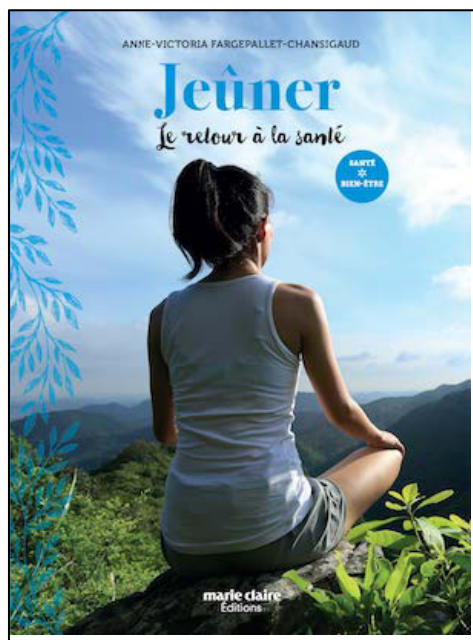


# Fast in Naturopathy

*For a physical and spiritual well-being.*

March 2018



## Synopsis:

Fast can improve your health significantly. It helps preventing illnesses from our modern society, which are consequences of an over-consumption of industrial products that permanently overload our organisms.

Thanks to fast, our body – left without food – is going to get internal resources to fix itself on its own.

With this book, readers will learn how the body works, its needs, the way it regenerates to find vitality again, that is the base of a good health.

Readers will also have access to numerous practical advises and cooking recipes to accompany them before and after their time of fasting.

## Some of the questions answered in this book:

What are the conditions necessary to start fasting? When to do it? What happens during fasting? Which activities should I do? What are the effects of fasting? How long should I fast?

What is therapeutic fasting? Fasting: a spiritual necessity?

## The Author:

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