

Read Free The
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Juice Diet Recipe
**The Reboot
Book: Over 100
Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'
Recipe Book:
Over 100
Recipes
Inspired By
The Film 'Fat,
Sick Nearly**

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Reboot With Joe
Dead'

**Lose up to 7lbs in
7 days with The
Juice Master
Jason Vale's ultra-
fast 1-week super
juice cleanse.**

**The man who
helped Jordan to
get her post-baby
body back has**

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Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'

**designed a
healthy and
effective diet and
exercise
programme to
reshape your
body in just one
week, but with
lasting results.
Detox your body
naturally with a
healthy juice**

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**cleanse Renew
your body and
revitalize your
health with a
natural juice
cleanse. Juice
Cleanse Recipes
will show you
how to
incorporate fresh,
delicious fruit
and vegetable**

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By The Film 'Fat,
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**juices into a
healthy detox
program to give
your body a
nourishing boost
while you
eliminate
dangerous built-
up toxins. With
over 125 fast and
easy juice
cleanse recipes,**

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Recipes Inspired
By The Film 'Fat,
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**and multiple
detox programs
to fit your busy
lifestyle, this
comprehensive
guide gives you
all the tools you
need to lose
weight, restore
optimal health,
and improve
energy levels.**

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Juice Diet Recipe
**Juice Cleanse
Recipes will
make it easy to
restore balance
to your system
and feel
rejuvenated right
away. Juice
Cleanse Recipes
will help you
kickstart a
successful juice**

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Recipes Inspired
By The Film 'Fat,
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**cleanser today,
with: · 125
flavorful juice
cleanser recipes
to keep you
energized, such
as Carrot-Orange
Juice, Papaya-
Ginger Booster,
and Sweet
Spinach-Basil
Juice · Quick tips**

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By The Film 'Eat,
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**for creating
delicious juice
cleanse recipes .
Easy-to-follow
meal plans for a
1-, 3-, 5-, or 7-day
juice cleanse .
Useful shopping
lists to help you
save time and
money . Handy
fruit and**

Read Free The
Reboot With Joe
Juice Diet Recipe
**vegetable
nutrition charts
and
measurement
conversions**

**Juice Cleanse
Recipes will
show you how to
create your own
successful detox
program so you
can feel more**

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Recipes Inspired
By The Film 'Fat,
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**youthful and
energetic than
ever before.**

**Juice fasting can
be a powerful,
transformative
undertaking that
does absolute
wonders for the
body. From
detoxifying and
cleansing, to**

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**weight loss, to
increased energy
and a
reinvigorated
digestive system,
a juice fast can
transform the
body in a matter
of weeks, or even
days. However,
maintaining a fast
can also be a**

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**difficult
undertaking
without proper
instruction and
an understanding
of the nutritional
components of
the fast - so clear
guidance and
recipes that
satisfy the palate
are essential to**

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By The Film 'Eat,
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**success. The
authors of The
Complete Idiot's
Guide® to Juice
Fasting take**

**readers through a
number of
different fasts
and help them
choose the right
fast to lose the
pounds, cleanse**

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**their systems of
undesirable
waste and toxins,
and be on their
way to feeling
renewed and
recharged. The
authors arm
readers with over
75 fantastically
delicious and
powerful juice**

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By The Film 'Fat,
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**recipes that will
not only give
readers what they
crave in taste, but
will help them
fully recognize
the
transformational
benefits of the
juice fast.**

**"Before I started
juicing, I was**

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**overweight and
taking medication
to treat an
autoimmune
disease. By
drinking only
fresh vegetable
and fruit juices
while making my
film Fat, Sick &
Nearly Dead, I
lost weight, got**

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By The Film 'Fat
Sick Nearly Dead'

**off the
medication and
began to feel
better than ever!
Today, I still drink
a lot of juice and
eat a balanced
diet centered on
fruits and
vegetables. But
I've also realised
that staying**

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**healthy is a lot
more complex
than just what
you eat. I've
distilled what I've
learned down to 7
Keys to healthy
and happiness.
Paying attention
to these 7 keys
helps me thrive."**

JOE CROSS In

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**Reboot with Joe:
Fully Charged,
Joe Cross shares
what he's learned
about staying
healthy in an
unhealthy world
since filming Fat,
Sick & Nearly
Dead. Whether
you've followed
the Reboot diet**

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**and are looking
for help in
sustaining your
success or
looking for
advice that will
help you lose
weight and adopt
a healthy
lifestyle, this
book is full of
inspiration and**

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**encouragement,
as well as
practical tips for
diet, exercise and
mindfulness. 1.**

**Change Your
Relationship to
Food (Don't
Abuse The Food)**

**2. Change Your
Diet (Eat the
Right Stuff) 3.**

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**Change Your
Habits About
Food (Find A New
Groove) 4.
Embrace
Community (Get
a Little Help From
Your Friends) 5.
Maintain the
Machine (Follow
the Upkeep
Manual) 6.**

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Practice

Mindfulness

(Chill Out) 7.

Respect Yourself

Adopt these 7

keys and thrive!

Super Juice Me!

