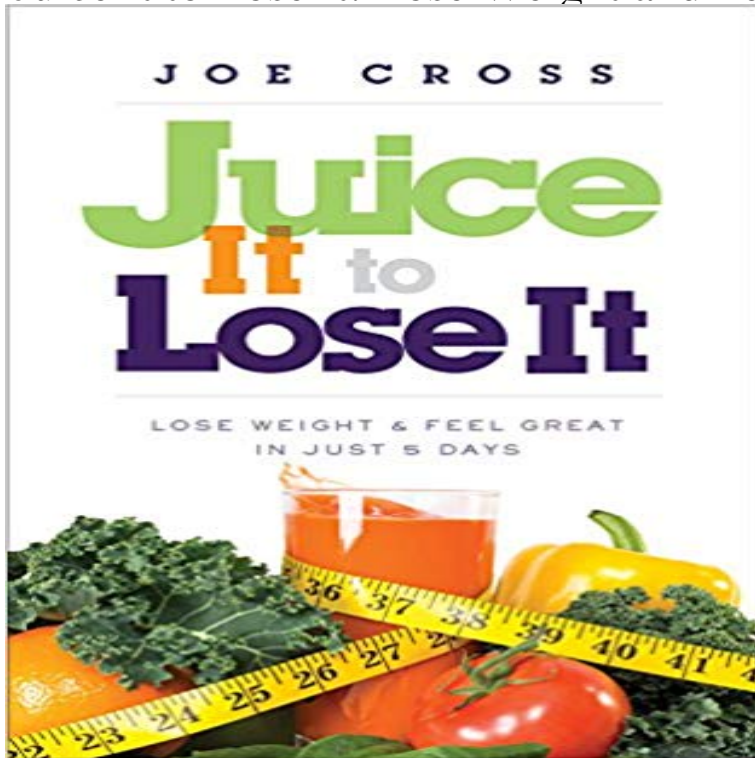


Juice It to Lose It: Lose Weight and Feel Great in Just 5 Days



Jump-Start Your Life in Just Five Days!
How often have you said, Today is the day! when deciding to making a major change in your life, only to find yourself saying the same thing the next day? This new book from juice guru Joe Cross--New York Times best-selling author and creator of the documentary Fat, Sick & Nearly Dead--will help you leap over the hurdles blocking your way to finally getting your health and weight back under control. Its all about bursting through the mental barriers that have been holding you back, and to do that, you only have to commit to five short days. In that time, the simple, foolproof Juice It to Lose It plan will jump-start a change in your life, health, and waistline. The fresh new recipes, shopping lists, meal plans, and encouragement from Joe in Juice It to Lose It will make it simple and fun for you to fill up on the nutrient-dense, sunlight-nourished foods that will help restore your bodys balance. Whether youre a long-time follower of Joes juicing diets or looking for a brand new way to turn your health around, Juice It to Lose It is here to help with a fresh look at juicing. Give it five days, and you will see and feel the power of juicing!

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