

Complete Guide To Fasting Jason Fung

Its About Time

Complete Guide To Fasting Jimmy Moore, Jason Fung, 2016-10-18 The ultimate resource on intermittent fasting, the incredibly effective therapeutic approach to feeling better and losing weight that produces life-changing results. Whether you're new to intermittent fasting or you want to fine-tune your fasting plan, this is the intermittent fasting manual to help you build the right fasting program for the best results. Whether your goal is to lose weight, improve your body's insulin response, sharpen your mental faculties, turn down depression or anxiety, or slow the aging process, *The Complete Guide to Fasting* is the best companion for your journey. Here you'll find everything you need to get you through your first fast, including a 7-Day Kick-Start Fasting Plan and 20 healing recipes. Get the guidance you need for all your intermittent fasting questions:

- How does intermittent fasting work, and how do you successfully combine it with diets and eating preferences such as keto or low carb?
- How does intermittent fasting amplify weight loss and improve many other health conditions, such as type 2 diabetes and heart health?
- Which fluids are allowed and can even aid fasting, and which will break your fast?
- What should you expect when you start fasting, and how do you avoid potential negative effects?
- How do you manage hunger and create the right mindset?
- What are the different fasting types and protocols, including 16:8, 20:4, alternate day fasting, and other extended fasts?

Forget about starving yourself or diets with complicated rules—intermittent fasting has never been easier!

The Complete Guide to Fasting Jason Fung, Jimmy Moore, 2016 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, --Amazon.com.

THE COMPLETE GUIDE TO FASTING - Summarized for Busy People Goldmine Reads, 2019-02-22 This book

summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. Countless books have been published discussing the best and the latest eating regimens that promise weight loss and better health. What most people do not realize is that the missing component to an effective dietary program lies in a centuries-old practice: fasting. Fasting is more than just deliberate starving. At the right conditions and regardless of dietary program, the effects of fasting to the human body are astonishing. Dr. Jason Fung, a nephrologist based in Toronto, has utilized an assortment of fasting procedures to help more than a thousand of his patients. With the help of health broadcaster and bestselling author Jimmy Moore, Dr. Fung explains the real science behind fasting, its advantages to our health, and how it can be done in the most effective way. In *The Complete Guide to Fasting*, Dr. Jason Fung and Jimmy Moore describe: · the importance of fasting throughout history · how fasting improves our health · the different approaches to fasting (intermittent, alternate-day, and extended) · who can experience the perks of fasting (and those who can't) · how fasting is beneficial to weight loss · what to prepare for in the beginning of the fast · methods that can be used to monitor progress during a fast Wait no more, take action and get this book now!

Summary: Dr. Jason Fung's the Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, ...
Sarah Fields,2019-02-16 Dr. Jason Fung's book *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended* is the comprehensive manual to the revolutionary healthy habit of fasting. Thousands of books have been published about the greatest and latest diets that can help individuals lose excess weight and improve their overall health. The key element in any effective nutritional health program is the method that has been tried for many ages: fasting. In this book, Dr. Fung defines what fasting is really about and how it can effectively produce amazing results and become therapeutic when it's done right. *The Complete Guide to Fasting* also provides the tools that readers need to get started and get through their fasts. In this comprehensive look into *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting* by Dr. Jason Fung, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following: More than 60 done-for-you discussion prompts available Discussion aid which includes a wealth of information and prompts Overall brief plot synopsis and author biography as refreshers Thought-provoking questions made for deeper examinations Creative exercises to foster alternate if this was you discussions And more! Please Note: This is a companion guide based on the work *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting* by Dr. Jason Fung not affiliated to the original work or author in any way and does not contain any text of the original work. Please purchase or read the original work first.

