

The Complete Guide To Fasting

Janice Alexander

The Complete Guide to Fasting Jason Fung, Jimmy Moore, 2016 Thousands of books have been written about the latest and greatest diets that will help people lose weight and improve health. But a key element in any successful nutritional health program is a tried-and-true method that most people haven't thought about--yet it could be revolutionary for taking health to the next level. This ancient secret is fasting. Fasting is not about starving oneself. When done right, it's an incredibly effective therapeutic approach that produces amazing results regardless of diet plan. In fact, Toronto-based nephrologist Dr. Jason Fung has used a variety of fasting protocols with more than 1,000 patients, with fantastic success. In *The Complete Guide to Fasting*, he has teamed up with international bestselling author and veteran health podcaster Jimmy Moore to explain what fasting is really about, why it's so important, and how to fast in a way that improves health. Together, they make fasting as a therapeutic approach both practical and easy to understand, --Amazon.com.

Diabetes rückgängig machen Jason Fung, 2018-11-05 Die meisten Ärzte und Ernährungsberater halten Diabetes für eine chronisch-progressive Erkrankung, für die es keine Heilung gibt. Dem widerspricht der Diabetesexperte und Bestsellerautor Jason Fung und beweist, dass Diabetes rückgängig gemacht werden kann. Während konventionelle Behandlungen mit Insulin oder anderen blutzuckersenkenden Medikamenten das Problem noch verschlimmern, da sie zu Übergewicht oder sogar Herzerkrankungen führen, bietet Fungs Ansatz die einfache Lösung: Mit seinem Programm aus Low-Carb-Ernährung, intermittierendem Fasten und ausreichend Bewegung können Patienten ihren Blutzuckerspiegel wieder ins Gleichgewicht bringen, die Insulinproduktion regulieren und Diabetes effektiv bekämpfen.

Complete Guide To Fasting Jimmy Moore, Jason Fung, 2016-10-18 The ultimate resource on intermittent fasting, the incredibly effective therapeutic approach to feeling better and losing weight that produces life-changing results. Whether you're new to intermittent fasting or you want to fine-tune your fasting plan, this is the intermittent fasting manual to help you build the right fasting program for the best results. Whether your goal is to lose weight, improve your body's insulin response, sharpen your mental faculties, turn down depression or anxiety, or slow the aging process, *The Complete Guide to Fasting* is the best companion for your journey Here you'll find everything you need to get you through your first fast, including a 7-Day Kick-Start Fasting Plan and 20 healing recipes. Get the guidance you need for all your intermittent fasting questions: • How does intermittent fasting work, and how do you successfully combine it with diets and eating preferences

such as keto or low carb? • How does intermittent fasting amplify weight loss and improve many other health conditions, such as type 2 diabetes and heart health? • Which fluids are allowed and can even aid fasting, and which will break your fast? • What should you expect when you start fasting, and how do you avoid potential negative effects? • How do you manage hunger and create the right mindset? • What are the different fasting types and protocols, including 16:8, 20:4, alternate day fasting, and other extended fasts? Forget about starving yourself or diets with complicated rules—intermittent fasting has never been easier!

THE COMPLETE GUIDE TO FASTING - Summarized for Busy People Goldmine Reads,2019-02-22 This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. Countless books have been published discussing the best and the latest eating regimens that promise weight loss and better health. What most people do not realize is that the missing component to an effective dietary program lies in a centuries-old practice: fasting. Fasting is more than just deliberate starving. At the right conditions and regardless of dietary program, the effects of fasting to the human body are astonishing. Dr. Jason Fung, a nephrologist based in Toronto, has utilized an assortment of fasting procedures to help more than a thousand of his patients. With the help of health broadcaster and bestselling author Jimmy Moore, Dr. Fung explains the real science behind fasting, its advantages to our health, and how it can be done in the most effective way. In *The Complete Guide to Fasting*, Dr. Jason Fung and Jimmy Moore describe: · the importance of fasting throughout history · how fasting improves our health · the different approaches to fasting (intermittent, alternate-day, and extended) · who can experience the perks of fasting (and those who can't) · how fasting is beneficial to weight loss · what to prepare for in the beginning of the fast · methods that can be used to monitor progress during a fast Wait no more, take action and get this book now!

