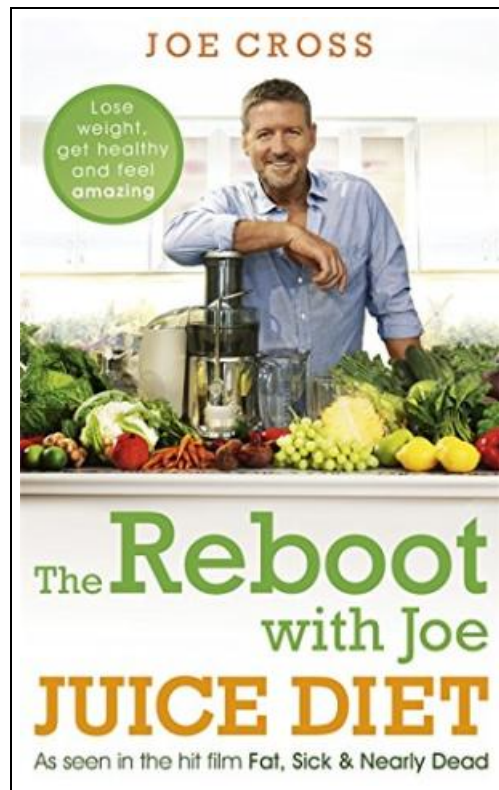


The Reboot with Joe Juice Diet - Lose Weight, Get Healthy and Feel Amazing: As seen in the hit film 'Fat, Sick & Nearly Dead'



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Reviews

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(Edna Rolfson)

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Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Reboot with Joe Juice Diet - Lose Weight, Get Healthy and Feel Amazing: As seen in the hit film 'Fat, Sick & Nearly Dead', Joe Cross, "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 junk food diet and only drank fresh fruit and vegetable juices for the next 60 days. I lost the weight, got myself off all medication and truly Rebooted my life. Now I could never imagine returning to my old ways again. And you know what? If I can do it, so can you!" JOE CROSS Joe has distilled all he's learned during his incredible journey of transformation into The Reboot with Joe Juice Diet. 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, so The Reboot with Joe Juice Diet is the perfect way to power up your system and lose weight, increase your energy levels and think more clearly. The Reboot with Joe Juice Diet 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 healthier than ever. Includes 3-day, 5-day, 10-day, 15-day and 30-day Reboots And for more recipes from Joe Cross, try The Reboot with Joe Juice Diet Recipe Book.



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