Over 100 Recipes

Inspired by the

Film 'Fat, Sick

and Nearly Dead'

A Juice a Day

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**Recipes for
Living, Loving,
and Juicing
Green**
**The Reboot with
Joe Juice Diet
Cookbook**
**The Reboot with
Joe Fully
Charged**
The Juicing Book

Eating fresh

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fruits and
vegetables can
boost your
energy level,
supercharge
your immune
system, and
maximize your
body's healing
power.

Convenient and
inexpensive,
juicing allows

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you to obtain
the most
concentrated
from of
nutrition
available from
whole foods.
This A-Z guide
shows you how
to use nature's
bounty in the
prevention and
treatment of

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our most common
health
disorders. This
accessible book
gives complete
nutritional
programs for
over 75 health
problems,
telling you
which fruits
and vegetables
have been shown

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Recipes Inspired
By The Film 'Eat,
Sick, Nearly Dead'
effective in
combattling
specific
illnesses and,
why. Along with
hundreds of
delicious,
nutrition-rich
juicing
recipes, this
book provides
dietary
guidelines, and

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diet plans to
follow in
conjunction
with your
juicing
regimen.

Green juicing
and smoothie
recipes combine
the healing
properties of
vegetables,
such as kale

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and spinach,
with fruits
full of flavor,
antioxidants,
and essential
vitamins.

Whether you are
looking to lose
weight, cleanse
your system, or
are seeking a
daily health
supplement, THE

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Outlines a
series of
health
"reboots" that
incorporate
natural fruit
and vegetable
juices into the

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Recipes Inspired
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Packed with 150
plant-based,
nutrient-dense,
whole food
recipes
developed
within the
Thrive
nutritional

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philosophy,
Book: Over 100
Thrive Energy
Recipes Inspired
Cookbook brings
By The Film 'Eat,
Sick Nearly Dead'
concepts that
started the
functional,
plant-based
nutrition
revolution to
life. Recipes
are all vegan
and allergen-
free (or with

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gluten-free
options) to
eliminate
wheat, yeast,
gluten, soy,
refined sugar,
and dairy from
your diet. Easy-
to-make and per-
formance-
enhancing,
these chef-
created recipes

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merge purpose
driven
functionality
(every
ingredient has
a nutritional
purpose) with
mouth-watering
appeal. From
the alkaline-
forming, plant
protein-packed
Vanilla-Almond-

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Mocha Motivator
Book: Over 100
Smoothie to
Recipes Inspired
Roasted Red
By The Film 'Eat,
Pepper & Sweet
Sick Nearly Dead'
Potato Soup,
Thai Green
Curry Rice
Bowl, and
desserts such
as Raspberry
Chocolate
Pomegranate
Tart, Thrive

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Energy Cookbook
Book: Over 100
will have you
Recipes Inspired
quickly
By The Film 'Fat,
preparing
Sick Nearly Dead'
nutrient-packed
and delicious
dishes.

How Fruits &
Vegetables
Changed My Life
Green Juicing
Diet
Juice on with

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the Creator of
Book: Over 100
Recipes Inspired
By The Film 'Fat,
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The Juicing
Bible

Juice It to
Lose It

The secret to staying
healthy, looking
young, getting trim,

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By The Film 'Fat,
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and feeling great?
The natural healing
power of fresh fruit
and vegetable
juices. The

Juiceman®'s Power
of Juicing shows
how you can use
fresh juice
combinations to
improve your
health. Simple,

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flavorful recipes for drinks such as Grape-Pineapple Punch, Carrot-Cantaloupe Coolers, and Pear-Apple Cocktails can help you lose weight, overcome fatigue, reduce your risk of many serious diseases, and relieve

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scores of common ailments. The
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Sick Nearly Dead'
Juiceman®'s Power
of Juicing is the
ultimate guide, for
beginners and for
avid juicers, to the
health revolution
that will give you
more energy and
have you feeling
and looking better

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than you ever
dreamed possible!

Lose up to 7lbs in 7

days with The Juice
Master Jason Vale's

ultra-fast 1-week
super juice cleanse.

The man who
helped Jordan to get
her post-baby body
back has designed a
healthy and

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effective diet and
exercise programme
to reshape your
body in just one
week, but with
lasting results. The
one-week super
juice diet with fast,
body-transforming
results from the
UK's leading health
coach and seminar

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leader Jason Vale -
aka The Juice
Master. This highly
motivational and
hard-hitting
programme for
effective, speedy
weight loss has
made health
headlines around
the world. Now
updated with

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sizzling new content and a new cover, 'The Juice Master Diet' can help you look sensational in that little black dress or give you a beach-perfect body in no time. With this simple diet and exercise programme combined with

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Jason's
Book: Over 100
inspirational
Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'
coaching, you will
not only lose weight
but have higher
energy levels,
clearer skin, more
motivation and -
best of all - be free
from the dieting
trap forever. Not
only will Jason

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Vale's carefully designed juicing plan help you diet more effectively than ever before, it will also power-pack your body with nutrients and enzymes for the ultimate body boost and help you keep weight off

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permanently.

Reshape your body
in just one week by
following Jason
Vale's effective
juicing programme,
and feel invigorated
and energised while
you do it!