The Complete Guide to Fasting Jason Fung,2018

Summary Quality Summaries,2019-10-02 **IMPORTANT NOTE:** This is a book summary of *The Complete Guide to Fasting* by Jason Fung and is not the original book. Different diets drop in and out of fashion all the time. All of them promise sustainable weight loss and a healthier, fitter you but most are quickly replaced by the new 'next best thing'. One buzzword in the world of dieting and wellness at the moment is 'fasting' - but is it just another fad? Not at all, says Dr. Jason Fung, author of 'The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting'. In fact, it's a practice that goes back thousands of years. It's also a highly effective way to lose weight and boost your health. Dr. Fung uses his experience of working with patients who adopted fasting methods alongside the knowledge of Jimmy Moore, a health expert podcaster, to discuss the revolutionary benefits of fasting in this guide to maintaining prolonged periods without food. In this book, *A Summary of The Complete Guide to Fasting*, you will find the key points of Dr. Fung's research

so you can learn about fasting in a much quicker time. All of the information is laid out in a concise and straightforward way so it's easy to refer back to if you want a quick reminder of certain points. Fasting, according to Dr. Fung, isn't about restricting your food so that you feel miserable and famished. It can actually leave you feeling energetic and focused, as well as bringing remarkable health benefits and weight loss. This summary briefly explains the ins and the outs of Dr. Fung's guide to fasting so you can learn quickly and start putting your knowledge into practice immediately. In this book, you will discover: - A brief yet informative summary of Dr. Fung's guide to fasting. - A look at what fasting is and how it can give your health a huge boost. - Why fasting doesn't mean starving - and how you'll feel great from doing it. - An overview of the history of fasting and why it is more than just a modern-day fad. Fasting isn't going away any time soon! - A summary of how you can start fasting and reaping the benefits straight away. If you want to learn more about fasting and how you can do it, this quick yet educational summary is ideal. Click below to buy now!

SUMMARY: The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting: by Dr. Jason Fung | The MW Summary Guide The Mindset Warrior, 2018-02-05 An Easy to Digest Summary Guide... **BONUS MATERIAL AVAILABLE INSIDE** The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? Maybe you haven't read the book, but want a short summary to save time? Maybe you'd just like a summarized version to refer to in the future? In any case, The Mindset Warrior Summary Guides can provide you with just that. Let's get started. Download Your Book Today.. **NOTE:** To purchase the The Complete Guide to Fasting (full book); which this is not, simply type in the name of the book in the search bar of your bookstore.

Summary of The Complete Guide to Fasting Readtrepreneur Publishing, 2019-05-24 The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting by Jason Fung - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) There are many books about dieting but most of them have left an important element behind; fasting. If done right, it can be the most effective diet you can ever try. The complete guide to fasting tackles an unspoken dieting concept; fasting. And don't take it the wrong way, fasting is not starving oneself to lose weight. If done right, it can be really good for your body and this title, offers just that. This is a guide to venture yourself to the world of fasting without any mishaps and obtaining the best results possible. (Note: This summary is wholly written and published by readtrepreneur. It is not affiliated with the original author in any way) We are wired for feast and famine, not feast, feast, feast. - Jason Fung Dr Jason Fung has invented fasting methods with over 1000 patients obtaining fantastic results in the process. His philosophy is that human is made for feast and famine and not only feasting. Fasting can give just the results you need if done right, and with detailed information on how to do it, how to track your progress and

what to expect, there won't be any unexpected surprises in your fasting process. Jason Fung debunks the myth of fasting being bad for you and explains why it actually is good for your health. If you are just focused on feasting, you probably won't be happy with the product. P.S. The complete guide to fasting is an extremely useful book that will give you a unique dieting method that is really good for your health. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the Buy now with 1-Click Button to Grab your Copy Right Away! Why Choose Us, Readtrepreneur? ● Highest Quality Summaries ● Delivers Amazing Knowledge ● Awesome Refresher ● Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.

