
The Sea And Its Waves

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Jason Vale's 5:2 Juice Diet by Jason Vale

The popular 5:2 diet sounds like both a blessing and a curse - you're meant to fast for 2 days intermittently during the week, but the rest of the days you can eat whatever you want. 'Juice Master' Jason Vale thinks that's the wrong way to go about it. According to him, the diet should really be all about "optimum nutrition".

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Juice Master - Juicing Recipes, Advice and Juice Diets

History. Vale was an addict of smoking, alcohol, and junk food and a chronic sufferer of psoriasis, eczema, and hay fever. Influenced by early juicing pioneer Norman Walker, Jason began juicing to improve his health. In his book Slim 4 Life, Vale outlines how he lost weight, gave up smoking and drinking, and stopped eating junk food by changing his mindset to his addictions.

Jason Vale - Wikipedia

Consultez et comparez les avis et notes d'autres utilisateurs, visualisez des captures d'écran et découvrez Jason Vale's 5:2 Juice Diet plus en détail. Téléchargez Jason Vale's 5:2 Juice Diet et utilisez-le sur votre iPhone, iPad ou iPod touch.

Jason Vale's 5:2 Juice Diet dans l'App Store

He gives a brief history of how and why he started juicing. He gives samples of how he implements the 5:2 through his week, juicing 2 days, eating clean 3 days juice a day with salads mostly and veg), and then having 'human' days usually on weekend when off work, but all this can be personalized to individual schedule.

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