"Kris Carr's Crazy
Sexy Juice is a
completely original,

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up-to-date, and
colorful (of course!)
guide to the
wonderful world of
fruit and vegetable
elixirs. 100+ all-new
recipes--developed
especially for this
book--contain
superpowers
ranging from
immunity boosters,

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inflammation
Book: Over 100
fighters, happiness
Recipes Inspired
helpers, longevity
By The Film 'Fat,
leaders, mood
Sick Nearly Dead'
fixers, and booty
enhancers. The all-
green healthful
tonics and fruity
and refreshing
potions are
organized by
function, including

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The Cleansers, The
Healers, The
Boosters, and The
Beautifiers. Fiber-
rich superfood
smoothies are
likewise categorized,
as star pH Warriors,
Body Boosters, Age
Defiers, and
Superheroes. A
section on Nut

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Milks helps you get your protein power on. Not only are there enough recipes to keep your juicer and blender busy through every season, but Kris also addresses every concern you may have about juicing and blending. From

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By The Film 'Fat,
Sick Nearly Dead'

selecting the right equipment for your needs and budget, to choosing and storing the most nutritious produce, she takes you through every aspect of the process--and helps make it a habit that sticks for life.

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Whether you're an old pro at making liquid magic or if you're just starting out, you will experience juicing and blending as a fun and delicious journey into the healing powers of fresh, raw fruits and vegetables, as well

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as nuts and seeds.

Here's what else

you can expect from

this essential,

concise (crazy, sexy)

reference: Flavor

combinations that

tantalize your

palate; Tips for

blending and

juicing on the go;

Handy lists of

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helpful kitchen
tools; The 411 on
alkalinity and why
it's important; A
pick of the crop
nutrient guide

Handy substitutions
for food

sensitivities; Hints
on handling mental
and emotional
hurdles that come

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with change; Plus
an easy 3-day
cleanse and so
much more. Drink
your veggies.

Change your life.
Join Kris Carr on
yet another
adventure in health,
happiness, and the
delicious food that
can make a

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powerful impact on
your overall vitality.

Cheers!"--

Jump-Start Your
Life in Just Five

Days! Juice It to
Lose It is the all-
new, easy juice diet
from The New York
Times best-selling
author and creator
of the documentary

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Fat, Sick & Nearly
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Dead. Joe Cross has
done all the hard
work already--all
you have to do is
commit to five short
days! In that time,
this simple,
foolproof
plan--complete with
recipes--will jump-
start a change in

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your life, health,
and waistline. Our
bodies are built to
feel and look
energized, vibrant,
happy, and healthy.
But if we eat too
many processed
foods, we begin to
feel and look
sluggish. When that
happens, our bodies

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are often slow to
reset themselves the
way they should.

Joe's juice kick-start
will help you get

back to the way
you're supposed to
feel by knocking out
all the junk that's
clogging your
system. The
shopping lists, meal

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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 body's
balance. Whether
you're a long-time

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follower of Joe's
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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Green Smoothie Joy
Book: Over 100
Lose Weight, Get
Recipes Inspired
Healthy, and Feel
By The Film 'Fat,
Amazing
Sick Nearly Dead'
150 Plant-Based
Whole Food Recipes
Lose Weight & Feel
Great in Just 5 Days
More Than 400
Simple, Delicious
Recipes!
Juice Cleanse

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Juice it to Lose it

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With a career,

a boyfriend,

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and a loving
family, Piper
Kerman barely
resembles the
reckless young
woman who
delivered a
suitcase of
drug money ten
years before.
But that past
has caught up
with her.

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**Convicted and
sentenced to
fifteen months
at the infamous
federal
correctional
facility in
Danbury,
Connecticut,
the well-heeled
Smith College
alumna is now
inmate**

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#11187-424—one
of the millions
of people who
disappear “down
the rabbit
hole” of the
American penal
system. From
her first strip
search to her
final release,
Kerman learns
to navigate

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this strange
world with its
strictly
enforced codes
of behavior and
arbitrary
rules. She
meets women
from all walks
of life, who
surprise her
with small
tokens of

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generosity,
hard words of
wisdom, and
simple acts of
acceptance.

Heartbreaking,
hilarious, and
at times
enraging,
Kerman's story
offers a rare
look into the
lives of women

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in prison—why
it is we lock
so many away
and what
happens to them
when they're
there. Praise
for Orange Is
the New Black
“Fascinating .
. . The true
subject of this
unforgettable

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book is female
bonding and the
ties that even
bars can't
unbind."—People
(four stars) "I
loved this
book. It's a
story rich with
humor, pathos,
and redemption.
What I did not
expect from

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this memoir was
the affection,
compassion, and
even reverence
that Piper
Kerman
demonstrates
for all the
women she
encountered
while she was
locked away in
jail. I will

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never forget
it.”—Elizabeth
Gilbert, author
of *Eat, Pray,
Love* “This book
is impossible
to put down
because
[Kerman] could
be you. Or your
best friend. Or
your
daughter.”—Los

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Angeles Times
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centeredness to
explore how
human beings
can always
surprise
you.”—USA Today
“It’s a
compelling

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awakening, and
a harrowing
one—both for
the reader and
for Kerman.”—Ne
wsweek

