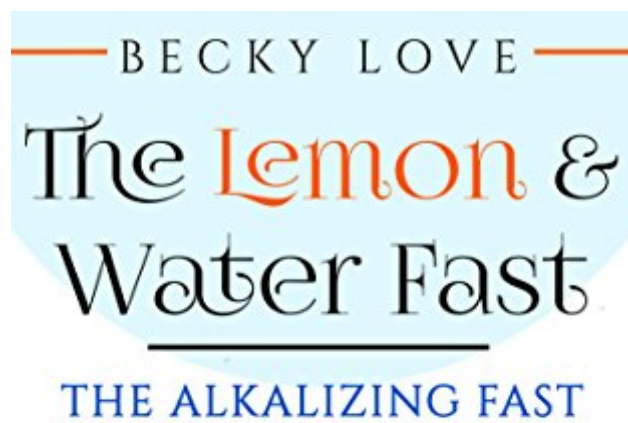


The book was found

Fasting: Alkaline Diet: Lemon And Water Fasting (Healthy Living, Intermittent Fasting, Fasting Diet, Fast For Weight Loss, Fasting And Prayer) (Health Detoxification Wellness Living)





Synopsis

Have you struggled with a lack of focus or concentration? Do you often find yourself relying on caffeine and synthetic drugs to mask feelings of illness? Do you suffer from digestive disturbances such as constipation or diarrhea? Are you looking for a free and effective way to feel better? This Health Bonus Package will: Help you turn around your health Educate you on why illness and disease is so prone in today's society Provide you with easy and necessary steps towards a healthy lifestyle** Limited time Health and Wellness Package - Includes 3 additional Healthy Living bonus Books: Breathing: Techniques for Health and Happiness Adaptive Fasting (Intermittent, 5:2, Other) Preventing Cancer the Natural Way

Book Information

File Size: 1714 KB

Print Length: 26 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 8, 2016

Sold by: Â Digital Services LLC

Language: English

ASIN: B01CRGQJV8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #89,212 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Â Kindle Store > Kindle eBooks > Nonfiction > Sports > Other Team Sports > Rugby #8 in Â Books > Sports & Outdoors > Other Team Sports > Rugby #20 in Â Kindle Store > Kindle Short Reads > 45 minutes (22-32 pages) > Sports & Outdoors

Customer Reviews

Great guide: Alkaine foods and diet actually helps prevent cancer and has HUGE health benefits so for sure I would recommend this to anyone as it is so important to learn and have a clear diet in this day and age with mcdonalds and places like that around!

I totally agree with these all advantages who given in this book because i also using lemon and

water it is very fast way to control your weight. This book gives us so many advantages of fasting and i think fasting is very good for our health i really liked this book and i enjoyed a lot. its high recommended book. Thanks

Fasting alkaline diet for beginner is a good starter book for those interested in fasting as part of their weight loss. It gives you the information needed to fast properly. Detailed guide on how to use the fast diet to reach your long term weight loss goals.

In this book, there are some several juice recipes to help get you started on a healthy. Lemon and water is the most healthy way for you to lose unwanted pounds. I will try these for my over weight.

I received this book at no cost from for Kindle readers. It was an enjoyable read, and I look forward to reading more from this author.

The info could have been presented in a few pages. The advice to drink lemon water is good, though

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