

Water Fasting for Wellness: How to Start Your Very Own Water Fast for Optimal Health, Wellness and Longevity (Paperback)



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Reviews

*A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be the best ebook for possibly.
(Mitchell Kuhn III)*

WATER FASTING FOR WELLNESS: HOW TO START YOUR VERY OWN WATER FAST FOR OPTIMAL HEALTH, WELLNESS AND LONGEVITY (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you are struggling with that stubborn body fat, you are wanting a good detox or you are suffering from an illness that just doesn't seem to be getting better, then water fasting may be just for you. I wrote this book to inform you about the amazing benefits associated with water fasting. It has been used extensively in the treatment of autoimmune diseases, cardiovascular disease (especially hypertension) and not to mention to ward off the side effects of cancer treatments. But of course one of the most amazing benefits is its ability to help you shift that last bit of excess weight, help clear up your skin and increase your longevity. If you are not yet convinced that water fasting is something that you would like to try, then read on and I hope that by the end you may decide that it is something you can do. I have done it myself - and you can too. However, don't worry. If a Water Fast seems too extreme to start off with, I have also included some information on 2 other forms of fasting - intermittent fasting and bone broth fasting. And, if Water Fasting seems too easy and you are wanting results even quicker then you can try the "Dry Fast". However, remember that this is very extreme and should be done under the supervision of a practitioner. All in all, I think a Water Fast is your best bet. Within this book I have covered the following: 1) What Fasting Is; 2) History of Fasting; 3) Benefits of Fasting - Both Spiritually, Emotionally and Physiologically (with medically researched studies); 4) Case Studies...

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