



Freedom from the Diet Trap: Slim for Life

By Jason Vale

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Freedom from the Diet Trap: Slim for Life, Jason Vale, The completely updated physical and psychological guide to the land of the slim and healthy. If you want to be slim for a week - go on a diet. If you want to be Slim 4 Life - read this book! Jason Vale is the ultimate health coach - 'The Juice Master' - and in this fully updated paperback version of his revelatory health and fitness bible, he reveals how everyone can get slim, get fit, and get energised. His lively style and irreverent text nonetheless contains clear health messages for everyone: * give up what he calls 'drug foods' - those nutritionally worthless addictive substances, such as sugar ('white trash') and caffeine - and return to a fresh diet * eat the freshest plant ingredients and feel the fabulous health benefit of raw juice which is full of healthy enzymes * hit out at the food industry and reject its brainwashing advertising * use food combining to help your digestion. The Juice Master, offers a whole new approach to reframing the way you think about food, and offers plenty of surprises along...



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