

Cleanse Your Colon 10

Edward F. Group (III.)

The 10-day 'at-home' Colon Cleansing Formula Robert Dave Johnston,2013-07 The 10-Day 'At Home' Colon Cleansing Formula is Volume 1 of 3 of the series 'Detoxify Your Body, Lose Weight, Get Healthy & Transform Your Life.' This book is comprised of a simple yet very powerful holistic remedy that, in essence, forcefully expels toxic buildup and debris from the colon, freeing the body of rotten and putrefied waste that, in some cases, hitch a ride in a person's body for months... even years. Since disease begins in the colon, this remedy, when done correctly, can zap any sickness that tries to hide in the colon and digestive system. If you have eaten poorly for years and are overweight, or even if you eat like the angels and are trim and sleek, you could still have a healthy amount of undigested food in your bowels, infecting the bloodstream and vital organs, curtailing your quality of life and moving you, ever slowly, toward sickness. The time is NOW to destroy all of the toxic fecal matter that threatens your health and future. And The 10-Day 'At Home' Colon Cleansing Formula will show you what to do so that you can solve the problem and recapture the optimal health that you deserve.

Complete Colon Cleanse Edward Group,2007-07-28 RESTORE

YOUR BODY'S NATURAL HEALTH The modern world is swarming with toxins that infiltrate your body and accumulate in your colon. Unable to be processed further, these toxins leach into your bloodstream, poison your body, and break down your natural defenses—causing disease, weight gain, fatigue, and many other health issues. The Complete Colon Cleanse offers simple, at-home cleanses that quickly flush these disease-causing toxins out of your colon. You'll rapidly improve all aspects of your health and:

- Lose Weight
- Lower Blood Sugar
- Increase Energy
- Improve Awareness
- Reduce Inflammation
- Alleviate Irritable Bowels
- Appear More Youthful
- Stop Allergies and Headaches

Ten Days to Optimal Health Kristina Amelong,2006 This step-by-step guide to nutritional therapy and colon cleansing includes important self-help strategies for people who want to take responsibility for their own health and well-being. Author Kristina Amelong is a colon hydrotherapist and nutritional counselor who describes her own five-year battle with Irritable Bowel Syndrome and the tools she used to recover. The program that Kristina has designed includes the nutritional research work of Dr. Weston A. Price who studied the diets of fourteen traditional societies during the 1930s and 1940s. His goal was to understand what made

human beings healthy and what allowed them to have perfect teeth. The food Kristina recommends to readers are the traditional foods that gave health to the populations that Price researched. When people remove accumulated waste material in their bowel, the body can regenerate with the nutrients available in the Weston A. Price diet. Detoxification and simple, nourishing foods cause people to thrive much like the disease-free native cultures that Price studied.

Lose Weight, Have More Energy and Be Happier in 10 Days

Peter Glickman, 2011-02 This is the first book devoted exclusively to the Master Cleanse since Stanley Burroughs wrote the original book in 1976. Written in a clear, simple style, it is based on the author's coaching hundreds of people, both live and on one of the largest Internet bulletin boards. It covers the widespread nature of obesity, the body's method of handling toxins by storing them in fat cells, how to do the cleanse, what detox symptoms are, what to do about them and what pitfalls to avoid. This book also contains personal experiences from scores of people as they did the cleanse day by day, what to expect, which days are the worst, how the cleanse affects women, what ingredients to buy and answers the 70 most frequently asked questions. The author, Peter Glickman,

has been a chiropractic clinic director, chelation clinic director (alternative medical procedure for plugged arteries), contributing editor to an online alternative health newsletter and president of two computer software companies.

