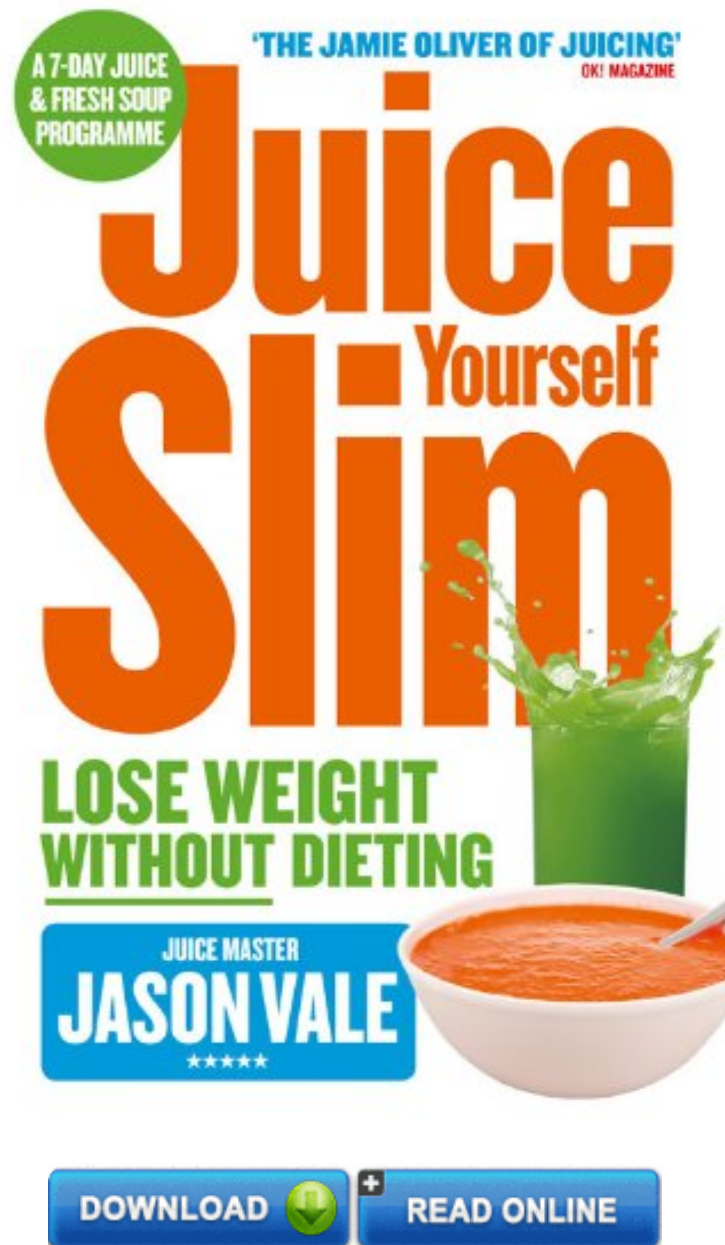


[Get free] Juice Yourself Slim

Juice Yourself Slim

Jason Vale

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#841385 in Books THORSONS ELEMENT 2008-06-02Original language:EnglishPDF # 1 9.21 x .91 x 6.021, .97 #File Name: 0007267142304 pagesTHORSONS ELEMENT | File size: 33.Mb

Jason Vale : Juice Yourself Slim before purchasing it in order to gage whether or not it would be worth my time, and all praised Juice Yourself Slim:

75 of 75 people found the following review helpful. Best Juicing Book I've read so farBy Robert E. Daniels Jr.I've been inching my way into juicing for quite some time. I've watched documentaries on Gerson Therapy, read books like 21 Pounds in 21 Days. So I bought a juicer and off I went attempting to juice whatever I was told to juice....it was disgusting. All I can say is the juices were awful to taste. So I said bye bye to that idea. Then I see this documentary on

