



Juice It to Lose It: Lose Weight and Feel Great in Just 5 Days

Joe Cross

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Jump-start your life in five days!

Juice It To Lose It! presents the all-new, easy juice diet from the creator of the documentary *Fat, Sick & Nearly Dead*. Author Joe Cross has done all the hard work already. All you have to do is commit to five days! In that short time, this simple, foolproof plan--complete with recipes--will jump-start a change in your life, health, and waistline.

Our bodies are built to feel and look energized, vibrant, happy, and healthy. But they can become sluggish from eating processed foods. When that happens, they are often slow to reset themselves the way they should. A juice kick-start helps us get back to the way we're supposed to feel by knocking out all the junk that's clogging our systems.

The recipes, shopping lists, and meal plans in *Juice It to Lose It!* make it easy for you to fill up on nutrient-dense, sunlight-nourished foods to help restore the body's balance. Whether you're a long-time follower of Joe's juicing diet or looking for a new way to turn your health around, *Juice It to Lose It!* is here to help with a brand new look at juicing. Give it five days--you will see and feel the power of juicing!

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