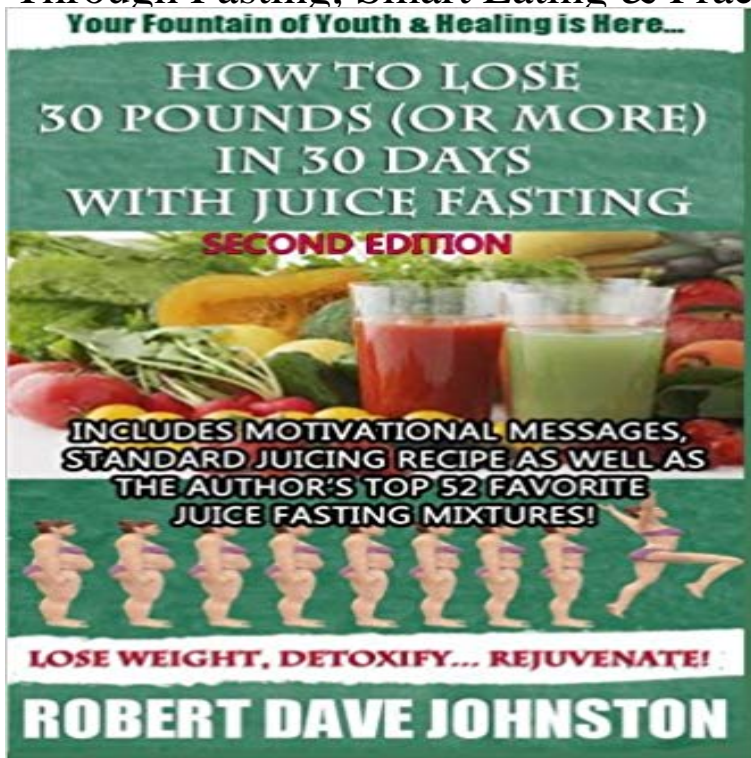


How to Lose 30 Pounds (Or More) in 30 Days With Juice Fasting (How to Lose Weight Fast, Keep it Off & Renew the Mind, Body & Spirit Through Fasting, Smart Eating & Practical Spirituality)



This Second Edition release of How to Lose 30 Pounds (Or More) in 30 Days with Juice Fasting outlines a very powerful plan that can help you to slim down and detoxify faster and more thoroughly than any other method know to man. And now, I've also included an entire chapter with more than 50 juicing recipes that will add variety (and great taste) to this important undertaking. Snake oil and pie in the sky, bye and bye are a dime a dozen. But I have yet to find a weight loss program that wields the same transformative might as fasting. Having been around for thousands of years, fasting has true and time-tested efficacy; when done properly, it will ALWAYS help you to lose weight fast and thoroughly deep-cleanse your system. With that in mind, and with the resolution to help others discover (and achieve) breakthrough and transformation, I put together this step-by-step juice fasting program which, as it happens, is pretty much identical to the one that saved my life back in 1998 when obesity and binge eating were killing me. So the completion of this book is in total defiance to destructive forces which whispered in my ear that I was no good, that I would amount to nothing, help nobody and die alone in a ditch under a pile of empty pizza boxes. I may have tipped the scales at 315 pounds (Im six feet tall), but both short and long-term fasting (in addition to the adoption of a structured eating plan), helped me to shed 115 pounds over a period of approximately 11 months. For the past 15 years, I rarely have gone past 208 pounds; Moreover, I havent binged, Im free of addictions and, today, my focus is on who I can possibly help instead of what more can I do to destroy myself? Certainly I am just ONE, but I must strive to make as much of a difference as I can. And I tell you that the moment has arrived for you to make a firm commitment with yourself, an unshakeable resolution

that you will (once and for all) do whatever it takes to improve your life and health. Life is too short; there is no time for dithering or self-pity. Not anymore. So what are we going to do? Continue to write the same sad script until we die, or write a new, better one? Writing a better one: That's what this book is all about. Yes, it's time to obliterate the excess weight and get healthier, leaner and better than ever before. And you can accomplish most, if not all of it, in just 30 days with juice fasting. Now I'm not interested in over-inflating your expectations. This task will require patience, endurance and some discomfort. But there is one thing I know for certain: If you give yourself over to this plan and implement it according to my instructions, you will take a huge leap forward. You will start to look and feel better than you have in years, maybe your entire life. All you need to do is become convinced that, If Nothing Happens, Nothing Happens. In this book, I will tell you what you need to know and what you must do every step of the way; I will identify pitfalls to steer clear of. Topics of discussion include: * Understanding the power of fruits and vegetables and their nutrients *Preparing a standard juicing recipe for maximum weight loss and detoxification *How to prepare the juice with a home juicer or extractor *How much juice to drink daily and how often *Detox symptoms that you are likely to experience and tips to overcome them *Motivational messages to guide you through the process * Instructions on how to break the fast appropriately *The importance of making permanent eating-habit changes after the fast * Why it's normal to gain a few pounds after the fast and how to minimize it * How a clean diet can help the body reshape itself and maintain a lower weight And much more!

If you are new to juice fasting, or even if you have fasted before, this book will give you lots of practical tools, encouragement and insight into this unique discipline.

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