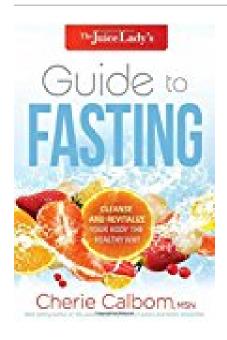
The Juice Ladys Guide to Fasting Cleanse and Revitalize Your Body the Healthy Way



BOOK DETAILS

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BOOK SYNOPSIS

Understand the different types of fasts, and experience improved weight loss, spiritual renewal, and optimal health. There is a new surge of interest in fasting, yet many people are unaware of how to navigate the many types-juice liquid diet, rawfoods, and Daniel vegan diet, and their various requirements and benefits. The Juice Lady, Cherie Calbom, offers her nutritional expertise on the how-tos of fasting. This comprehensive book provides menus, recipes, and strategic fasting guidelines. You will learn how to begin, what to eat and/or drink, how long to fast, and how to break a fast. Ultimately you will discover the myriad of benefits derived from fasting the right way for a healthy life.

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