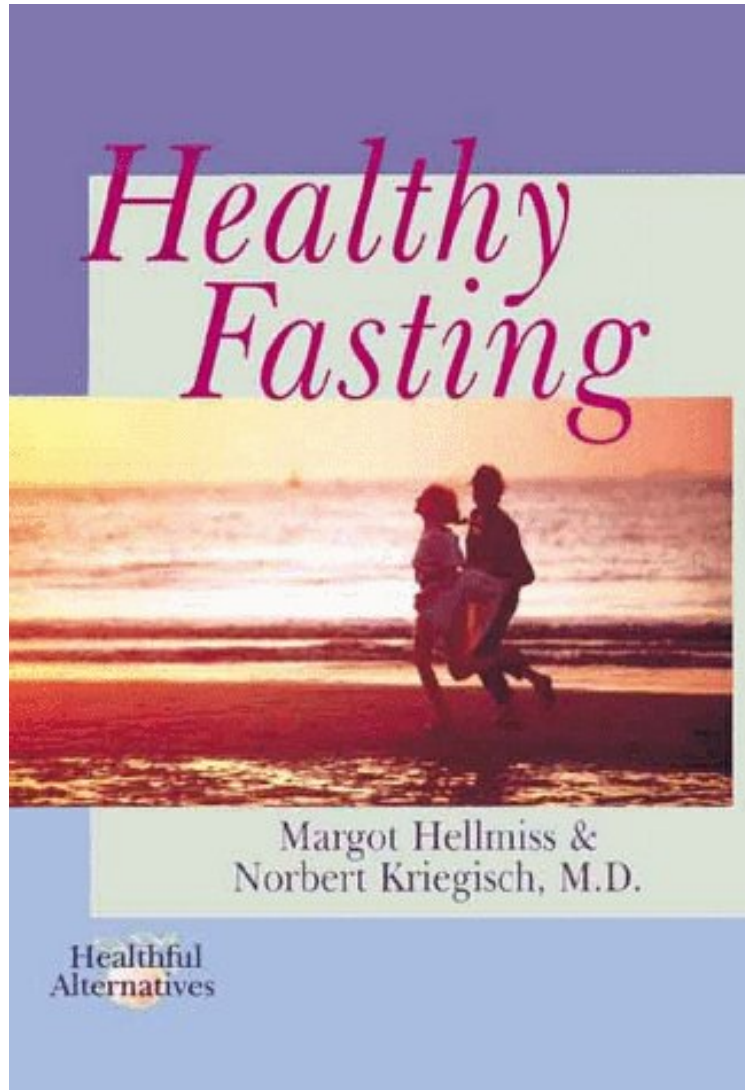


(Mobile book) Healthy Fasting (Healthful alternatives)

Healthy Fasting (Healthful alternatives)

Margot Hellmiss, Norbert Kriegisch

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#4325339 in Books Sterling 1999-12-31 Original language: English PDF # 1 .31 x 8.05 x 6.92l, #File Name: 080692027096 pages | File size: 34.Mb

Margot Hellmiss, Norbert Kriegisch : Healthy Fasting (Healthful alternatives) before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Fasting (Healthful alternatives):

0 of 0 people found the following review helpful. Fasting Basics in a Highly Readable Form By BookieTN This brief book provides an overview of fasting, its history, proponents and methodologies. The style is brisk and readable, packing a lot of information into its cleanly formatted pages. This is not an argumentative book. The authors set out to describe what they see as the benefits of fasting. They then go on to detail different approaches, using the broadest definition of the term "fast." Detailed instructions are given for fasts of different durations, with attention to both

preparation and re-feeding as the fast ends. For the person who just wants a how-to introduction to fasting, this will be a welcome addition. Those interested in the science of the thing will be better served elsewhere. This is a book by true believers for true believers. Its aims are modest, and it achieves them in a way that satisfies. I bought a second copy to lend simply because I grew tired of having mine disappear in the hands of interested friends. I own many books on fasting, but this is the one that attracts the casual reader. 0 of 0 people found the following review helpful. Best book for multiple fasting plans. By Vanessa Furrey I first found this book at the library many years ago when I did my first fast. I would check it out each year until it was no longer available, then I bought it on . I have also purchased a second copy for a friend.

The biggest difference between dieting and fasting is--dieting can reduce the amount of poisons you put into your body, but fasting removes toxins from your system completely, and keeps them out. Begin this 10-day program anytime and repeat it as often as you need it. Start simply, with partial fasts. Then learn how to skip a meal intelligently, and let up on desserts or coffee without withdrawal pangs. Try fruit-based and grain-based fasts for one day or longer. Substitute quick-energy health juices and teas instead of calorie-packed snacks. Recipes show how to get the nutrition you need. Enjoy the bracing changes fasting can bring, as you lower your cholesterol, grow healthier hair, and tone your muscles. 96 pages (all in color), 6 1/4 x 8 3/4.