

When I made my film Fat, Sick & Nearly Dead I literally was fat, sick and nearly dead. I was overweight, loaded up on steroids and suffering from an autoimmune disease. I knew I had to drastically change my lifestyle. So I traded in my typical junk food diet and vowed only to drink fresh fruit and vegetable juices for the next 60 days. By juicing fruits and vegetables, I successfully lost the weight and got myself off all prescription drugs and truly Rebooted my life. I live a happy and balanced life at a healthy weight and I could never imagine returning to my old ways again. And you know what? If I can do it, so can you! Joe has distilled all he's learned along his incredible journey into this book. Now you too can take control of your diet and improve your health by consuming more fruits and vegetables. It really is that simple. When you consume only juice, your system is flooded with an abundance of vitamins, minerals, and nutrients that help your body stay strong and fight disease. Includes 3-day, 5-day, 10-day, 15-day, and 30-day Reboots! As well as healthy-eating plans and exercise tips, the book includes healthy inspiration for your kitchen with Joe's favorite juice, smoothie, salad, and other vegetable-focused recipes to help you feel more energized and healthy than ever.

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