Summary and Discussions of The Complete Guide to Fasting The Growth Digest, 2020-01-26 Note: This is a Summary and Discussions of The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting By Jason Fung and Jimmy Moore. Learn Key Concepts for Your Self-Development or Discussion Group in 15 Minutes Without Missing the Highlights... or Your Money Back! Who Should Read The Complete Guide to Fasting? Staying healthy is the primary concern for most people in today's world; the only problem is we do not make the necessary efforts to be healthy. What we eat and how we eat are major causes of some of the deadly diseases common to recent generations. The authors encourage that we engage more in fasting not only to maintain healthy living, but also, to control the issue of obesity and diabetes, especially type-2 diabetes, which has recently been on the rise. This book is perfect for you if: You want to live a healthy life You want to avoid obesity and diabetes You want to learn proper dieting It is also perfect for those: Who are obese Who are suffering from type-2 diabetes What's in It for Me, and Why is it Important? According to the National Center for Health Statistics, 93.3 million adult Americans are affected by obesity, which is roughly 40% of the total population; unfortunately, this number keeps increasing. On the other hand, the Center for Disease Control reports that more than 100 million Americans are now living with diabetes or pre-diabetes. Feeding habits are a major cause of these health issues. A recent study revealed that the current feeding habits and food ingredients are ten times more likely to cause obesity and type-2 diabetes. Hence, the importance of this book. The complete guide to fasting is not just a guide to fasting, but a guide to controlling our food intake, which is directly related to healthy living. You'll Soon Discover... The health benefits of fasting. How feeding habits affect health. The leading causes of type-2 diabetes and obesity. How to prevent and control type-2 diabetes. How to effectively work on obesity. Don't Have Time to Read? Discover the new way to grasp a deeper understanding of a book or subject while getting your time back - instantly! The Growth Digest serves busy people who are keen on growth, learning, and self-development by serving all the highlights and key points on a silver platter - without the fluff. Additionally, The Growth Digest provides various unique and intuitive content so you can get a 360 degree understanding of the topic including: Background Information About the Author so You Know Where They Are Coming From The Author's Perspective and Motivation to Write This Book that Will Give You a Fuller Understanding Main idea In a

Nutshell to Give You an Instant Overview of the Forest Chapter-by-Chapter Analysis So You Can Explore In-Depth the Trees Chapter Recap to Review the Chapter Instantly (Great for Memory) Ideas How to Implement This Into Your Life Immediately Trivia Questions To Quiz Yourself and Your Friends Discussion Questions So You are Ready to Have a Discussion In Your Discussion Group ...and much more! Our unique Growth Digest Summary and Discussions Book would be ideal to enhance your enjoyment of the original book or help to pick it up. Scroll Up and Download Now! 100% Satisfaction Guaranteed or Your Money Back. This is an unofficial summary & analytical review and has not been approved or is affiliated by the original author or publisher of the book.

Summary Lauren Fremont,2018-02-06 An Easy to Digest Summary Guide... " BONUS MATERIAL AVAILABLE INSIDE " If you're looking for alternative methods to heal from certain diseases or you're simply looking to recharge your mitochondrial health for a more energizing life experience, you're going to want to read this one.. The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? Maybe you haven't read the book, but want a short summary to save time? Maybe you'd just like a summarized version to refer to in the future? In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today.... NOTE: To Purchase the The Complete Guide to Fasting(full book); which this is not, simply type in the name of the book in the search bar of Amazon