Life in the Fasting Lane Dr. Jason Fung,Eve Mayer,Megan Ramos,2020-04-07 Real-life advice and guidelines to take the guesswork and the fear out of fasting. Fasting is emerging as one of the most exciting medical advancements in recent

memory. Its list of benefits extends far beyond weight loss and includes improved cardiovascular health, lower blood pressure, protection against cancer and better cognitive function. While many of us may be able to handle the physical effects of fasting, the mental and social challenges are often daunting. There are so many opportunities to eat during the day, and sometimes it's rude not to participate in meals. What do you do with the time you used to spend eating? How do you navigate social situations while fasting? How can a food addict mentally prepare for a fast? *Life in the Fasting Lane* fills all of these gaps, and more, by bringing together three leading voices in the fasting community to provide a book written for both the body and the mind, helping people cope with all aspects - physical, social, emotional, medical - of fasting. It blends cutting-edge medical and scientific information about fasting with the perspective of a patient who has battled obesity the majority of her adult life.

Summary Quality Summaries, 2019-10-02 **IMPORTANT NOTE:** This is a book summary of *The Complete Guide to Fasting* by Jason Fung and is not the original book. Different diets drop in and out of fashion all the time. All of them promise sustainable weight loss and a healthier, fitter you but most are quickly replaced by the new 'next best thing'. One buzzword in the world of dieting and wellness at the moment is 'fasting' - but is it just another fad? Not at all, says Dr. Jason Fung, author of *'The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting'*. In fact, it's a practice that goes back thousands of years. It's also a highly effective way to lose weight and boost your health. Dr. Fung uses his experience of working with patients who adopted fasting methods alongside the knowledge of Jimmy Moore, a health expert podcaster, to discuss the revolutionary benefits of fasting in this guide to maintaining prolonged periods without food. In this book, *A Summary of The Complete Guide to Fasting*, you will find the key points of Dr. Fung's research so you can learn about fasting in a much quicker time. All of the information is laid out in a concise and straightforward way so it's easy to refer back to if you want a quick reminder of certain points. Fasting, according to Dr. Fung, isn't about restricting your food so that you feel miserable and famished. It can actually leave you feeling energetic and focused, as well as bringing remarkable health benefits and weight loss. This summary briefly explains the ins and the outs of Dr. Fung's guide to fasting so you can learn quickly and start putting your knowledge into practice immediately. In this book, you will discover: - A brief yet informative summary of Dr. Fung's guide to fasting. - A look at what fasting is and how it can give your health a huge boost. - Why fasting doesn't mean starving - and how you'll feel great from doing it. - An overview of the history of fasting and why it is more than just a modern-day fad. Fasting isn't going away any time soon! - A summary of how you can start fasting and reaping the benefits straight away. If you want to learn more about fasting and how you can do it, this quick yet educational summary is ideal. Click below to buy now!

The Obesity Code Cookbook Jason Fung, 2020-01-07 By the 500,000-copy bestselling author of *The Obesity Code* Recipes to revolutionise the way you cook, eat, and live. In *The Obesity Code*, Dr Jason Fung introduced the idea that

obesity is caused by our hormones, specifically insulin, and offered practical, easy-to-follow advice on how to lose weight for good. Now, The Obesity Code Cookbook makes it easier than ever to follow his methods. Over 90 mouth-watering recipes — from slow-roasted pork shoulder to chia pudding and almond cake — showcase healthy fats, nutrient-dense foods, and low or no carbs, with diet plans to help balance your nutrition and energy requirements with your long-term health objectives. The Obesity Code Cookbook is an indispensable tool for home cooks looking to lower insulin, lose weight, or simply lead a healthy, longer life.

