



Reboot with Joe: Fully Charged - 7 Keys to Losing Weight, Staying Healthy and Thriving: Juice on with the Creator of Fat, Sick & Nearly Dead

By Joe Cross

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Reboot with Joe: Fully Charged - 7 Keys to Losing Weight, Staying Healthy and Thriving: Juice on with the Creator of Fat, Sick & Nearly Dead, Joe Cross, "Before I started juicing, I was overweight and taking medication to treat an autoimmune disease. By drinking only fresh vegetable and fruit juices while making my film Fat, Sick & Nearly Dead, I lost weight, got off the medication and began to feel better than ever! Today, I still drink a lot of juice and eat a balanced diet centered on fruits and vegetables. But I've also realised that staying healthy is a lot more complex than just what you eat. I've distilled what I've learned down to 7 Keys to healthy and happiness. Paying attention to these 7 keys helps me thrive." JOE CROSS In Reboot with Joe: Fully Charged, Joe Cross shares what he's learned about staying healthy in an unhealthy world since filming Fat, Sick & Nearly Dead. Whether you've followed the Reboot diet and are looking for help in sustaining your success or looking for advice that will help you lose weight and adopt a healthy lifestyle,...



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