The Great Detox Miracle Cleanse for Men and Women Jessica Caplain, 2017-12 HOW NEW DISCOVERIES IN SELF DETOXIFICATIONS WILL MAKE YOU HEALTHIER AND BEAUTIFUL, INSIDE AND OUT! Detoxification, or detox, has been a popular go-to remedy for getting rid of toxins from the body. You will be surprised to find out that there are certain toxins that stay in your system for a long time, and these can make you age easily and get you sick more often. These are harmful substances that people are constantly exposed to, and directly (or indirectly) affected by. The many harmful toxins around you can affect your health, and possibly reduce your spark and vitality. Through detoxification, your body can remove the accumulated harmful substances that negatively affect your overall health. In this guide, you will explore the general concept of detoxification and the many different processes involved. You will also learn about: The major types of detoxification; The definition of toxins; How and where you can get exposed to toxins; How toxins affect your life; The body's

natural detox process; The major detox players in your body; The many different ways to detox; The do's and don'ts in detox; The health benefits of detoxing; The potential pitfalls; How to tell if your detox is working and much, much more... All of these topics will be discussed thoroughly. Everything that you need to know about detoxification and toxins is right here in this guide. Do yourself a favorr and GET YOUR COPY TODAY! detox miracle, detox for life, detox your spirit, 30 day detox diet, detox juice recipes, detox cleanse, cleanse detox, detox smoothie, green smoothie detox diet, 10 day detox, 10 detox diet, detox smoothies, the 10 day detox diet, smoothie detox diet, detox ebook, fruit detox diet, detox diet meal plan, beyonce detox diet, detox your system, detox diet tea, tea detox diet, detox juice, green tea detox, green tea detox diet, cleanse detox diet, detox diet women, juice detox diet, juice detox, detox diet pills, detox diet book, detox cookbook, healthy detox diet, detoxinista, detox diet recipes, detox recipes, sugar detox diet, detox your heart, natural detox diet, 21 day sugar detox diet, dr mark hyman detox diet, detox diet drink, detox diet drinks, 3 day detox diet, 3 day detox, detox books, easy detox diet, liver detox, 10 day detox diet, the blood sugar solution 10 day detox diet, the ten day detox diet, blood sugar solution 10 day detox diet, ten day

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Health Begins In The Colon Edward F. Group (III.),2007 The ultimate guide for cleansing your colon, body, mind and home.
(Product Description.

Colonic Motility Sushil K. Sarna,2010-11-01 Three distinct

types of contractions perform colonic motility functions. Rhythmic phasic contractions (RPCs) cause slow net distal propulsion with extensive mixing/turning over. Infrequently occurring giant migrating contractions (GMCs) produce mass movements. Tonic contractions aid RPCs in their motor function. The spatiotemporal patterns of these contractions differ markedly. The amplitude and distance of propagation of a GMC are several-fold larger than those of an RPC. The enteric neurons and smooth muscle cells are the core regulators of all three types of contractions. The regulation of contractions by these mechanisms is modifiable by extrinsic factors: CNS, autonomic neurons, hormones, inflammatory mediators, and stress mediators. Only the GMCs produce descending inhibition, which accommodates the large bolus being propelled without increasing muscle tone. The strong compression of the colon wall generates afferent signals that are below nociceptive threshold in healthy subjects. However, these signals become nociceptive; if the amplitudes of GMCs increase, afferent nerves become hypersensitive, or descending inhibition is impaired. The GMCs also provide the force for rapid propulsion of feces and descending inhibition to relax the internal anal sphincter during defecation. The dysregulation of GMCs is a major factor in colonic

motility disorders: irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), and diverticular disease (DD). Frequent mass movements by GMCs cause diarrhea in diarrhea predominant IBS, IBD, and DD, while a decrease in the frequency of GMCs causes constipation. The GMCs generate the afferent signals for intermittent short-lived episodes of abdominal cramping in these disorders. Epigenetic dysregulation due to adverse events in early life is one of the major factors in generating the symptoms of IBS in adulthood.

Detox Cleanse Express KnowIt Express, Theresa

Holland, 2016-03-10 Get on the EXPRESS for Detox Cleanse Know How to Detox and Cleanse Your Body Naturally Are you feeling tired and sleepy all the time? Are you having trouble focusing lately? Are you experiencing a sudden weight gain? Are you looking 10 years older than your actual age? Perhaps it's time for a detox cleanse. Your body is like a machine that needs fuel and maintenance to stay in top-performing shape. Like the outside of a car getting it washed and keeping it polished, most people already brush their teeth, take shower, and stay well-groomed on consistent basis; however, unlike the inside of a car getting regular oil change and removing the dirt, they neglect taking care of this