Summary of The Complete Guide to Fasting By Dr. Jason Fung Dependable Publishing,2019-06-24 - If you are overweight, obese, or suffering from any issues with your body weight, get this book! - If you are pre-diabetic or have type 2 diabetes or have high blood pressure, get this book! - You can slow aging, fight cancer, Alzheimer's, arthritis, and reduce inflammation! - You can improve your cognitive ability and improve your physical capacity! - Quick-start your internal healing processes to beat and reverse chronic diseases! - Here's the complete guide to fasting, with all the guidelines. You can attain your best health ever!. THE COMPLETE GUIDE TO FASTING by Dr. Jason Fung, makes fasting as a therapeutic approach to nutritional health both easy to understand and easy to accomplish. If you are overweight or suffering from any issues with your body weight, get this book. If you have tried every known diet yet nothing is working, get this book. If you have type 2 diabetes or you are pre-diabetic or you have hypertension (high blood pressure), get this book. Yes, you can slow aging, fight cancer, Alzheimer's, arthritis, and reduce inflammation. You can enhance your cognitive ability and improve your physical capacity. You can quick-start your internal healing processes to beat and reverse chronic diseases. You can attain your best health ever. Fasting has produced these results. Have you tried fasting? The Complete Guide to Fasting by Dr. Jason Fung is, indeed, the complete guide to fasting, with all the necessary guidelines, tips, strategies and protocols. This is a very well-written summary and guide to the book. Indeed, this summary is a must-read for everyone who desires their best health now! So, do not procrastinate! BUY THIS SUPERGUIDE BOOK NOW!

Summary of the Complete Guide to Fasting by Dr. Jason Fung Conversation Starters Bookhabits,2017-10-19 Summary of The Complete Guide to Fasting by Dr. Jason Fung Conversation Starters In The Complete Guide to Fasting, readers receive a thorough guide to fasting. From a history of fasting to practical skills and tools needed during a fast, Dr. Jason Fung and co-author Jimmy Moore have provided everything you might need to know to start fasting. The book focuses on an argument for the dieting method, providing evidence and information for the casual reader. Dr. Jason Fung and Jimmy Moore's The Complete Guide to Fasting is a new addition to the enormous literary canon of diet books. It goes a step further, dismissing fad diets in favor of proposing the ancient method of simple fasting as a means to diet. A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. Conversation Starters is peppered with questions designed to bring us beneath

the surface of the page and invite us into the world that lives on. These questions can be used to... Create Hours of Conversation: - Promote an atmosphere of discussion for groups - Foster a deeper understanding of the book - Assist in the study of the book, either individually or corporately - Explore unseen realms of the book as never seen before Disclaimer: This book you are about to enjoy is an independent resource meant to supplement the original book. If you have not yet read the original book, we encourage to do before purchasing this unofficial Conversation Starters.

The Complete Guide to Fasting Jason Fung,2018

Summary of Dr. Jason Fung & Jimmy Moore's The Complete Guide to Fasting Milkyway Media,2022-04-22 Please note: This is a companion version & not the original book. Book Preview: #1 Fasting is completely different from starvation in that it is voluntary abstention from eating for spiritual, health, or other reasons. Food is readily available, but you choose not to eat it. #2 Fasting is effective, simple, flexible, practical, and virtually guaranteed to work. However, it is not healthy to fast for prolonged periods of time, and most people can't tolerate the side effects. #3 The 1970s was when the typical American ate three meals a day, with no snacks. Today, we actively encourage snacking in both adults and children. The average American eats five or six times per day. #4 When we eat, we ingest more food energy than we can immediately use. Some of this energy needs to be stored away for later. The key hormone involved in both the storage and use of food energy is insulin, which rises during meals.

SUMMARY: The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting: by Dr. Jason Fung | The MW Summary Guide The Mindset Warrior,2018-02-05 An Easy to Digest Summary Guide... BONUS MATERIAL AVAILABLE INSIDE The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? Maybe you haven't read the book, but want a short summary to save time? Maybe you'd just like a summarized version to refer to in the future? In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today.. NOTE: To Purchase the The Complete Guide to Fasting(full book); which this is not, simply type in the name of the book in the search bar of your bookstore.

