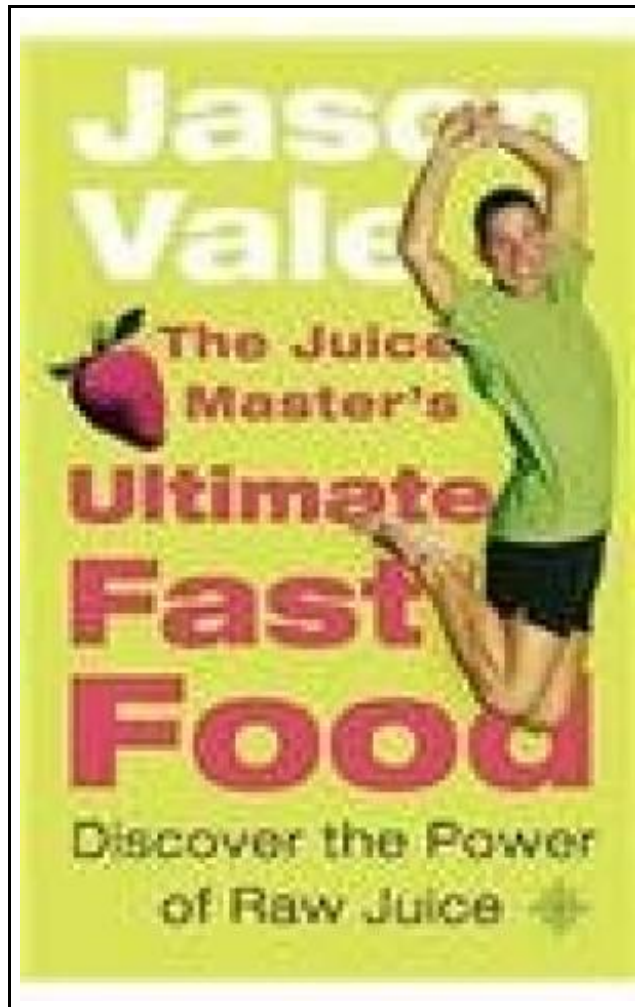


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Reviews

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

(Ms. Christy Ondricka DDS)

THE JUICE MASTER'S ULTIMATE FAST FOOD: DISCOVER THE POWER OF RAW JUICE

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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The Juice Master's Ultimate Fast Food: Discover the Power of Raw Juice, Jason Vale, Real fast food isn't about how quickly food can get to your mouth, but how fast the body can digest it, extract the goodness and get rid of the waste. Jason Vale challenges the sort of fast foods we are all familiar with in this recipe book full of ideas for nature's ultimate fast food- raw juice. Fast food junkies, enslaved by the 'drug food' industrial giants, are experiencing a 'slow food' health crisis. Fast food slowly clogs up your arteries, fills your bloodstream with poisons, overworks every organ in the body, speeds up the ageing process and quite simply starves the cells in your body to death. In Slim 4 Life, Jason Vale, the Juice Master, introduced his own food philosophy based on nature's real fast food; raw juices, food that the body can digest, extract the goodness from and get rid of any waste- FAST! Ultimate Fast Food follows on from this, giving you plenty of delicious juicing recipes that will have you healthy, fit and full of life- as well as kicking the old 'slow food' habit!.



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