all-important internal working engine of their body. Without doing so, toxic and other unhealthy substances will continue to build up over time causing all sorts of health problems. Your body already purges waste and harmful elements, but some particles still remain. That's the important of performing a detox cleanse to assist in removing these micro-leftovers, which you can easily do at home by intaking natural ingredients to help regulate your body back to optimal function and health. By taking the Detox Cleanse Express, your destination includes: - How to determine when and how often you should detox by looking for specific signs and symptoms. - How to cleanse your body to feel better immediately fighting fatigue, pain, distraction, itch, and discomfort. - How to detox your body with a liver cleanse, kidney cleanse, colon cleanse, lung cleanse, skin cleanse, and entire lymphatic system. - How to formulate and make your own all-natural homemade mixture for each specific targeted cleanse. - How to perform your on-going body cleanse by keeping track of progress and staying motivated. - Also, personalized hands-on exercises and applications to put everything into action for a full total body cleanse. ...and much more. It all starts from the inside-out. Your external health is reflection of your internal health. Perform your detoxification now to

renew, refresh, and rejuvenate your entire body inside-out.

10-Day Green Smoothie Cleanse JJ Smith, 2014-07-01 The New York Times bestselling 10-Day Green Smoothie Cleanse will jump-start your weight loss, increase your energy level, clear your mind, and improve your overall health as you lose ten to fifteen pounds in just ten days. Made up of supernutrients from leafy greens and fruits, green smoothies are filling and healthy and you will enjoy drinking them. Your body will also thank you for drinking them as your health and energy improve to levels you never thought possible. It is an experience that could change your life if you stick with it! This book provides a shopping list, recipes, and detailed instructions for the 10-day cleanse, along with suggestions for getting the best results. It also offers advice on how to continue to lose weight and maintain good health afterwards. Are you ready to look slimmer, healthier, and sexier than you have in years? Then get ready to begin the 10-Day Green Smoothie Cleanse! If you successfully complete the 10-Day Green Smoothie Cleanse, you will...

- Lose 10–15 pounds in 10 days
- Get rid of stubborn body fat, including belly fat
- Drop pounds and inches fast, without grueling workouts
- Learn to live a healthier lifestyle of detoxing and healthy eating
- Naturally crave healthy foods so you never

have to diet again • Receive over 100 recipes for various health conditions and goals

Detox 10x: Restore your Body Lekhesh Kharbanda, 2020-03-20

About the Book – Detox 10x When you hear the word 'detox', a range of ideas may come to mind. Perhaps you've tried a detox program before and found the initial symptoms to be unpleasant. Or perhaps you have experience with detoxing frequently and are aware of the incredible physical, mental, emotional, and spiritual benefits of a deep cleanse. Either way, it's important to dispel common myths around what a detox is and to truly understand why it's important to give your body a break from time to time. But in this book, Lekhesh Kharbanda is giving us both, simple detoxification and the intense detoxification procedures. He also explains the myths associated with detox keeping in mind that every “body” is different and with different needs. Secondly, Lekhesh Gives us very perfectly designed diet plans which can be easily used by anyone without any side effects. He also gives us 7 Most Effective secrets to Heal. After Years of Studies and Research, this book is providing us the one roof solutions for everything we need to know about Detoxification

The Ultimate 10 Day Detox Diet Guide Emma

Rose,2014-09-26 Clear Both the Body and the MindIncludes a
FREE BONUSYou're about to discover how to... Do an effective
detoxification of both the body and the mind while still retaining the
needed nourishment. After all, forced starvation is dangerous in so
many ways. Never trust other detoxification schemes that do not
deliver results as promised and will make your health even worse!
10 days is all it takes to detoxify your body! 10 days is short
enough to not be torturous and long enough to get the results. It's
a manageable time frame that anyone can be successful at. Here
Is a Preview Of What You'll Learn... Modern lifestyles carry lots of
toxins that may harm your body. The body has its own ways of
detoxification, but they are not enough. Cleansing the mind is as
important as cleansing the body. Consider the detox diet as a
transition phase to an overall healthier lifestyle. Everything organic
is good. Never starve and deprive yourself of necessary nutrients.
Colon cleansing is out of the question. Diet as an end to the
means, not a means to the end. FREE BONUS! Download your
copy today!Learn the best way to detox yourself without doing
harm to your body.