The Diabetes Code Dr. Jason Fung,2018-04-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG • “The doctor who invented intermittent fasting.” —The Daily Mail “Dr. Fung reveals how [type 2 diabetes] can be prevented and also reversed using natural dietary methods instead of medications ... This is an important and timely book. Highly recommended.” —Dr. Mark Hyman, author of The Pegan Diet “Dr. Jason Fung has done it again. ... Get this book!” —Dr. Steven R. Gundry, author of The Plant Paradox Everything you believe about treating type 2 diabetes is wrong. Today, most doctors, dietitians, and even diabetes specialists consider type 2 diabetes to be a chronic and progressive disease—a life

sentence with no possibility of parole. But the truth, as Dr. Fung reveals in this groundbreaking book, is that type 2 diabetes is reversible. Writing with clear, persuasive language, Dr. Fung explains why conventional treatments that rely on insulin or other blood-glucose-lowering drugs can actually exacerbate the problem, leading to significant weight gain and even heart disease. The only way to treat type 2 diabetes effectively, he argues, is proper dieting and intermittent fasting—not medication. “The Diabetes Code is unabashedly provocative yet practical ... a clear blueprint for everyone to take control of their blood sugar, their health, and their lives.”—Dr. Will Cole, author of *Intuitive Fasting*

The Obesity Code Jason Fung, 2016-03-03 FROM NEW YORK TIMES BESTSELLING AUTHOR DR. JASON FUNG: The landmark book that is helping thousands of people lose weight for good. Harness the power of intermittent fasting for lasting weight loss Understand the science of weight gain, obesity, and insulin resistance Enjoy an easy and delicious low carb, high fat diet Ditch calorie counting, yoyo diets, and excessive exercise for good Everything you believe about how to lose weight is wrong. Weight gain and obesity are driven by hormones—in everyone—and only by understanding the effects of the hormones insulin and insulin resistance can we achieve lasting weight loss. In this highly readable and provocative book, Dr. Jason Fung, long considered the founder of intermittent fasting, sets out an original theory of obesity and weight gain. He shares five basic steps to controlling your insulin for better health. And he explains how to use intermittent fasting to break the cycle of insulin resistance and reach a healthy weight—for good.

Life in the Fasting Lane Dr. Jason Fung, Eve Mayer, Megan Ramos, 2020-04-07 An instant New York Times Bestseller Take the guesswork (and fear) out of fasting with real-life and expert advice In recent years, intermittent fasting—restricting calorie intake for a set number of hours or days—has become an increasingly popular diet strategy. While some in the medical community initially dismissed the idea as a dangerous fad, recent research not only validates the safety of fasting for weight loss but also offers compelling evidence of wide-ranging health benefits, from reversal of diabetes and other metabolic disorders to enhanced cognitive function and increased longevity. But for many who are eager to try out fasting, the regimen can feel a bit intimidating. After all, abstaining from food doesn’t sound like much fun. People rightly wonder: How often can I eat? Will I be able to focus at work? Will I have enough energy to exercise? And perhaps the most concerning question of all: Won’t I be hungry all the time?! Enter Dr. Jason Fung—world-renowned fasting expert—his colleague, Megan Ramos, and Eve Mayer, who has experienced the life-changing benefits of fasting through Dr. Fung’s program. Together, they’ve teamed up to write a one-of-a-kind guide that answers the most common questions people have about fasting—and offers a customizable program that provides real results. In *Life in the Fasting Lane*, Dr. Fung, Ramos, and Mayer take the reader by the hand and walk them through the basics of a fasting lifestyle—from the science behind fasting as a health and weight loss strategy to the real-life choices and dilemmas people commonly encounter. While Dr. Fung and Ramos explain the fundamentals of fasting and offer a customizable approach, Mayer shares her in-the-trenches perspective and hard-won

knowledge as a success story who turned her life around with fasting. With chapters that address everything from meal planning to mental strategies; exercise to socializing, *Life in the Fasting Lane* is a unique and accessible guide to developing a sustainable and beneficial fasting routine that offers dramatic, lifelong results.

