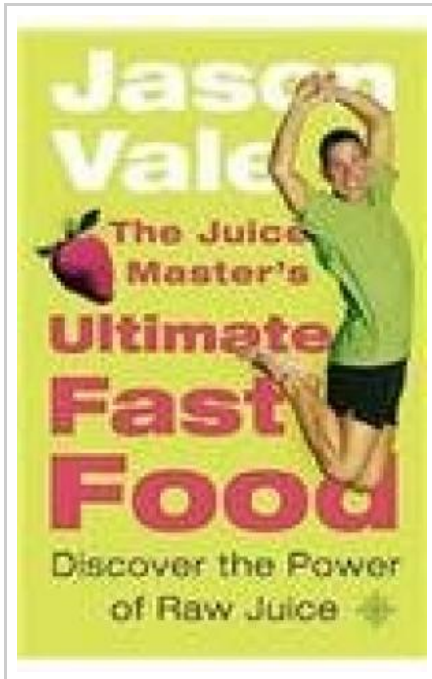




The Juice Master's Ultimate Fast Food: Discover the Power of Raw Juice

By Jason Vale

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...



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be playful, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

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