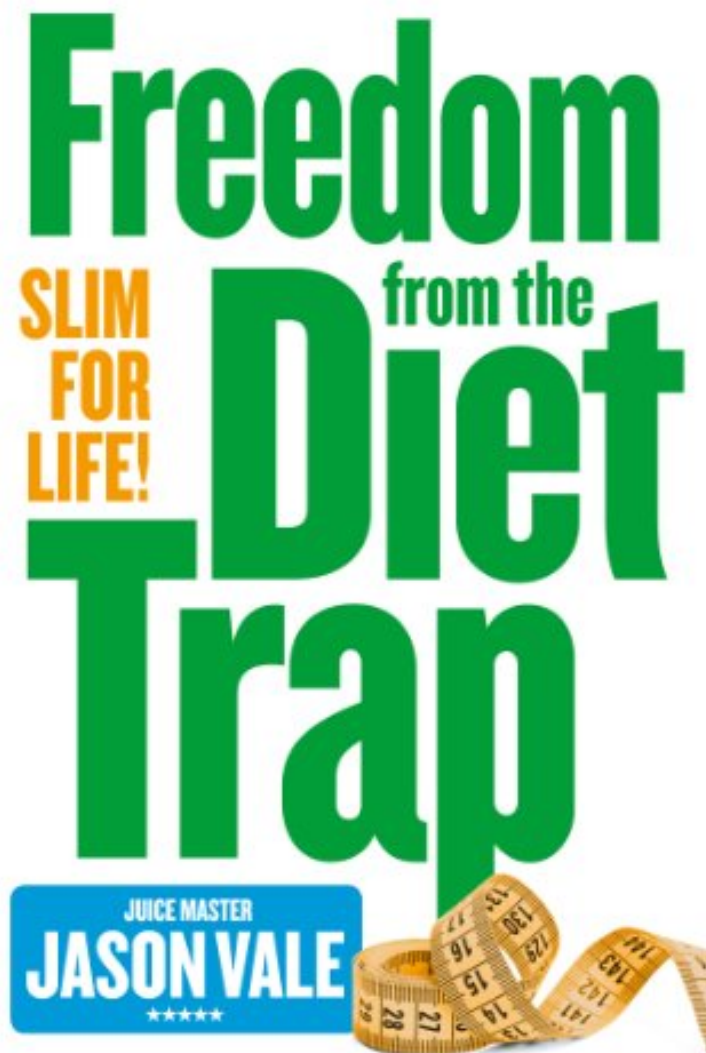


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Freedom from the Diet Trap: Slim for Life



Par Jason Vale
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Description :

Prsentation de l'diteurA complete physical and psychological guide to the land of the slim and healthy. The Juice Masters workshops and roadshows contain such antics as the Who Wants to Be a Slimionnaire? game. This irreverent but hard-hitting book will ensure people never look at a burger in the same way again!Jason Vale is the ultimate health coach The Juice Master and in this book he reveals how everyone can get slim, get fit, and get energised or juiced. His lively style and irreverent text nonetheless contains clear health messages for everyone:- give up what he calls drug foods those nutritionally worthless addictive substances, such as sugar (white trash) and caffeine and return to a fresh diet- eat the freshest plant ingredients and feel the fabulous health benefit of raw juice which is full of healthy enzymes- hit out at the food industry and

reject its brainwashing advertising- use food combining to help your digestion. The Juice Master, who has been described as a mix between Anthony Robbins, Jamie Oliver and Eddie Izzard, offers a whole new approach to reframing the way you think about food, and offers plenty of surprises along the way. Presentation de l'diteur A complete physical and psychological guide to the land of the slim and healthy. The Juice Masters workshops and roadshows contain such antics as the Who Wants to Be a Slimionnaire? game. This irreverent but hard-hitting book will ensure people never look at a burger in the same way again! Jason Vale is the ultimate health coach The Juice Master and in this book he reveals how everyone can get slim, get fit, and get energised or juiced. His lively style and irreverent text nonetheless contains clear health messages for everyone:- give up what he calls drug foods those nutritionally worthless addictive substances, such as sugar (white trash) and caffeine and return to a fresh diet- eat the freshest plant ingredients and feel the fabulous health benefit of raw juice which is full of healthy enzymes- hit out at the food industry and reject its brainwashing advertising- use food combining to help your digestion. The Juice Master, who has been described as a mix between Anthony Robbins, Jamie Oliver and Eddie Izzard, offers a whole new approach to reframing the way you think about food, and offers plenty of surprises along the way.