

<<纤体生活>>

图书基本信息

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内容概要

The completely updated physical and psychological guide to the land of the slim and healthy. If you want to be slim for a week - go on a diet! If you want to be Slim 4 Life - read this book! Jason Vale is the ultimate health coach -- 'The Juice Master' -- and in this fully updated paperback version of his revelatory health and fitness bible, he reveals how everyone can get slim, get fit, and get energised. 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, offers a whole new approach to reframing the way you think about food, and offers plenty of surprises along the way.

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作者简介

Jason Vale, the Juice Master, is a successful health and lifestyle coach. A former trainer for Allen Carr in Birmingham, he launched his London clinic and countrywide workshops two years ago. His seminars on losing weight and quitting drinking and smoking are consistently sold out. He has appeared on GMTV and is a key presenter at the Vitality Show.

书籍目录

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媒体关注与评论

'The juice programme works! And if it can work for me I believe it can work for anyone.' Jordan "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

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