Nutritional
health expert
Natalie Savona
improves on her
500,000-copy
selling Big
Book of Juices

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& Smoothies,
Book: Over 100
with this even
Recipes Inspired
bigger book of
By The Film 'Fat,
recipes
Sick, Nearly Dead'
guaranteed to
boost your
health and
vitality - a
comprehensive
introduction to
juicing. The
Big Book of
Juices is a new

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Recipes Inspired
By The Film 'Eat,
Sick Nearly Dead'

edition of
Natalie
Savona's
classic title,
now with even
more juices and
smoothies and
more than 250
photographs. It
is founded on
two basic
principles.
First, that

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Sick, Nearly Dead'

juicing is easy
if we simply
adopt the habit
of it; and
second, that
juicing every
day is a
delicious way
to get healthy
and stay
healthy.
Following a
comprehensive

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introduction to
juicing, 405
different juice
and smoothie
blends are
divided up into
three central
chapters:
Making Juices;
Making
Smoothies; and
Making
Quenchers

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By The Film 'Eat,
Sick Nearly Dead'
(juices with a
little added
something, such
as soda water,
herbs or
spices). Every
blend is given
an at-a-glance
nutrient
profile
(listing
vitamins,
minerals and ph

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yt nutrients),
and a star
rating on its
merits as an
energy- and
immune-booster,
a detoxer, and
a tonic for the
skin. The
recipes can be
sourced in
several ways:
by fruit or

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vegetable of
choice (the
chapters are
organized by
main
ingredient); by
health benefit
(an
alphabetical
chart lists
approximately
50 common
ailments or

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disorders, and
cross-
references them
to the juices,
that will help
overcome them);
and by nutrient
(a list is
given of all
the major
vitamin and
mineral
nutrients, each

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with cross-
Book: Over 100
references to
Recipes Inspired
the relevant
By The Film 'Eat
recipes in the
Sick Nearly Dead'
book). The last
chapter - a
juicing
reference
section -
includes the
nutrient and
ailment charts
as well as

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Recipes Inspired
By The Film 'Fat,
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suggested juice
courses for
detoxing and
immunity
boosting,
making this the
most practical
and
comprehensive
juice book on
the market.

A NEW YORK
TIMES BEST-

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Recipes Inspired
By The Film 'Fat,
Sick & Nearly Dead'
was released in
2010 and became
a worldwide
sensation, Joe
Cross has
become a
tireless
advocate for

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the power of
juicing. The
Reboot with Joe
Juice Diet
brings us of
the plan that
allowed him to
overcome
obesity, poor
health, and bad
habits, and
presents
success stories

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from others
whose lives
he's touched.
Joe—who managed
to lose one
hundred pounds
and discontinue
all his
medication by
following his
own plan—walks
you through his
life before

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juicing,
sharing his
self-defeating
attitude toward
food and
fitness, and
brings you
along on his
journey from
obesity and
disease to
fitness, a
clean bill of

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health, and the
Book: Over 100
clarity of
Recipes Inspired
physical
By The Film 'Eat,
wellness. In
Sick Nearly Dead'
addition to
sharing Joe's
inspirational
story, The
Reboot with Joe
Juice Diet
gives readers
all the tools
they need to

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Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'
embark on their
own journey to
health and
wellness,
including
inspiration and
encouragement,
recipes, and
diet plans.
Discover Paleo
Recipes for
Rapid Weight
Loss: 50

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By The Film 'Eat
Sick Nearly Dead'

**Delicious,
Quick & Easy
Recipes to Help
Melt Your Damn
Stubborn Fat
Away! Let me
ask you a few
questions... Do
you find that
you don't have
enough time to
prepare healthy
and delicious**

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By The Film 'Fat,
Sick, Nearly Dead'

meals and
snacks? Would
you love to
have more
energy, be
happier and
feel healthier
every single
day? Do you
want an
abundant supply
of delicious,
quick and easy

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Recipes Inspired
By The Film 'Eat
Sick Nearly Dead'

recipes at your
fingertips? If
any of the
above questions
made you say
"Yes," then
this book is
for you! Inside
this book's
pages, you'll
be introduced
to the benefits
of eating a

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Recipes Inspired
By The Film 'Fat
Sick Nearly Dead'
Palaeolithic
diet while
getting 50 of
the best Paleo
recipes out
there
specifically
designed for
weight loss and
a healthier
version of
yourself. This
book is

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By The Film 'Eat,
Sick Nearly Dead'
informational,
to the point
and organized
in such a way,
that you can
come back to it
again and again
for easy
reference. Want
to get access
to some
delicious,
quick and easy

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Recipes Inspired
By The Film 'Eat,
Sick, Nasty, Dead'
Paleo recipes?
What are you
waiting for?
Download your
copy TODAY. See
you on the
inside so we
can get
started! Fat
Loss Nation
101 Juice
Recipes
7 Keys to

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Losing Weight,
Book: Over 100
Staying Healthy
Recipes Inspired
and Thriving
By The Film 'Fat
The Prevent and
Sick Nearly Dead'
Reverse Heart
Disease
Cookbook
The Essential
Guide to
Juicing Recipes
and Juicing for
Weight Loss
Delicious Juice

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Recipes Inspired
By The Film 'Fat
Sick Nearly Dead'
Recipes for
Energy, Health,
Weight Loss,
and Relief from
Scores of
Common Ailments
More than 400
Natural Blends
for Health and
Vitality Every
Day
Fat, Sick, &
Nearly Dead

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The Juice Lady,
Cherie Calbom,
provides all of her
most popular recipes
for juicing, smoothies,
shakes, soups, and
sauces, in one
complete volume.

