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History. Vale was an addict of smoking, alcohol, and junk food and a chronic sufferer of psoriasis, eczema, and hay fever. Influenced by early juicing pioneer Norman Walker, Jason began juicing to improve his health. In his book Slim 4 Life, Vale outlines how he lost weight, gave up smoking and drinking, and stopped eating junk food by changing his mindset to his addictions.

~~Juice Master - Juicing Recipes, Advice and Juice Diets~~

~~Jason Vale - Wikipedia~~

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~~5:2 Juice Diet - Juice Master~~

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He gives a brief history of how and why

he started juicing. He gives samples of how he implements the 5:2 through his week, juicing 2 days, eating clean 3 days (juice a day with salads mostly and veg), and then having 'human' days usually on weekend when off work, but all this can be personalized to individual schedule. The popular 5:2 diet sounds like both a blessing and a curse - you're meant to fast for 2 days intermittently during the week, but the rest of the days you can eat whatever you want. 'Juice Master' Jason Vale thinks that's the wrong way to go about it. According to him, the diet should really be all about "optimum nutrition".

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5:2 Juice Diet Book. Jason Vale brings you his final ever juice diet plan - the 5:2 Juice Diet. Juice Master 5:2 Juice Diet is the perfect long-term health management plan. Jason takes the principles of the 5:2 diet and adds his own juicy twist. This hardback book is packed full of practical inspiration, mouth-watering juices

and meal ideas.

~~Jason Vale's Big 5-Day Juice Reset—The Results~~

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5:2 Juice Diet **Jason Vale - Super Juice Me! Documentary Jason Vale Juice Cleanse -- Day 2**

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#### ~~Jason Vale – Wikipedia~~

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**Cleanse Day 1 - Jason Vale's 7-day**

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