

Download Keep Healthy Young Juice Fasting

Let me introduce myself. My name is Mark Sisson. I'm 63 years young. I live and work in Malibu, California. In a past life I was a professional marathoner and triathlete. Juice fasting is also referred to as juice cleansing. Many people who undergo a juice fast aren't just trying to lose weight, they're also looking to beef up the nutrients in their bodies. Fasting as a Therapeutic Healing Process. Fasting is the world's most ancient and natural healing mechanism. Fasting triggers a truly wondrous cleansing process that reaches right down to each and every cell and tissue in the body. How and When to Be Your Own Doctor . by Dr. Isabelle A. Moser with Steve Solomon. Chapter Three. Fasting. From The Hygienic Dictionary. Cure. [1] There is no "cure" for disease; fasting is not a cure., Keep Healthy Young Juice Fasting.

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