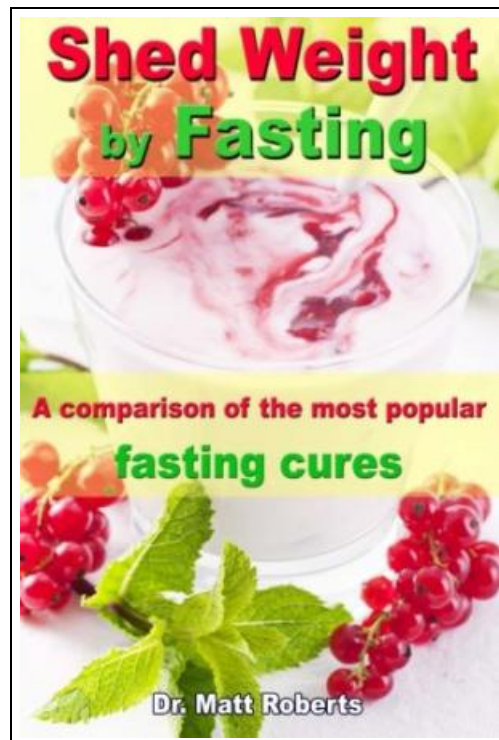


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## SHED WEIGHT BY FASTING - A COMPARISON OF THE MOST POPULAR FASTING CURES: FROM THERAPEUTIC FASTING AFTER BUCHINGER UP TO BASE FASTING (PAPERBACK)



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Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Therapeutic fasting is a good opportunity to take time for yourself and free your body of burdens and, as a side effect - desirable for many - lose excess weight. Constant malnutrition, often combined with excessive alcohol or smoking, in the long-term leads to bioaccumulation in the body. The consequence is that you feel listless and incapable, or you can even suffer from mental disorders and later become ill. With a conscious restriction of nourishment, you give your body the chance to purge, detoxicate, and purify itself. Fasting not only inspires, but conveys a new sense of agility, rejuvenation, and spiritual well-being. In this guidebook you will find the most well-known fasts with their (dis-)advantages. You can choose the fast from the various therapeutic fasting methods that corresponds with your individual needs. Regardless of which type you choose, success will happen. This includes losing weight in a short time, you will be amazed at your spiritual health and the ease with which you carry out your daily tasks. About the author Dr. Matt Roberts is a general practitioner with a focus on natural medicine. For over 15 years he has been addressing the most modern nature-based treatment methods. Many affected people have been able to activate their bodies self-healing powers under his leadership, and achieve astounding results.

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