10 Day Green Smoothie Cleanse Lorraine Johnson, 100%
proven body cleanse and detox methods, used for centuries with

no side effects. Contains 11 green smoothie recipes, one for each day for 10 days and one the remainder for the summary. Recipes must be taken as is, modifications may alter the results. Remember good medicine tastes bitter, green is the way to go Provides you with all nutrition and vitamins required for the day, best energy booster you will always want, especially on a lazy day.

Recommended for the entire family, adults or kids. The recipe works well without heavy exercise but if you are into it, add in a few minutes workout to maximize your results. It takes discipline to make it, even when it comes to just taking a full glass of greens.

Dr. Jensen's Guide to Better Bowel Care Dr. Bernard

Jensen,1998-09-01 Based on 60 years of patient studies, Dr.

Jensen's Guide to Better Bowel Care gives you all the information you need to improve and monitor your gut health. Including charts, photos, and Dr. Jensen's decades of expertise, this classic book provides specific dietary guidelines for proper anti-inflammatory bowel maintenance that will enhance your microbiome and address leaky gut, along with a colonic cleansing system and effective exercise program.

Lose Weight, Have More Energy & Be Happier in 10 Days

Peter Glickman,2015-04-15 More than 130,000 copies sold.

Translated into eight languages. The modern addition to Stanley Burroughs' original lemon juice, maple syrup & cayenne pepper Master Cleanser. This addition contains answers to the 90 most common questions, personal experiences from dozens of people, and indexes to allow you to instantly find your answers. The Master Cleanse is simple and combines & surpasses many other detox methods. It literally has been a God-send to my practice. I am grateful to Peter for seeing, loving and promoting the values of this cleanse. James F. Coy, MD, Past President, American Academy of Environmental Medicine. The Master Cleanser is a valuable healing tool when used in the right ways. I have worked with thousands of people in overseeing their detoxification programs. Peter Glickman's book is a useful guide filled with anecdotes, experience and guidance for those wanting to learn more about cleansing. Elson M. Haas, MD, Integrated Medicine Physician, Author of The New Detox Diet.

Detoxify Your Body, Lose Weight, Get Healthy & Transform Your Life - Volumes 1-3 Robert Dave Johnston, 2014-09-21 This book is a compilation of Volumes 1-3 of the series 'Detoxify Your Body, Lose Weight, Get Healthy & Transform Your Life.' This dynamic collection is comprised of: Volume 1- The 10-Day 'At

Home' Colon Cleansing Formula - Details a simple yet very powerful holistic remedy that, in essence, forcefully expels toxic buildup and debris from the colon, freeing the body of rotten and putrefied waste that, in some cases, hitch a ride in a person's body for months... even years. Since disease begins in the colon, this remedy, when done correctly, can zap any sickness that tries to hide in the colon and digestive system. The time is NOW to destroy all of the toxic fecal matter that threatens your health and future. The 10-Day 'At Home' Colon Cleansing Formula will show you what to do so that you can solve the problem and recapture the optimal health that you deserve. Volume 2 - Bug Off! A 30-Day Parasite, Liver, Kidney Detox & Weight Loss Plan - In this edition, the author details a simple yet effective cleansing diet that can produce 20 pounds (or more) of weight loss in one month, as well as a three-phase plan to destroy parasites and detoxify the liver and kidneys. This step-by-step manual includes sample menus and a list of foods to avoid, in addition to detailed instructions on how to prepare the various detoxification remedies and carry them out. Furthermore, the author offers motivation, inspiration and tips to help the reader make permanent eating-habit and lifestyle changes. If you want to lose weight and improve your health and quality of

life, this dynamic program can help you go the distance and achieve all of your goals. Volume 3- Lose Weight Fast & Detoxify With Intermittent Fasting & At-Home Coffee Enemas - This book outlines a powerful step-by-step holistic program of intermittent fasting and coffee enemas to help produce maximum weight loss and deep bowel detoxification. The regimen includes pre-fast preparation menus, meal ideas and a 20-hour daily fasting structure accompanied by night time meals and snacks. Following the instructions as outlined, it is not unusual to lose anywhere from 7-10 pounds weekly (or more). Detox symptoms are discussed, along with tips on how to overcome them. If you are seeking to lose weight fast and drastically improve the quality of their health, this book gives you the structure, directions and motivation to go all the way. For more weight loss support and motivation, join us at the community forum www.fitnessthroughfasting.com

Juicing & Smoothies for Beginners JC. Maria, 2016-09-15 Lose Up to 10 Pounds in 30 Days, How to Choose Juicing Equipment and Over 40 Delicious Juicing Recipes for Everyday! This Juicing & Smoothies for Beginners will guide you how to adding juicing recipes into everyday life, which benefits for weight loss and better health, with over 40 simple and delicious juicing recipes, as well as

a complete guide for a better health with juicing & smoothies.