Summary: the Complete Guide to Fasting Readtrepreneur Publishing,2018-02-06 The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting by Jason Fung| Book Summary | Readtrepreneur (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link: <http://amzn.to/2zuYL6s>) There are many books about dieting but most of them have left an important element behind; fasting. If done right, it can be the most effective diet you can ever try The complete guide to fasting tackles an unspoken dieting concept; fasting. And don't take it the wrong way, fasting is not starving oneself to lose weight. If done right, it can be really good for your body and this title, offers just that. This is a guide to venture yourself to the world of fasting without any mishaps and obtaining the best results possible. (Note: This summary is wholly written and published by readtrepreneur.com It is not affiliated with the original author in any way) We are wired for feast and famine, not feast, feast, feast. - Jason Fung Dr Jason Fung has invented fasting methods with over 1000 patients obtaining fantastic results in the process. His philosophy is that human is made for feast and famine and not only feasting. Fasting can give just the results you need if done right, and with detailed information on how to do it, how to track your progress and what to expect, there won't be any unexpected surprises in your fasting process. Jason Fung debunks the myth of fasting being bad for you and explains why it actually is good for your health. If you are just focused on feasting, you probably won't be happy with the product. P.S. The complete guide to fasting is an

extremely useful book that will give you a unique dieting method that is really good for your health. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the Buy now with 1-Click Button to Get your Copy Delivered Right Away! Why Choose Us, Readtrepreneur? Highest Quality Summaries Delivers Amazing Knowledge Awesome Refresher Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book, search for this link: <http://amzn.to/2zuYL6s>

Summary of The Complete Guide to Fasting By Dr. Jason Fung Dependable Publishing,2019-06-24 - If you are overweight, obese, or suffering from any issues with your body weight, get this book! - If you are pre-diabetic or have type 2 diabetes or have high blood pressure, get this book! - You can slow aging, fight cancer, Alzheimer's, arthritis, and reduce inflammation! - You can improve your cognitive ability and improve your physical capacity! - Quick-start your internal healing processes to beat and reverse chronic diseases! - Here's the complete guide to fasting, with all the guidelines. You can attain your best health ever!. THE COMPLETE GUIDE TO FASTING by Dr. Jason Fung, makes fasting as a therapeutic approach to nutritional health both easy to understand and easy to accomplish. If you are overweight or suffering from any issues with your body weight, get this book. If you have tried every known diet yet nothing is working, get this book. If you have type 2 diabetes or you are pre-diabetic or you have hypertension (high blood pressure), get this book. Yes, you can slow aging, fight cancer, Alzheimer's, arthritis, and reduce inflammation. You can enhance your cognitive ability and improve your physical capacity. You can quick-start your internal healing processes to beat and reverse chronic diseases. You can attain your best health ever. Fasting has produced these results. Have you tried fasting? The Complete Guide to Fasting by Dr. Jason Fung is, indeed, the complete guide to fasting, with all the necessary guidelines, tips, strategies and protocols. This is a very well-written summary and guide to the book. Indeed, this summary is a must-read for everyone who desires their best health now! So, do not procrastinate! BUY THIS SUPERGUIDE BOOK NOW!

Summary: Dr. Jason Fung's the Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, ...
Sarah Fields,2019-02-16 Dr. Jason Fung's book The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended is the comprehensive manual to the revolutionary healthy habit of fasting. Thousands of books have been published about the greatest and latest diets that can help individuals lose excess weight and improve their overall health. The key element in any effective nutritional health program is the method that has been tried for many ages: fasting. In this book, Dr. Fung defines what fasting is really about and how it can effectively produce amazing results and become therapeutic when it's done right. The Complete Guide to Fasting also provides the tools that readers need to get started and get through their fasts. In this comprehensive look into The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting by Dr. Jason Fung, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following: More than 60 done-for-you discussion prompts

available Discussion aid which includes a wealth of information and prompts Overall brief plot synopsis and author biography as refreshers Thought-provoking questions made for deeper examinations Creative exercises to foster alternate if this was you discussions And more! Please Note: This is a companion guide based on the work *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting* by Dr. Jason Fung not affiliated to the original work or author in any way and does not contain any text of the original work. Please purchase or read the original work first.

