



The Juice Diet: Lose Weight*Detox*Tone Up*Stay Slim & Healthy

By Christine Bailey

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Fresh juices have remarkable powers: they enable a clean inner system, while promoting weight loss, boosting energy and immunity, and enhancing natural beauty. *The Juice Diet* offers more than 100 mouthwatering juice and smoothie recipes divided into three simple yet super-effective diet plans : Juice Blitz (quick weekend startup), Juice Week (one-week plan), and Juicing for Life (a month-long schedule). Additional chapters cover juicing for beauty, energy, and immunity, providing the perfect balance to bring out the body's true potential.

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Editorial Review

About the Author

Christine Bailey, M.Sc., is a qualified nutritionist, food and health consultant, chef and cookery teacher. A member of the Guild of Health Writers, she writes for numerous health and food magazines and is the author of The Top 100 Low-Salt Recipes and The Top 100 Recipes for Brainy Kids for DBP. Christine runs courses and workshops, advises local authorities and schools, and works with a number of charities and organisations including the World Cancer Research Fund UK.

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