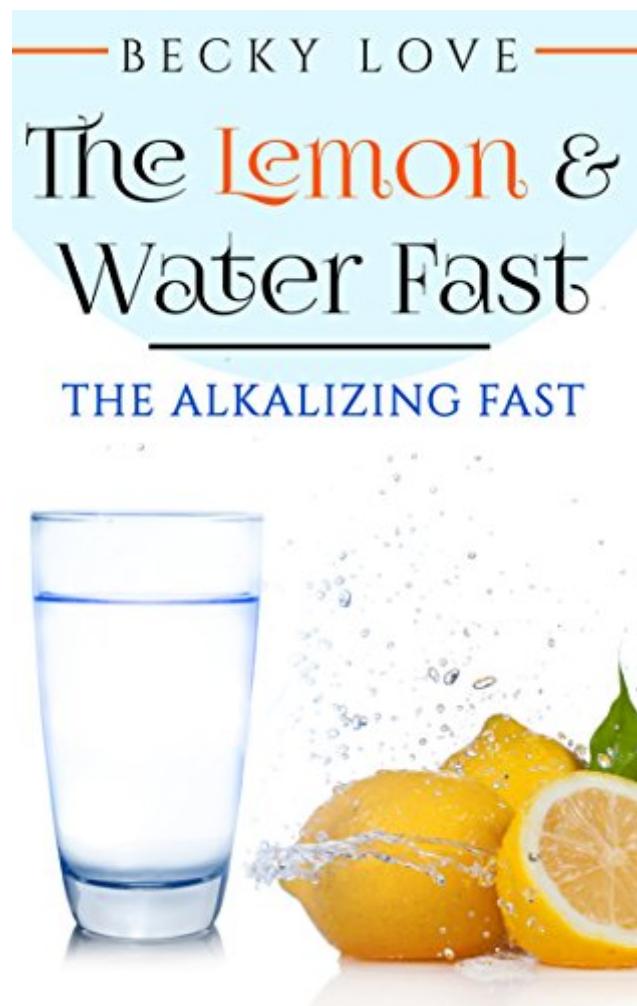


The book was found

Fasting: Alkaline Diet: Lemon And Water Fasting



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: 1650 KB

Print Length: 26 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 8, 2016

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Short Reads > 45 minutes (22-32 pages) > Sports & Outdoors

Customer Reviews

This book is poorly written. It is redundant to the point of being ridiculous. The science, if you can call it that, is unsubstantiated. There are certainly proven benefits of fasting but you don't need to read this book to figure that out.

This book wasn't a book more like a short essay I returned it and got my refund. Won't buy from this author again. Should write a better description.

Seems to work

Poorly written. No science to support.

This sounds quite interesting and I will definitely give this one a try.

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

Great book. So glad I brought it.

It is too many books in one.

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diet, Intermittent Fasting For Beginners) Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Alkaline Diet: The No B.S. Guide to Alkaline Foods for Easy Weight Loss, Rebalancing Your pH Naturally, & Transforming Your Health - Includes Beginners 31 Day Alkaline Diet Plan (Clean Eating Series) Intermittent Fasting: Made Simple - How to Build Muscle and Burn Fat Faster with Less Effort using Intermittent Fasting (BONUS: 11 Little Known Weight ... 2 Diet, Fasting, Intermittent Fasting Diet) Alkaline Smoothies: High Alkaline Smoothie Cleanse Recipes; 30 Day Acid Alkaline Diet Challenge to Balance your pH, Lose Weight, and Feel Great; Photos and Nutrition Info for Every Recipe Alkaline Foods: 100% Raw: Easy and Tasty Raw Food Recipes Including Alkaline Salads, Smoothies and Treats! (Weight Loss, Clean Eating, Alkaline Diet Book 2) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Fasting: Intermittent Fasting - The Secret To Losing Weight Fast, Permanently And Feeling Wonderful (Intermittent Fasting For Weight Loss, Intermittent Fasting For Women, 5 2 Diet) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss Intermittent Fasting: The Ultimate Intermittent Fasting Guide for Healthy and Quick Weight Loss (Intermittent Fasting Plan, Intermittent Fasting for Women, Weight Loss, Burn Fat, Intermittent Eating)

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