



# The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days—the Healthy Way!

By Cherie Calbom MS CN

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**The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days—the Healthy Way!** By Cherie Calbom MS CN

## Lose Weight Quickly With Fresh Juice and Delicious Raw Foods

- Satisfy your bored taste buds
- Cut your cravings
- Detox your body
- Lose 10 pounds in just 10 days!

Known as “The Juice Lady” for her expertise on juicing and raw foods, Cherie Calbom serves up freshly made juices and raw-food recipes to help you lose weight and keep it off for good. Learn about the program that has helped many people lose weight with ease. Read exciting weight-loss stories such as Dave the trucker, who lost more than 230 pounds turbo juicing.

When we give our bodies the nutrients we need with delicious, healthy, and life-giving foods, losing weight becomes easier and healthier. These juicing tips, delicious recipes, and simple meal plans will help you make juicing and raw foods an integral part of your weight-loss success.

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## **The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days—the Healthy Way! By Cherie Calbom MS CN Bibliography**

- Sales Rank: #394318 in Books
- Brand: Charisma Media Company
- Published on: 2010-05-04
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .60" w x 5.60" l, .85 pounds
- Binding: Paperback
- 256 pages



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## **Editorial Review**

### **About the Author**

**Cherie Calbom, MS**, is the author of *The Juice Lady's Turbo Diet*, *The Juice Lady's Living Foods Revolution*, and *Juicing for Life*, which has nearly two million books in print in the United States. Known as "The Juice Lady" for her work with juicing and health, Cherie has worked as a clinical nutritionist and has a master's degree in nutrition.

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