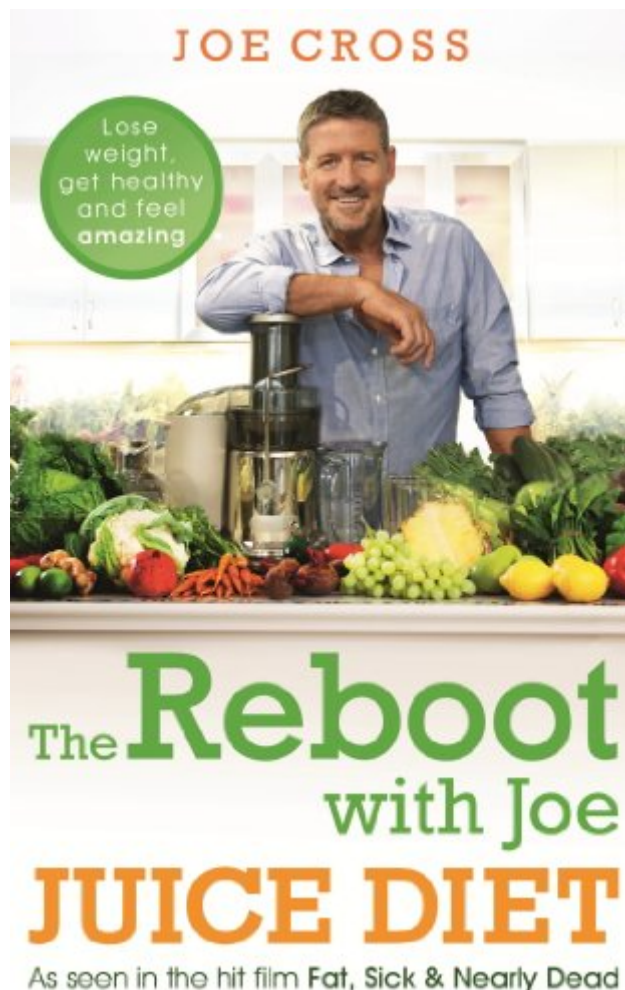


The book was found

The Reboot With Joe Juice Diet - Lose Weight, Get Healthy And Feel Amazing: As Seen In The Hit Film 'Fat, Sick & Nearly Dead'



Synopsis

"When I made my film Fat, Sick & Nearly Dead I literally was fat, sick and nearly dead. I was overweight, loaded up on steroids and suffering from an autoimmune disease. I knew I had to drastically change my lifestyle. So I traded in my typical junk food diet and vowed only to drink fresh fruit and vegetable juices for the next 60 days. By juicing fruits and vegetables, I successfully lost the weight and got myself off all prescription drugs and truly Rebooted my life. I live a happy and balanced life at a healthy weight and I could never imagine returning to my old ways again. And you know what? If I can do it, so can you!"JOE CROSSJoe has distilled all he's learned along his incredible journey into this book. Now you too can take control of your diet and improve your health by consuming more fruits and vegetables. It really is that simple. When you consume only juice, your system is flooded with an abundance of vitamins, minerals and nutrients that help your body stay strong and fight disease. Includes 3-day, 5-day, 10-day, 15-day, and 30-day Reboots! As well as healthy-eating plans, exercise tips, the book includes healthy inspiration for your kitchen with Joe's favourite juice, smoothie, salad, and other vegetable-focussed recipes to help you feel more energised and healthy than ever.

Book Information

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Customer Reviews

Lucky me scored an advanced copy and talk about a motivational speaker, Joe exudes inspiration without repeating himself over and over. I watched the movie 'Fat, Sick and Nearly Dead' for free on Prime (beats Netflix) and subscribe to Joe's free eMail newsletter but this is the first time I've paid for anything he has written and the \$ is well worth it. This book offers much more than the 'Reboot With Joe' website and blogs where you can sign up for some inexpensive personal coaching and he hosts frequent mini challenges that you can follow along for free. I've done 3 reboots in the last few years, my first was for 10 days, the second was 2 weeks and the third was 3 weeks and I continue to do occasional weekend reboots. Reading the book is a perfect first step to gear up mentally and prepare yourself for what's to come. The first 3 days can be a bit difficult for some people because you want to chew something but you have to remember to drink plenty of fluid and keep yourself occupied with healthy thoughts. Wine lovers beware, grapes are a fruit and are allowed as juice, however, wine is not. It's a good idea to give up alcohol for at least several days before you start a reboot and flush that alcohol sugar out of your system or you may get overly sensitive and moody. Read the book and the blogs and gear up for your reboot, I guarantee you will be walking on clouds after day 3 and your steps will get lighter every day thereafter. New rebooters may hit a plateau after day 7-10 but you could easily go another 10 days if you keep your perspective. The weight will melt off and you will be inspired to continue but listen to Joe's sound advice about checking with your doctor.

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