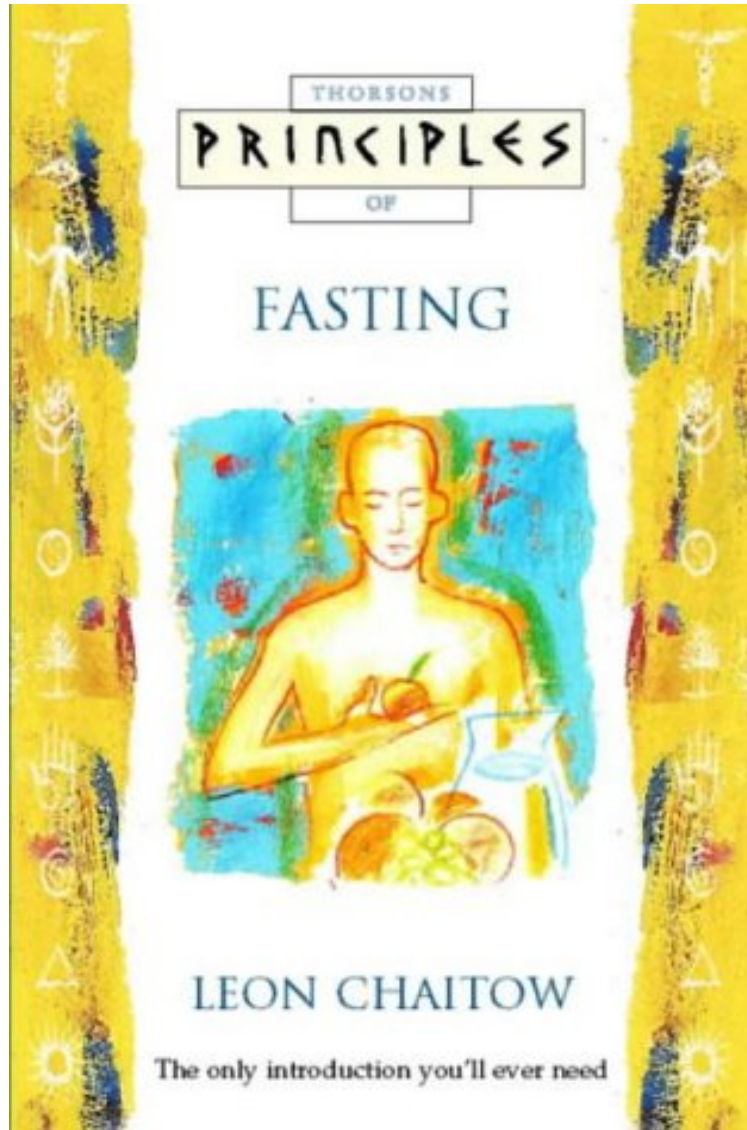


(Library ebook) Principles of Fasting: The Only Introduction You'll Ever Need

Principles of Fasting: The Only Introduction You'll Ever Need

Leon Chaitow

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By allowing the body to rest and heal itself naturally, fasting not only restores energy and well-being but also treats conditions such as rheumatoid arthritis, psoriasis and eczema.