Hollywood celebrities
are doing it.

Corporate moguls are
doing it. But what
about those of us
living in the real

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Sick Nearly Dead

world—and on a real budget? Author and holistic health practitioner Victoria Moran started eating only plants nearly thirty years ago, raised her daughter, Adair, vegan from birth, and maintains a sixty-pound weight loss. In *Main Street Vegan*, Moran offers a complete guide to

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making this dietary
and lifestyle shift with
an emphasis on
practical "baby steps,"
proving that you don't
have to have a
personal chef or
lifestyle coach on
speed dial to
experience the
physical and spiritual
benefits of being a
vegan. This book
provides practical

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advice and inspiration
for everyone—from

Main Street to Wall

Street, and
everywhere between.

"Finally, a book that
isn't preaching to the
vegan choir, but to the
people in the
pews—and the ones
who can't fit in those
pews. This is a book
for the Main Street
majority who aren't

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vegans. Once you read this, you'll know it's possible to get healthy and enjoy doing it—even if you live in Paramus or Peoria."—Michael Moore "A great read for vegans and aspiring vegans."—Russell Simmons "Yet another divine gift from Victoria Moran.

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Main Street Vegan
Book: Over 100

covers it
all—inspiration,
information, and out
of this world recipes.

This book is a
gem."—Rory
Freedman, co-author
Skinny Bitch "Main
Street Vegan is
exactly the guide you
need to make
changing the menu
effortless. Victoria

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Moran covers every aspect of plant-based eating and cruelty-free living, with everything you need to make healthy changes stick."—Neal Barnard, MD, president, Physicians Committee for Responsible Medicine, and NY Times bestselling author of 21-Day

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Weight Loss Kickstart

"A great book for anyone who's curious about veganism. It shows that not all vegans are weirdos like me."—Moby

DIETS & DIETING.

"Before I started juicing, I was overweight and taking medication to treat an autoimmune disease.

By drinking only fresh

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By The Film 'Fat,
Sick, Nearly Dead'

vegetable and fruit
juices while making
my film Fat, Sick &
Nearly Dead, I lost
weight, got off the
medication and began
to feel better than
ever! Today, I still
drink a lot of juice and
eat a balanced diet
centered on fruits and
vegetables. But I've
also realised that
staying healthy is a lot

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more complex than just what you eat. I've distilled what I've learned down to 7 Keys to healthy and happiness. Paying attention to these 7 keys helps me thrive."

JOE CROSS In

Reboot with Joe: Fully Charged, Joe Cross shares what he's learned about staying healthy in an

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unhealthy world since
Book: Over 100
filming Fat, Sick &
Recipes Inspired
Nearly Dead.
By The Film 'Fat,
101 Juice Recipes
Sick Nearly Dead'
and the New York
Times best-seller, The
Reboot with Joe Juice
Diet, comes a new
collection of healthy,
plant-based recipes –
this time in smoothie
form. The book
features 101 delicious

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Recipes Inspired
By The Film 'Fut,
Sick Nearly Dead'

recipes, containing Joe Cross' favorite ingredients, some of which can't be juiced, such as nuts, nut milks, avocados, and even chocolate, in its purest form. Recipes are organized by color to ensure you receive a wide spectrum of nutrients and flavors. Have a health condition? Follow the

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Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'

key that indicates what juices are best for fighting specific conditions like diabetes, high cholesterol, osteoporosis, etc. If you're new to blending, this book includes detailed tips on how to prepare your ingredients to save you time and help your smoothies

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Juice Diet Recipe
taste delicious.

The Juiceman's
Power of Juicing
The Everything
Juicing Book

Main Street Vegan
A Complete Guide to
the Juicing of Fruits
and Vegetables for
Maximum Health

The Big Book of
Juices

The Reboot with Joe
Juice Diet Lose

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By The Film 'Fat,
Sick Nearly Dead'
*Whether it's your
first Reboot, or your
fourteenth, or you
just want to eat
healthy and feel
energized, The
Reboot with Joe
Juice Diet Cookbook*

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Juice Diet Recipe
is full of inspiration.
Book: Over 100
Recipes Inspired
By The Film 'Eat
Sick, Neatly Dead'
*Use the recipes in
this book as a
substitute for recipes
in Joe's Reboot
plans. Or these are
just great recipes to
have on hand to
combine with your
favorite healthy
grains or meat, or to
enjoy on their own!*
Overweight, loaded

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Recipes Inspired
By The Film 'Fat,
Sick, Nearly Dead'

up on steroids, and suffering from a debilitating autoimmune disease, Joe was at the end of his rope and the end of his hope. With doctors and conventional medicine unable to help, Joe traded in junk food and hit the road with a juicer