Netflix called, "Hungry For Change", very appropriate. I heard one thing in the documentary that changed my entire perspective on eating. It goes something like, if you were to consume coca leaves you wouldn't get anywhere near the stimulation you get from cocaine. Cocaine is a product that is produced by chemically altering the coca leaf. The foods we consume everyday have gone through similar processes to chemically alter them and change them into something that is completely foreign to our bodies and THIS is what's responsible for the degenerative disease we suffer and obesity. These are food products that have been pharmaceutically manufactured they are in fact closer to drugs than food. They are narcotics that soothe and satiate our hunger but give us none of the nutrients our body needs to operate. That changed my paradigm on eating. I immediately downloaded Jason's book to my phone and started reading. It's packed with information and testimonials. If you live in the U.S. there's a bit of a language curve, since Jason's from the UK. I had to look up a few words to determine what the heck they were talking about. For example: "I lost 5 stone on Jason's plan" a stone is a unit of measurement and is equal to about 14 lbs. Courgette - Never heard of this where do I buy courgettes? Turns out a courgette is the UK's name for zucchini...oh!! Rocket - Adding rockets to my salad? Rocket is the UK name for Arugula Spring Onions - Green Onions When you see these in the book don't run off to Whole Foods combing the produce section, it's no big deal. When I started the plan I was charged but here's the exciting thing. As he explains THIS ISN'T A DIET! I've tried a lot of diets from Atkins to Master Cleanse. They all have somethings in common, 1. You feel awful - diets are just deprivation. All diets require you to monitor your portions and simply eat less. This doesn't, I can literally have as much as I want. So I'm never hungry. I'll say it again. I'm NEVER hungry. That alone is liberating. 2. All diets are temporary, there is this "do this until..." methodology written into diets. With Jason's approach you're INCORPORATING not depriving. By doing that I can easily give up the stuff that's bad for me. The most important thing however, the reason I wrote this review is EVERYTHING TASTES SO GOOD. I've found that most diet books are written by doctors, people in the health or fitness industry. Their attitude is, "It's good for you so eat it" It reminds me of that scene in Rocky where he's swallowing a pitcher of raw eggs. Jason is a guy who was overweight, a smoker and he doesn't neglect to consider that our food needs to taste good. I am quickly becoming a smoothie master, I'll never buy another smoothie again. The ones I make at home are delicious with no sugars added! There's one smoothie that has beets, lime, pineapple, and avocado. It's the best thing I've ever tasted. He also has a number of soups and salads. GOOD STUFF. My wife who hates to diet is loving this plan. She told me recently, she was out and had a salad and she put ranch dressing on it. She said, "the ranch dressing was salty". In a short period of time our palates have begun to reject the stuff that's bad for us!!! I don't know where to begin when it comes to energy!!! I stopped snoring, I'm usually sore for a couple of days after a workout, recovery is half that now. I had pain in my knees (probably early arthritis) it's gone now. I now wake up at 5 every morning feeling completely rested, I used to snooze 3 times then get up. Long story short, this book has changed my life and I'll never go back to eating the way I used to or dieting the way I used to. My next thing is to learn more about raw foods eating. Thanks Jason outstanding book!!! 1 of 1 people found the following review helpful. A Good Read - Jason Vale Juicemaster By Virginia K Eisermann Such helpful and encouraging information for getting healthier through making juicing part of our daily lives. Improving your health with healthy juices instead of so many medications. Jason explains why we need to take control of our health through what nature offers us. A good read. 3 of 3 people found the following review helpful. Not as described in title. By Debbie I was excited to start this program. After reading the book I did the program outlined in the book. 7 days and no weight loss. I sent an enquiry on Jason Vale's site. Here's the reply: "we suggest that you select only the green recipes, no fruit or sugar. Now sometimes you lose inches instead of pounds, have you measured yourself to be sure? Sometimes you build muscle and lose fat, the only way to know for sure is to obtain a body fat test from a local place near you." The problem? There were no. Green recipes in the book! Please refund my money so I can purchase the book with the green recipes.

Bursting with juicy motivation, 'Juice Yourself Slim' contains over 60 recipes for soups, juices, salads and smoothies, plus motivational tips and life long rules for success to help you maintain your health and keep you slim for life.

'The juice programme works! And if it can work for me I believe it can work for anyone.' Jordan 'We don't really do this, but I've got to say, it does work!' The Chris Evans Show, BBC Radio 2 on '7lbs in 7 Days Super Juice Diet' "I will definitely include juicing into my everyday diet because I felt it gave me so much more energy." News of the World "Just like Jordan, Jason Vale is living proof that his eating plan delivers results" New! magazine Featured in Now magazine, as "just the way to maintain your holiday body". 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.