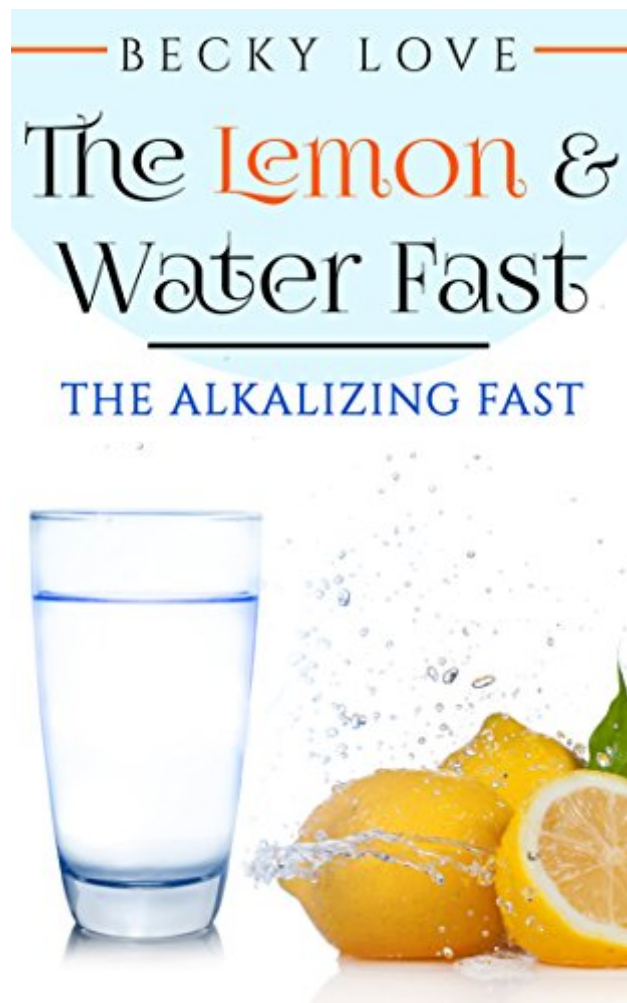




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Fasting: Alkaline Diet: Lemon And Water Fasting



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

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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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