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*and generator in
tow, vowing only to
drink fresh fruit and
vegetable juice for
60 days. Across
3,000 miles, Joe
had one goal in
mind: to get off his
pills and achieve a
balanced lifestyle.
The Reboot with Joe
Juice Diet Lose
Weight, Get Healthy,*

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Juice Diet Recipe
and Feel

*Amazing Reboot
Holdings*

*"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*

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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

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By The Film 'Fat,
Sick, Nearly Dead'

*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 CROSS Joe

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By The Film 'Eat
Sick Nearly Dead'

*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*

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By The Film "Eat,
Sick Noisy Dead"

*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*

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By The Film 'Eat
Drink & Be
Healthy'

*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.
50 Delicious, Quick
and Easy Recipes to
Help Melt Your*

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By The Film 'Fat
Sick: Nearly Dead'
*Damn Stubborn Fat
Away!*
*50 Savory Recipes
That Will Help You
to Effectively Lose
Weight Fast*
*The Juicing
Companion*
*Over 75 Fresh and
Tasty Recipes to
Cleanse and
Nourish Your Body*
100+ Simple Juice,

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Book: Over 100
Recipes Inspired
By The Film 'Fat,
Sick, Naked, Dead'
*Smoothie & Nut Milk
Recipes to
Supercharge Your
Health
Lose Weight and
Feel Great in Just 5
Days
365 juices +
smoothies for every
day of the year*
The latest recipe
book from Joe

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Cross, star of the
Book: Over 100
Recipes Inspired
By The Film 'Fat,
Sick & Nearly
Sick Nearly Dead'
Dead, contains 101
delicious juice
recipes (with 101
pictures!) to
optimize your
health, help you
slim down, and
satisfy your taste

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buds. The recipes include everything from Joe's signature Mean Green Juice to exciting new juices like the Green Honey, Mexi Cali and the Peach Chai. Whether you're new to juicing, looking to

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By The Film 'Fat,
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complete a Reboot
or just want to add
variety to your
daily juicing
routine, this book is
for you. The recipes
are organized by
color to ensure you
enjoy a range of
flavors and more
importantly,
receive a wide

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spectrum of
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Sick Nearly Dead'
nutrients. Have a
health condition?
Follow the key that
indicates what
juices are best for
fighting specific
conditions like
diabetes, high
cholesterol,
osteoporosis, etc.
You'll also find

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guidelines for
cleaning and
storing your fruits
and veggies and a
substitution chart if
you want to swap
fruit and veggies
you don't like or
are hard to find in
your area. Try a
new juice every
day!

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Before I started juicing, I was overweight and on medication to treat an autoimmune disease. By drinking only fresh vegetable and fruit juices while making my film, Fat, Sick & Nearly Dead, I lost the weight, got

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By The Film 'Eat,
Sick Nearly Dead'

off those drugs and
started feeling
better than ever!
To keep healthy
and happy today, I
drink a lot of juice
and eat a balanced
diet centred on
fruit s and
vegetables -this
book will help you
feel great too!

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Don't eat your
veggies, drink
them! If you're one
of the millions of
Americans who
doesn't get their
recommended daily
amounts of fruits
and vegetables,
juicing is the
perfect solution!
This book is packed

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with 150 recipes to
Book: Over 100
Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'
make consuming
fruits and veggies
fast, delicious, and
fun, including:

Asparagus squash
medley Grape
citrus apple juice
Orange lemonade
lift-off Broccoli
apple carrot with
parsley and lemon

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juice Strawberry
patch juice This
handy guide
explains why
millions of people
have turned to
juicing to help
ward off everyday
disorders like colds
and migraines,
promote longevity,
shed excess pounds,

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and prevent and
Book: Over 100
treat serious
Recipes Inspired
diseases. Whether
By The Film 'Fat,
you want to get
Sick Nearly Dead'
more nutrients,
cleanse your body
of toxins, or
prevent disease and
live longer, juicing
is the answer!
Teaches "you how
to start using

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Recipes Inspired
By The Film 'Eat
Sick Nearly Dead'
juicing recipes
today for weight
loss and better
health, with 100 ...
juicing recipes, as
well as a complete
guide to starting
your own juicing
diet. Learn how to
pick out the juicer
and juicing recipes
that are perfect for

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you. Discover the
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nutritional benefits
of each ingredient,
from oranges, to
spinach, to

wheatgrass, and
find out how to
create your own ...
juicing recipes"--A
amazon.com.

Green Juice Detox
Plan for Beginners-

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Sick Nearly Dead'

Includes Green
Smoothies and
Green Juice
Recipes
The Reboot with
Joe Juice Diet
Everything You
Need to Know to
Eat Healthfully and
Live
Compassionately in
the Real World

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7-Day Juice
Book: Over 100
Challenge
Recipes Inspired
Crazy Sexy Juice
By The Film 'Fat,
Juicing for
Sick, Nearly Dead'
Beginners

As seen in the hit
film 'Fat, Sick &
Nearly Dead'

A New York Times
bestseller from
certified weight-
loss expert JJ

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Smith, Green
Smoothies for
Book: Over 100
Recipes Inspired
By The Film 'Fat,
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Life offers a
brand-new meal
plan to
incorporate
green smoothies
into your
everyday routine
while developing
healthier long-
term eating
habits and
improving your

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overall health.

