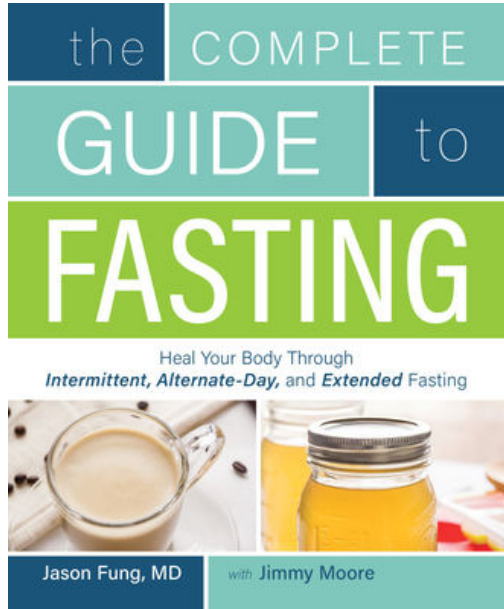


Descargar libro The Complete Guide to Fasting Libre de Jason Fung (PDF - ePub - Mobi)



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.

"The Complete Guide to Fasting" explains:

- why fasting is actually good for health
- who can benefit from fasting (and who won't)
- the history of fasting
- the various ways to fast: intermittent, alternate-day, and extended fasting
- what to expect when starting to fast
- how to track progress while fasting
- the weight loss effects of fasting
- how to ward off potential negative effects from fasting.

The book also provides tools to help readers get started and get through their fasts, including a 7-Day Kick-Start Fasting Plan and healing liquid recipes.

Título	:	The Complete Guide to Fasting
Autor	:	Jason Fung
Categoría	:	Salud y forma física
Publicación	:	18/10/2016
Editorial	:	Victory Belt Publishing
Vendedor	:	Victory Belt Publishing, Inc.
Páginas impresas	:	304 páginas

Tamaño del archivo

: 8.67MB

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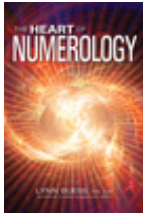
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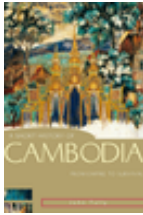
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