



# Juice It to Lose It: Lose Weight and Feel Great in Just 5 Days

*Joe Cross*

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**Juice It to Lose It: Lose Weight and Feel Great in Just 5 Days** Joe Cross  
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 *Fat, Sick & Nearly 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 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 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 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 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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