More than a
weight loss
plan, the 10-Day
Green Smoothie
Cleanse,

designed by
nutritionist and
certified weight-
loss expert JJ
Smith, became a
way of life.

Readers reported
that they not

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only shed pounds
but they also
slept better,
thought more
clearly, and
were in better
over-all health,
with some
adherents, in
consultation
with their
doctor, even
moving off
medication. As

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By The Thin Fat,
Sick Nearly Dead
delicious as her
green smoothies
are, however,
the cleanse was
designed only to
jumpstart a
detox and a new
approach to
eating—it's not
a permanent
solution. In her
new book, Green
Smoothies for
Life, the highly

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anticipated
Book: Over 100
follow up to the
#1 New York
Times bestseller
10-Day Green
Smoothie
Cleanse, Smith
presents a way
that green
smoothies can be
incorporated
into your daily
regimen. With
over thirty

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Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'
recipes for
everything from
hot dinners to
desserts and
snacks, sixty
thoughtfully
composed green
smoothie
recipes, a
thirty-day meal
plan and the
corresponding
shopping lists,
the book

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Sick Nearly Dead'
provides you
with a step-by-
step
prescriptive
daily regimen
that shows you
how to eat
mindfully and
healthily. In
addition to
green smoothies
and color
photographs of
select recipes,

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the book
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includes more
Recipes Inspired
than twenty
By The Film 'Fat,
effective
Sick Nearly Dead
methods to detox
(which helps
fuel weight
loss),
information on
Smith's DHEMM
(Detox, Hormonal
Balance, Eat,
Move and Mental
Mastery) weight

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loss system, and
testimonials
from dieters
who've change
their approach
to not just food
but also life
since while
following her
advice. Whether
you are just
starting out on
your weight loss
journey or

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Recipes Inspired
By The Thin Fat,
Sick Nearly 'Dead'
already a
smoothie
convert, Green
Smoothies for
Life is the
essential next
step in
continuing your
pursuit of a
healthier
lifestyle.
Off the back of
his
groundbreaking

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Super Juice Me!
The Big Juice
Experiment,
comes Jason
Vale's most
comprehensive
juice programme
to date.

Fresh juices
have remarkable
powers: they
enable a clean

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Recipes Inspired
By The Thin Fat,
Sick Nearly 'Dead'
inner system,
while promoting
weight loss,
boosting energy,
and immunity,
and enhancing
natural beauty.
The Juice Diet
offers more than
100
mouthwatering
juice and
smoothie recipes
divided into

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Diets Inspired
By The Film 'Fat,
Sick Nearly Dead'
three simple yet
super-effective
diet plans:
Juice Blitz
(quick weekend
startup), Juice
Week (one-week
plan), and
Juicing for Life
(a month-long
schedule).
Additional
chapters cover
juicing for

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Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'
beauty, energy,
and immunity,
providing the
perfect balance
to bring out the
body's true
potential.

Want To Lose
Weight, Boost
Your Metabolism
& Improve Your
Health? Saying
"Diet Juice"
three times will

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Recipes Inspired
By The Thin 'Fat,
Sick Nearly Dead'
not do the
trick. Discover
how you can:
Shed those
stubborn extra
pounds with
yummy juice
recipes Give
your metabolism
a healthy boost
with fresh fruit
& veggies
Improve your
digestion &

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mouthwatering
juices What Are
You Waiting For?
Click "Buy Now"
& Juice Up Your
Diet! If you are
reading this,
then you have
probably heard
about juice diet
for weight loss,
juice cleanse,

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Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'

juice detox and
juice fasting.
And you are
probably
confused. That's
fine. This is
not your typical
juicing recipe
book. Tim B.
Rismo's juicing
for weight loss
guide will offer
you the
opportunity to:

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By The 'Thin Fat,
Sick Nearly Dead'
Find out more
about juice diet
& its immense
health benefits
Understand how
juice diet works
& how it can
help lose weight
Learn 50 easy &
delicious juice
recipes that
will help you
effectively lose
weight And the

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Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'
best part? This
weight loss
juice recipe
book is fluff-
free. Instead of
wasting your
time with non-
essential
details, you
will be able to
learn exactly
what you need in
a simple and
easy-to-follow

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Book: Over 100

way. What's In
It For You?
Juicing is one of
the most convenient ways
to replenish
your body with
essential
vitamins,
minerals,
antioxidants and
other
micronutrients
found in fresh

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fruit and
vegetables.
Plus, it's a
great way to get
your kids to eat
their veggies.
By the end of
this
comprehensive
juicer recipe
book for weight
loss, you will
be in a position
to: Improve your

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overall health
and balance your
diet. Feel more
energized, more
productive and
perform better
Make the
yummiest juices
for you and your
loved ones Click
"Add To Cart"
NOW & Make The
First - And Most
Delicious - Step

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Book: Over 100
For Your Dream
Body!
From Acai to
Zeolite,
Inspired
By The Film 'Fat,
Everything You
Sick Nearly Dead'
Need to Create
Amazing Recipes
Green Smoothies
for Life
101 Smoothie
Recipes
Juicing for Life
28 Day Juice
Plan

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Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'

Reboot with Joe:
Fully Charged
A Guide to the
Benefits of 'Fat,
Fresh Fruit and
Vegetable

Juicing
*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,*

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*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*

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Recipes to Inspire
By The Thin Fat,
Sick Nearly Dead'
health and weight
back under control.
It's 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,

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Juice Diet Recipe
health, and waistline.
Book: Over 100
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
body's balance.