The Complete Guide to Fasting Log, Journal and Workbook Its About Time,2019-09-23 One of the most important healthcare advances in recent years has been Dr. Jason Fung's work with fasting for health and weight loss. His three books (*The Obesity Code*, *The Diabetes Code* and *The Complete Guide to Fasting*) have been best sellers since they were introduced, and people are not only noticing, they're getting involved and sharing their remarkable success, not just with obesity and weight loss but with serious health issues like Type 2 Diabetes, pre-diabetes, insulin resistance, high blood pressure, even various autoimmune disorders, and much more. If you're following Dr. Jason Fung's fasting protocol, or plan to, this log, journal and workbook is for you. It offers planner pages and accessory pages for 6 months. The left hand page of the planner weekly spread is a typical weekly planner page. The right hand page is a food / fast diary with a habit tracker grid to enter macros, fasting start/end times, and whether or not there's a separate journal entry for the day. You can enter any other information you like such as blood glucose levels, ketones, etc. Enter beginning (and subsequent) measurements and weight on the page provided at the beginning of the book. What makes this Journal especially useful are the blank overview calendars at the beginning of each month, goals and intentions pages, reflection pages to recap your success in meeting goals along with thoughts and plans on how to improve, plus 2 additional pages each month for miscellaneous notes or journal entries and extra notes pages at the end of the book. Your journal entry, if used, might cover symptoms or thoughts or successes - whatever information you want to include to document your journey. Weight and measurements, if desired, can be entered at the beginning of the journal. All in all, *The Complete Guide to Fasting Log, Journal and Workbook* is an essential tool for your success on your amazing fasting adventure. This journal was independently produced and has no association with the author or publisher. It's About Time Books brings you a wide array of beautiful, high quality journals, diaries, planners, organizers, and other paper delights -- all just waiting for your creative and inspired input.

The Obesity Code Cookbook Jason Fung,2019-12-10 New York Times bestselling author Dr. Jason Fung helped thousands of people lose weight with his groundbreaking book *The Obesity Code*. Now, he offers the ultimate companion cookbook, filled with zero carb recipes and intermittent fasting plans to help readers lose weight, manage type 2 diabetes, and increase longevity, all while eating delicious food. In his original bestseller *The Obesity Code*, Dr. Jason Fung showed us that everything about our metabolism, including our weight, depends upon on our hormones. He showed us that the hormone insulin triggers our bodies to store calories as fat, and that once we understand weight gain as a result of excess insulin and homonal imbalance in our body, we can begin to treat it by looking at what's on our plate. Enter *The Obesity Code Cookbook*, a collection of mouthwatering recipes for your journey to lower insulin, lose weight for good, and reverse and prevent type 2

diabetes. More than a recipe book, it comes with bonus material including: A guide to stocking your pantry with the right foods (and ditching the wrong foods); Fung's easy-to-understand explainers on how weight gain and weight loss really work; intermittent fasting FAQs and best practices; and meal plans for 16-hour, 24-hour, and 36-hour fasts. In other words, The Obesity Code Cookbook will not only show you what to eat, but also when to eat it—and why. But eating this way doesn't have to be bland. The Obesity Code Cookbook's many delicious comfort foods include: Hearty breakfasts like the Everyday Omelette and Coconut Pancakes; Flavorful vegetable mains like Roasted Cauliflower with Turmeric and Tahini and spicy Thai Vegetable Curry Scrumptious seafood such as Scallops with Prosciutto and Chili Garlic Shrimp Meat-forward mains such as Gruyere Meat Loaf, Pork Belly with Star Anise, Roast Chicken Thighs with Lemon and Tea-Braised Duck with Fennel And don't forget about desserts and snacks: Nut Bars with Chocolate Drizzle, Almond Fig Cake, and Walnut Power Balls are just a few of the delights you'll enjoy while eating your way to a healthier, better you. Praise for Dr. Jason Fung: "The doctor who invented intermittent fasting."—The Daily Mail "Dr. Jason Fung's explanation of insulin resistance and the accompanying insulin model of obesity is original, brilliant and game changing." —Zoë Harcombe, Obesity researcher, author of The Harcombe Diet Dr. Jason Fung triumphs in explaining the core underlying causes of obesity and manages to simplify it in a way that anybody can understand. If more doctors and people were able to understand these causes and implement Dr. Fung's actionable advice then we would be able to start reversing the obesity epidemic tomorrow." —Sam Feltham, USA Today World Fitness Elite Trainer of the Year "Fung zeroes in on why insulin resistance has become so prevalent and offers specific outside-the-box solutions that have emerged as the key to maximizing health." —Jimmy Moore, author, Keto Clarity and Cholesterol Clarity