Discover the nutritional benefits of each ingredient, from fruits, to vegetables, to herbs and spices, and find out how to create your flavorful juicing recipes with ease. With easy-to-follow instruction and great juicing recipes, Juicing & Smoothies for Beginners is your complete juicing guide. What you will learn in the Juicing & Smoothies for Beginners guide... Chapter 1: Juicing 101 –

Introduction to Juicing What is Juicing? Popular Kinds of Juicing

The Pros and Cons of Juicing To Juice or Not to Juice - What is the Better Choice? Chapter 2: Getting Started With Juicers What's the Difference between Juicer and Blender? Types of Juicers How to Choose the Best Juicer Chapter 3: An Ultimate Juicing Guide for

Your Health How to Prepare For Your Cleanse How to Start

Improving Your Diet with Juices Keeping It Fresh – Make Your Juice Last Longer Fruit Juice VS Vegetable Juice Top 20 Fruits -

Juicing For Health Top 20 Vegetables - Juicing For Health Make Better Juice with Herbs and Spices Four Secrets of Successful

Juice Fast Chapter 4: The Simple Guide to Healthy Cleaning How to Cleanse the Liver Does Your Colon Need Cleaning? Protecting

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Juices for Youthful and Glowing Skin How Juicing Can Help You
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to Losing Weight with Smoothies Fruit Smoothies Green Smoothies
Nutty & Chocolatey Smoothies Savory Smoothies Nutritionist
Favourites! And Much More! Would You Like To Start Now?
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page and select the buy button.

*Ancient Healing for Modern People: Food, Herbs & Essential
Oils to Detox, Cleanse & Rejuvenate the Body, Mind & Soul*
Michele Arnold-Pirtle, DACM, L.Ac., 2018-09-30 Begin with a 10-
day essential body detox and gut restoration program. Continue
with food therapy, essential oils, and herbal remedies for a healthy
life per your meridian constitutional type. Learn what works long-
term for you! If you suffer from hypertension, high cholesterol,
blood sugar imbalances, thyroid disease, hormonal imbalances,
stress, or emotional issues, these self-care methods offered are for
you! Dr. Michele Arnold-Pirtle is a doctor of Acupuncture and
Chinese Medicine (DACM). She has been in practice since 2000,

and she would love to share the benefits of Chinese Medicine with you. This book is designed to be used by both the layperson as well as holistic health practitioners and acupuncturists. This can serve as a resource and guide for dietary suggestions per your meridian disharmony.

Intestinal Cleanse and Reconstruction Nekoterran, Nekoterran LLC, 1916-02-01 TO MY OUT-OF-SHAPE FRIEND, You have come to the right place. The information in this book contains exact knowledge on: how to cleanse and reconstruct the small and large intestines completely and maintain a healthy internal system permanently. If you learn how, and apply what you learn, you will achieve just as the title reads-guaranteed! What is mucoid plaque? Do an image search on mucoid plaque, bowel mucus, mucus rope and observe what comes up. More than 90% of diseases are diet and internal pollution related. The list would go on and on with all of the internal and external damage that unhealthy bowels cause. What separates this program from the other internal detox programs? There are hundreds of internal cleansing programs available. Most programs can take up to months to complete, and even then mucoid plaque, parasites, and fungal overgrowth will only be marginally cleaned out. In this program, you will learn how

to eradicate all of the mucoid plaque in a matter of days. You will not only cleanse the bowels but reconstruct/strengthen (what is missing from most internal cleansing programs) and transplant friendly bacteria to flourish for long periods of time. What is in this book? This book is a step-by-step guide to cleanse the small and large intestines and reconstruct the intestinal delicate wall lining. If you desire to know what causes mucoid plaque buildup, excess body fat, alkaline body temperature, and everything to stay in optimal shape, all of this information is covered in my other books:

1. How to Burn Body Fat Completely and Maintain a Slim Physique Permanently
2. How to Build More Muscle than Ever before and Maintain Muscle Mass Permanently

The information in this book has been tested on myself and others who achieved outstanding results without harming the body. Note: Be warned...deep internal cleansing is a difficult process. It is far more difficult than losing weight or exercising alone. Deep tissue cleansing requires time, patience, persistence and disciplined effort that may be too much to handle for some. But if you choose to follow through with the guidelines in these pages, your health, fitness, body and every area of your life will improve to new heights you would not have experienced in the past. Your body will feel light, free, and burst

with energy knowing that the unnecessary waste/junk has been removed from your system. Losing weight, staying lean and building muscle mass will become a more pleasurable process, and you will obtain greater results. If you do not experience change after the completion of the cleanse, you will receive 100% of your money back, guaranteed! Included in this book: . Bonus: receive even more updates from Nekoterran. This program is not a quick fix; it requires a few weeks of dedication and a lot of work on your part. Required to successfully complete the program: Spend \$100-\$150 on natural herbs Make dietary changes Dedicate yourself for a few to the program (depending on your condition) Approach the program with an open mind and be open to new methods, and new ideas Enjoy optimal health If you cannot commit to the above points 100%, DO NOT PURCHASE THIS PROGRAM. This is not a program for you! If you agreed to all the points above, prepare for a permanent change. Available for a limited time for only \$17.99!

The Fast Metabolism Diet Haylie Pomroy, 2014 Beverly Hills nutritionist Haylie Pomroy has a long list of loyal celebrity clients - including Jennifer Lopez, Raquel Welch and Reese Witherspoon. With this book she makes her carpet-ready methods available to everybody - and promises you can lose up to 20 lbs in 28 days.

Detoxify Your Body, Lose Weight, Get Healthy & Transform

Your Life Robert Dave Johnston, 2013-07-06 This book is a compilation of Volumes 1-3 of the series 'Detoxify Your Body, Lose Weight, Get Healthy & Transform Your Life.' This dynamic collection is comprised of: Volume 1- The 10-Day 'At Home' Colon Cleansing Formula - Details a simple yet very powerful holistic remedy that, in essence, forcefully expels toxic buildup and debris from the colon, freeing the body of rotten and putrefied waste that, in some cases, hitch a ride in a person's body for months... even years. Since disease begins in the colon, this remedy, when done correctly, can zap any sickness that tries to hide in the colon and digestive system. The time is NOW to destroy all of the toxic fecal matter that threatens your health and future. The 10-Day 'At Home' Colon Cleansing Formula will show you what to do so that you can solve the problem and recapture the optimal health that you deserve. Volume 2 - Bug Off! A 30-Day Parasite, Liver, Kidney Detox & Weight Loss Plan - In this edition, the author details a simple yet effective cleansing diet that can produce 20 pounds (or more) of weight loss in one month, as well as a three-phase plan to destroy parasites and detoxify the liver and kidneys. This step-by-step manual includes sample menus and a list of foods to avoid,

in addition to detailed instructions on how to prepare the various detoxification remedies and carry them out. Furthermore, the author offers motivation, inspiration and tips to help the reader make permanent eating-habit and lifestyle changes. If you want to lose weight and improve your health and quality of life, this dynamic program can help you go the distance and achieve all of your goals. Volume 3- Lose Weight Fast & Detoxify With Intermittent Fasting & At-Home Coffee Enemas - This book outlines a powerful step-by-step holistic program of intermittent fasting and coffee enemas to help produce maximum weight loss and deep bowel detoxification. The regimen includes pre-fast preparation menus, meal ideas and a 20-hour daily fasting structure accompanied by night time meals and snacks. Following the instructions as outlined, it is not unusual to lose anywhere from 7-10 pounds weekly (or more). Detox symptoms are discussed, along with tips on how to overcome them. If you are seeking to lose weight fast and drastically improve the quality of their health, this book gives you the structure, directions and motivation to go all the way. For more weight loss support and motivation, join us at the community forum www.fitnesssthroughfasting.com

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Introduction

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