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How to Lose Weight Fasting: The Diabetes Diet Solution (Paperback)

By Michael Mathiesen

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How To Lose Weight Fasting - The Diabetes Diet Solution is a complete step by step instruction manual on how to lose weight fast and cure Type 2 Diabetes by fasting every alternate day. The author did this after watching a video by Dr. Jason Fung who has cured over 200 patients by simply recommending this new way of life. He lost over 40 lbs in just 8 weeks and his Diabetes is now gone. This book explains how fasting can accomplish all of this and much more but only if you have the determination and the supplementation to allow your body to work through the physical and psychological issues that always accompany any prolonged dieting. The author sees this new way of dieting as a simple change in how one looks at food, how one looks at life, and how one learns to do more with less. Fasting is also a spiritual enhancement and the author explains how fasting completely changes your body as well as your mind. Fasting has been a basic foundation of all major...



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