Whether you're a

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Recipes Inspired
By The Thin Fat,
Sick Nearly Dead
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
365 delicious juice
and smoothie recipes
- one for every day of

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the year.

*The long-awaited
cookbook companion
to the revolutionary,
New York Times
bestseller Prevent
and Reverse Heart
Disease. "I hope
you'll treat yourself
to one of these
recipes and just open
that door. I guarantee
you won't close it!"*

—Samuel L. Jackson

Page 171/184

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*Hundreds of
thousands of readers
have been inspired to
turn their lives
around by Dr.
Caldwell B.*

*Esselstyn's Jr.'s
bestseller, Prevent
and Reverse Heart
Disease. The plant-
based nutrition plan
Dr. Esselstyn
advocates based on
his twenty-year*

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Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'
*nutritional study—the
most comprehensive
of its kind—is proven
to stop and reverse,
even advanced
coronary disease,
and is built on the
message the
Esselstyn family has
lived by for years:
Your health is truly in
your own hands, and
what you eat
matters. Mother-*

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Recipes Inspired
By The Film 'Fat,
Sick Nearly Dead'

*daughter team Ann
and Jane Esselstyn
have decades of
experience
developing delicious,
healthful recipes for
both their family and
Dr. Esselstyn's many
grateful patients.
Now, they combine
their expertise to
offer you the
cookbook companion
to Dr. Esselstyn's*

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Juice Diet Recipe
*groundbreaking
book, with more than
125 easy and
mouthwatering
recipes, brimming
with nourishment for
your heart and your
overall health. From
their quick and easy
meals like Fast Pasta
and Greens and
delicious "Sloppy
Joes" to their
indulgent desserts*

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Juice Diet Recipe
like their signature
Kale Cake and Minty
Frozen Chocolate
Balls, these recipes,
will empower you to
reclaim your health
and discover the
pleasures of eating
plant-based.

Green smoothies like
Ginger Green.

Juice, Smoothie and
Plant-based Recipes
Inspired by the Hit

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Juice Diet Recipe
Documentary *Fat,
Sick and Nearly Dead*
My Year in a
Women's Prison
*Juice Diet for Rapid
Weight Loss*

*7lbs in 7 Days Super
Juice Diet
Thrive Energy
Cookbook*

*All you need to
create delicious
juices for your
optimum health*

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Lose Weight, Get
Book: Over 100
Amazing Inspired
Complete guide to using
juices to maximize health
and vitality. Offers up-to-
date information on the
value of juices in relation
to the body's needs.
Included are
comprehensive charts,
delicious recipes and
instructions on using
various juicing

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equipment.

*In Fully Charged, Joe
Cross shares what he's
learned since filming
Fat, Sick & Nearly Dead
about staying healthy in
an unhealthy world.*

*Whether you've followed
the Reboot diet and are
looking for help in
sustaining your success,
or looking for advice that
will help you lose weight
and adopt a healthy*

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Recipes Inspired
By The Film 'Fat,
Sick & Nearly Dead'

*lifestyle, this book is full
of inspiration and
encouragement, as well
as practical tips for diet,
exercise, and
mindfulness. Adopt Joe's*

7 keys and thrive! 1.

Change Your

Relationship to Food

(Don't Abuse Food) 2.

*Change Your Diet (Eat
the Right Stuff) 3.*

Change Your Habits

About Food (Find a New

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*Groove) 4. Embrace
Community (Get a Little
Help From Your Friends)*

*5. Maintain the Machine
(Follow the Upkeep
Manual) 6. Practice*

Mindfulness (Chill Out)

7. Respect Yourself

*"Before I started juicing,
I was overweight and
taking medication to treat
an autoimmune disease.*

*By drinking only fresh
vegetable and fruit juices*

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*while making my film
Fat, Sick & Nearly Dead,
I lost weight, got off the
medication, and began to
feel better than ever!*

*Today, I still drink a lot
of juice and eat a
balanced diet centered on
fruits and vegetables. But
I've also realized that
staying healthy is a lot
more complex than just
what you eat. I've
distilled what I've*

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*learned down to 7 Keys
to health and happiness.*

*Paying attention to these
7 keys helps me thrive."*

--JOE CROSS

*Paleo Recipes for Rapid
Weight Loss*

*Orange Is the New Black
Lose Weight, Detox,
Tone Up, Stay Slim &
Healthy*

*The Reboot with Joe
Juice Diet Recipe Book*

The Juice Lady's Big

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*Book of Juices and
Green Smoothies*
Reboot with Joe - Fully
Charged - 7 Keys to
Losing Weight, Staying
Healthy and Thriving
The Complete Idiot's
Guide to Juice Fasting