Notes on Jason Fung's MD The Complete Guide to Fasting by Instaread Instaread,2017-02-14

Autophagy Fasting With Water for Beginners Eric Fung,Jason Berg,2019-05-15 If you or someone you know is struggling to lose weight, you know exactly how agonizing such an experience can be. Not only does it cause significant emotional or health damage, being overweight can cause you to lose your sense of self. But did you know that there are simple things you can do to transform your body, win your weight loss battles and regain your health with water fasting? Autophagy Fasting with Water for Beginners is your comprehensive go-to guide to fasting your way to autophagy and losing weight seamlessly regardless of your current diet. Within the pages of this special weight loss log book, authors Jason Berg and Eric Fung reveal how you can get quicker weight loss results in half the time you would with regular dieting and exercise programs. Whether your goal is to lose weight painlessly, look better, improve the health of your family, or you simply want to discover an effective way to find relief from common health problems and live in total health, this book will empower you with deep and riveting information. Inducing complete autophagy with fasting doesn't have to be traumatic and painful. With this book, you'll be amazed at how simple and easy it is to lose weight and keep it off for good using water fasting. Within the

pages of this book, you'll discover: What autophagy is and how to trigger a complete lifestyle change with it Practical guidance and extensive information for losing stubborn fats using autophagy and water fasting How to propel yourself to total health and longevity with autophagy The surprising secrets about autophagy that can help you detox your body and reclaim your health How to induce autophagy and get great results even if you are a beginner And much more! This book is just the perfect manual for any healthy, quick, and painless weight loss plan. If you are tired of going through the cycle of losing and gaining weight, this book is for you. Click on the Buy with 1-Click Button NOW!

Summary of The Complete Guide to Fasting Readtrepreneur Publishing, 2019-05-24 The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting by Jason Fung - Book Summary - Readtrepreneur (Disclaimer: This is NOT the original book, but an unofficial summary.) There are many books about dieting but most of them have left an important element behind; fasting. If done right, it can be the most effective diet you can ever try The complete guide to fasting tackles an unspoken dieting concept; fasting. And don't take it the wrong way, fasting is not starving oneself to lose weight. If done right, it can be really good for your body and this title, offers just that. This is a guide to venture yourself to the world of fasting without any mishaps and obtaining the best results possible. (Note: This summary is wholly written and published by readtrepreneur. It is not affiliated with the original author in any way) We are wired for feast and famine, not feast, feast, feast. - Jason Fung Dr Jason Fung has invented fasting methods with over 1000 patients obtaining fantastic results in the process. His philosophy is that human is made for feast and famine and not only feasting. Fasting can give just the results you need if done right, and with detailed information on how to do it, how to track your progress and what to expect, there won't be any unexpected surprises in your fasting process. Jason Fung debunks the myth of fasting being bad for you and explains why it actually is good for your health. If you are just focused on feasting, you probably won't be happy with the product. P.S. The complete guide to fasting is an extremely useful book that will give you a unique dieting method that is really good for your health. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the Buy now with 1-Click Button to Grab your Copy Right Away! Why Choose Us, Readtrepreneur? ● Highest Quality Summaries ● Delivers Amazing Knowledge ● Awesome Refresher ● Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book.

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Complete Guide To Fasting Jason Fung Introduction

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