little uncomfortable due to psychological hunger pangs and caffeine withdrawal headaches, but I persevered; day 4 and on were a complete breeze and I was *amazed* to see the scale marching steadily down at the rate of 1lb/day. By the end of the week I was bouncing out of bed eager to get my "juice fix" and get going with my day. After the "7lbs in 7 days" experiment, I acquired the 14-day program and followed it. The rate of weight loss slowed, but continued; it was a good re-introduction to eating solid foods, and much to my astonishment, I found myself *wanting* to eat more veggies, more fruits, and less meat. It appears I'm slowly turning vegetarian, and if you'd told me two months ago this would be happening, I'd have busted a rib laughing, as I considered myself a confirmed and incorrigible carnivore. At the end of 3 weeks I'd lost a total of 12lb and 2" from my waist, reduced my resting heart rate 10bpm, and reduced my BP from 136/88 to 117/75. My fat-measuring Tanita scale says I've lost 7% of my bodyfat without losing any lean mass -- talk about a worthwhile investment! I should add that, due to a rolling work schedule, I had only a handful of opportunities to exercise, so it's clear to me that the change in diet was responsible for _at least_ 90% of the improvements. If I'd managed a couple of quick workouts per day during this time, I'm sure I'd have had even better results. I've since read more of Vale's work, including the book being reviewed here, and got something worthwhile out of everything I've read. All my concerns were answered, and my results were better than the programs promise to deliver. I consider myself a convert and juicer for life; my diet now consists of 90%+ fresh fruits and veggies and maybe 5% meats (mostly fish), a little cheese, yoghurt, etc., I feel much healthier, have much more energy, sleep better, and get up every morning without a struggle -- even after only 4 hours sleep some nights. My lovely Significant Other also tried the program; she's dropped 4 dress sizes, looks fabulous, and has had to get the strength of her hypertension meds reduced because her BP has been getting too low; she's a juicer for life too. If you're "on the fence", don't delay another minute: get one of Vale's books (this one, or "Juice Yourself Slim" would be my top picks), get a (good!) juicer, and get started!

0 of 0 people found the following review helpful. GO FOR IT! By Erika Jason Vale is fantastic at telling you how juicing works. A very simplistic way of writing and lot of great simple content. You must read before you dive into the juicing. You must understand first how your brain is totally attracted to sugar and animal protein because you have been conditioned to believing this. If you want to loose weight and get some nutrition into your system, I suggest to read all his books. I am a rawist and was searching for avenues to help others. I am super fit and love juicing. I love the authors story as he had mayor problems and cured him self with juicing. He also has a clinic in Brazil as well. :)

3 of 3 people found the following review helpful. Life changing By Loretta Gallagher Have always been fit, lost my way felt myself getting out of control, first book of Jason's Lose 7lb in 7 days, was just what I needed, went onto Turbo-charge your life it has, feel great, back to walking, gym and my golf has even improved, just love all the juices/smoothies, other recipes.

A practical full colour 14 day diet plan with 70 raw energy recipes from the UK's leading health coach and seminar leader, Jason Vale -- aka the Juice Master. Jason Vale is fast becoming the UK's most popular health coach. Here 'the Juice Master' offers his first ever 14 day diet programme with mental techniques and recipes presented in glorious full colour. The book includes: * A -Z of ailments and juices and foods that will help everyone * A -Z of vitamins and minerals and what role they play in the body * A -Z of fruit and veg -- which vitamins and minerals each one contains. This is cross referenced for each aliment. * Complete list of E numbers/additives/ pesticides -- what foods they're usually found in and what harm they can do to the body. * 'Superboosters' to add to juices and smoothies -- such as wheatgerm for better health Instead of the 'drug foods' he wages war against, Jason offers 70 fantastic recipes for juices, smoothies, soups, salads, stir-fries and other great meals which are dedicated to bringing you the 'raw health' you so deserve.

`What made me change was reading a book by Jason Vale. He was the first person who said `It's up to you!' ANNE DIAMOND in The Daily Mail` 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`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.' Lynne Pritchard

About the Author 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 we're addicted to. His seminars are consistently sold out.