

The Fasting Diet - Steven Bailey

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A medically sound way to relieve common ailments, such as allergies and digestive complaints Fasting--going for short periods of time without certain types of foods--is gaining more attention for its ability to detoxify the body, strengthen the immune system, promote healing, and lead to heightened emotional awareness and clarity. Presented by an expert in the field, The Fasting Diet is a medically sound and risk-free approach that will allow you to achieve all of the benefits of fasting without endangering health or drastically altering your lifestyle. Author: Bailey, Steven Publisher: McGraw-Hill Illustration: N Language: ENG Title: The Fasting Diet Pages: 00176 (Encrypted EPUB) / 00176 (Encrypted PDF) On Sale: 2001-09-26 SKU-13/ISBN: 9780658011450 Lib Category: Fasting Category: Health & Fitness : Diets - General

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