Summary of Dr. Jason Fung & Jimmy Moore's *The Complete Guide to Fasting* Everest

Media,2022-03-19T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Fasting is completely different from starvation in that it is voluntary abstention from eating for spiritual, health, or other reasons. Food is readily available, but you choose not to eat it. #2 Fasting is effective, simple, flexible, practical, and virtually guaranteed to work. However, it is not healthy to fast for prolonged periods of time, and most people can't tolerate the side effects. #3 The 1970s was when the typical American ate three meals a day, with no snacks. Today, we actively encourage snacking in both adults and children. The average American eats five or six times per day. #4 When we eat, we ingest more food energy than we can immediately use. Some of this energy needs to be stored away for later. The key hormone involved in both the storage and use of food energy is insulin, which rises during meals.

Summary of the *Complete Guide to Fasting* by Dr. Jason Fung Brighten Books,2020-04-10 SUMMARY OF THE COMPLETE GUIDE TO FASTING BY DR. JASON FUNG, explains, in simple terms and with clarity, why fasting works as a highly-effective solution for the reversal and cure of so many chronic illnesses and diseases such as obesity, eating disorders, prediabetes, type 2 diabetes, metabolic syndrome, cardiovascular disease, high blood pressure, cancer, arthritis, Alzheimer's disease, Parkinson's disease, dementia, heart disease, asthma and many more diseases. The book also explains how fasting slows aging, boosts the brain, reduces inflammation, and quick-starts the body's ability to heal itself. If you have any of the above-named medical conditions or if you have tried every known diet, yet nothing is working, then answer this question: have you tried fasting? It is on record that fasting has reversed and cured many of the conditions mentioned above. This book makes fasting easy to understand, easy to accomplish and even fun! It contains all the necessary guidelines, tips, strategies and protocols you need to begin using fasting as an express tool to your best health ever! This is an excellent summary of the main book. And this summary makes an excellent gift for you or anyone you know who also cherishes good health! There's nothing for you to lose and a lot of good health to gain! SO, CLICK THE BUY BUTTON NOW!

The *Complete Guide to Fasting* Jimmy Moore,2016-10-18

A Summary & Analysis: *The Complete Guide to Fasting* By Jason Fung MD, and Jimmy Moore: *Heal Your Body Through Intermittent, Alternate-Day* Black Book,2019 Book Summary of *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting* This book is an incredibly fascinating read, particularly for

anyone who is obese or has type 2 diabetes. Each theory is supported by studies and references making the terms and solutions very believable and easy to follow. Fasting is indeed a viable option for losing weight and reversing a type 2 diabetes diagnosis. You will experience lowered blood pressure, blood sugar, cholesterol and greater energy and brain power. The book exposes you to real life examples of highly successful fasting experiences and the fasting all stars will encourage you and support your efforts online. The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting is a thought provoking piece of work that presents the open mind with great insight that is very different from what most of us have traditionally been taught to believe and understand. I would also recommend this book for individuals who practice medicine because the information provided is very different from what most patients are taught during their entire lives. Whether you want to agree with the reported findings or not is certainly your own discretion. In any case, you will hopefully be open to what may be an unfamiliar perspective. For more information click on the BUY BUTTON!!

