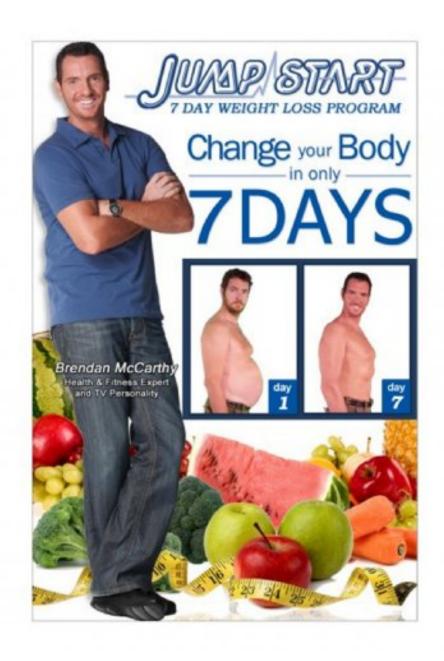


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Jump Start 7 Day Weight Loss Program

By A. Peters

Halfway through this book the writing was all jumbled on my kindle. It was barely readable. My kindle was charged so I know it wasn't the kindle. There were a lot of misspellings as well. Not worth the price!

5 of 5 people found the following review helpful.

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By Jude Robert

I didn't find the actual juicing difficult as I already juice. The initial weight loss of 2kg was great and I couldn't wait to measure at the end of 7 days. There was no further loss. Maybe I didn't need to cleanse more, or maybe the types of juices on the program didn't suit my body type and the ones at the beginning were more suitable for me? I was disappointed I didn't lose more as I was 110% compliant. I also wondered whether some form of exercise would have helped? I must admit I felt fantastic, was never hungry but didn't have that 'glow' or have anyone comment how marvellous I looked! Good for a detox but possibly don't expect to lose weight as much as advertised?

1 of 1 people found the following review helpful.

It works

By JP Potgieter

Dont let anyone else tell you otherwise. This system works and it does exactly what it says... Its a JUMP START program not a weight loss program... Yes you lose a lot of weight, BUT if you dont maintain your eating habits yes you will pick up the weight again. This is to jump start your better lifestyle.

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