

FASTING -and- EATING- for HEALTH

A MEDICAL DOCTOR'S PROGRAM FOR CONQUERING DISEASE

- Precise diet and fasting programs to relieve headaches, hypoglycemia, rheumatoid arthritis, asthma, heart disease, high blood pressure, diabetes, colitis, psoriasis, lupus, and uterine fibroids
 - Using fasting to lose weight
- How to start, what to expect, how to reintroduce food to maintain maximum benefits
- How to work with a physician for longer fasts (more than 3 days)

JOEL FUHRMAN, M.D.

Foreword by Neal D. Barnard, M.D., President,
Physician's Committee for Responsible Medicine

Fasting And Eating For Health A Medical Doctors Program For Conquering Disease

Joel Fuhrman



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