Summary Of The Complete Guide to Fasting Scorpio Digital Press, 2019-07-10 Why does everyone think fasting is so bad for you? NEWSFLASH - It's really not! This is a summary and analysis companion book based on Jason Fung and Jimmy Moore's *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting* is a thought-provoking piece of work that presents the open mind with great insight that is very different from what most of us have traditionally been taught to believe and understand about dieting. Jimmy Moore, well known international author and co-author of the original book once weighed 410 pounds and was highly skeptical of fasting practices. After an interview with a Boston College professor, in which he claimed 7-10 day water fast would help prevent cancer, Jimmy began experimenting. Thus, his polished gem of exciting and intriguing information was born! Now - let's look at what this summary and analysis companion e-book has to offer: 1) You'll enjoy a detailed list of fasting all-stars' experiences along with their results! 2) Engaging discussion questions that will prime you for a fast of your own! 3) A detailed chapter-by-chapter analysis that outlines every key point in the original book. For instance, how chapter seven is all about how fasting can aid in cell cleansing, anti-aging, neurological benefits, and much more! BUY TODAY, ENJOY TONIGHT, AND START YOUR FAST TOMORROW! NOTE TO READERS: This is a summary and analysis companion book based on Jason Fung and Jimmy Moore's *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting*. This book is meant to enhance your original reading experience.

Intermittent Fasting Janice Alexander, 2021-02 You have probably heard about many kind of diets, maybe you tried one, but they usually do not work and are too hard to follow. Tons of bad food, complicated and bad tasting recipes, and ridiculous timetables to stand for. This is just an old remembrance...how? With my specific Intermittent Fasting method explained in this book you will be able to understand this remarkable lifestyle, which makes you able to eat food that is delicious and

simple to cook and transport. This book includes my Intermittent Fasting 16/8 Method & my Intermittent Fasting for Women Over 50. With this book you will be able to get the body you want, without any kind of trouble, and you will discover how easy it is to lose weight by eating delicious food, even if you are just a beginner. My easy step to step guide to follow the intermittent fasting method A specific and simple lifestyle guide A list that contains what is recommended in the intermittent fasting diet. Useful tricks to simplify your shopping for the diet Tons of delicious recipes indicated for weight loss and control A 4-weeks meal plan useful for simplify your habits My specific secret tricks for an easier path And much more that you won't find elsewhere As soon as you try the amazing road of the 16/8 Intermittent Fasting, and the tricks of Intermittent Fasting for Women Over 50, you will begin to understand how many amazing things you can eat while losing weight

The Complete Guide to Fasting Log, Journal and Workbook It's about Time, 2019-08-02 One of the most important healthcare advances in recent years has been Dr. Jason Fung's work with fasting for health and weight loss. His three books (The Obesity Code, The Diabetes Code and The Complete Guide to Fasting) have been best sellers since they were introduced, and people are not only noticing, they're getting involved and sharing their remarkable success, not just with obesity and weight loss but with serious health issues like Type 2 Diabetes, pre-diabetes, insulin resistance, high blood pressure, even various autoimmune disorders, and much more. If you're following Dr. Jason Fung's fasting protocol, or plan to, this log, journal and workbook is for you. It offers planner pages and accessory pages for 6 months. The left hand page of the planner weekly spread is a typical weekly planner page. The right hand page is a food / fast diary with a habit tracker grid to enter macros, fasting start/end times, and whether or not there's a separate journal entry for the day. You can enter any other information you like such as blood glucose levels, ketones, etc. Enter beginning (and subsequent) measurements and weight on the page provided at the beginning of the book. What makes this Journal especially useful are the blank overview calendars at the beginning of each month, goals and intentions pages, reflection pages to recap your success in meeting goals along with thoughts and plans on how to improve, plus 2 additional pages each month for miscellaneous notes or journal entries and extra notes pages at the end of the book. Your journal entry, if used, might cover symptoms or thoughts or successes - whatever information you want to include to document your journey. Weight and measurements, if desired, can be entered at the beginning of the journal or in one or more of your planner pages or even on a journal page. All in all, *The Complete Guide to Fasting Log, Journal and Workbook* is an essential tool for your success on your amazing fasting adventure. *It's About Time* brings you a wide array of beautiful, high quality planners, journals, diaries, organizers, specialty journals, composition notebooks, dot grid or bullet journal(TM), notebooks, sketchbooks, and other paper delights -- all just waiting for your creative and inspired input, your notes and ideas, to do lists, sketches and doodles, anything and everything you want to commit to paper.

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The Complete Guide To Fasting Introduction

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