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# FASTING FOR HEALTH JOURNAL (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Fasting for Health Journal is a handy diary for the first-time and the experienced faster. It guides the faster through a two weeks period of fasting. All fasting phases are covered. The journal sections are a health appraisal, the preparation days, up to ten fasting days, and the break-the-fast days. An evaluation sheet and a weight loss...

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- Authored by Traudl Wohlke
- Released at 2015



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