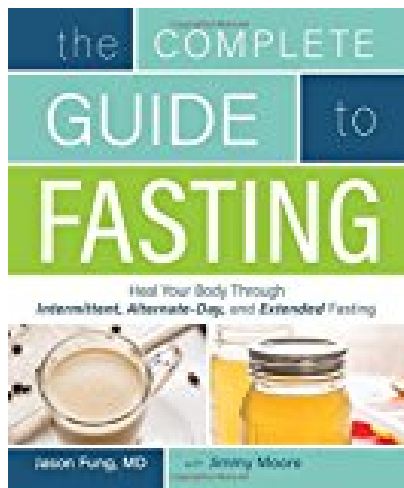


The Complete Guide to Fasting Heal Your Body Through Intermittent Alternate-Day and Extended Fasting



BOOK DETAILS

- Author : Jimmy Moore
- Pages : 304 Pages
- Publisher : Victory Belt Publishing
- Language : English
- ISBN : 1628600012

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BOOK SYNOPSIS

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. This ancient secret is fasting. 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.

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