



7lbs in 7 Days: Super Juice Diet Book & DVD

Jason Vale

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BOOK: Lose up to 7lbs in 7 days with Jason Vale's ultra-fast 1-week super juice cleanse. The man who helps celebrities' get their bodies back in shape has designed a healthy and effective diet and exercise program to reshape your body in just one week, but with lasting results, and all from the UK's leading health coach and seminar leader Jason Vale.

DVD: Don't miss this life changing DVD which offers amazing results in just 7 days. 7lbs in 7 Days not only takes you through 7 days of delicious juice and smoothie recipes helping you to lose weight, improve your health, vitality and feel great, but most importantly, it deals with the psychological aspects of giving up bad foods and old unhealthy habits, helping you overcome cravings and change your lifestyle for the better, forever!

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