

The Complete Fasting Guide To Miraculous Health And Well Being How To Be Thinner

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*The Complete Fasting Guide To
Miraculous Health And Well Being How
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KEMP JADA

A Complete Guide to Biblical Fasting Createspace Independent Publishing Platform

Book Summary of The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting This book is an incredibly fascinating read, particularly for anyone who is obese or has type 2 diabetes. Each "theory" is supported by studies and references making the terms and solutions very believable and easy to follow. Fasting is indeed a viable option for losing weight and reversing a type 2 diabetes diagnosis. You will experience lowered blood pressure, blood sugar, cholesterol and greater energy and brain power. The book exposes you to real life examples of highly successful fasting experiences and the fasting all stars will encourage you and support your efforts online. The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting is a thought provoking piece of work that presents the open mind with great insight that is very different from what most of us have traditionally been taught to believe and understand. I would also recommend this book for individuals who practice medicine because the information provided is very different from what most patients are "taught" during their entire lives. Whether you want to agree with the reported findings or not is certainly your own discretion. In any case, you will hopefully be open to what may be an unfamiliar perspective. For more information click on the BUY BUTTON!!

Summary of The Complete Guide to Fasting Readtrepreneur Publishing

The ultimate resource on intermittent fasting, the incredibly effective therapeutic approach to feeling better and losing weight that produces life-changing results. Whether you're new to intermittent fasting or you want to fine-tune your fasting plan, this is the intermittent fasting manual to help you build the right fasting program for the best results. Whether your goal is to lose weight, improve your body's insulin response, sharpen your mental faculties, turn down depression or anxiety, or slow the aging process, The Complete Guide to Fasting is the best companion for your journey Here you'll find everything you need to get you through your first fast, including a 7-Day Kick-Start Fasting Plan and 20 healing recipes. Get the guidance you need for all your intermittent fasting questions: • How does intermittent fasting work, and how do you successfully combine it with diets and eating preferences such as keto or low carb? • How does intermittent fasting amplify weight loss and improve many other health conditions, such as type 2 diabetes and heart health? • Which fluids are allowed and can even aid fasting, and which will break your fast? • What should you expect when you start fasting, and how do you avoid potential negative effects? • How do you manage hunger and create the right mindset? • What are the different fasting types and protocols, including 16:8, 20:4, alternate day fasting, and other extended fasts? Forget about starving yourself or diets with complicated rules—intermittent fasting has never been easier!

A Summary & Analysis: The Complete Guide to Fasting By Jason Fung MD, and Jimmy Moore: Heal Your Body Through Intermittent, Alternate-Day Scribe Publications
LEARN HOW TO LOSE WEIGHT, BURN FAT AND HEAL YOUR BODY WITH INTERMITTENT FASTING WITHOUT EVER STARVING YOURSELF Many books, programs and diets have been written trying to help people lose weight and improve health. However,

there is ONE ancient health secret used by thousands of well-known individual throughout the history from famous movie stars to religious leaders allowing them to stay in shape and be healthy. This secret is FASTING and in this book, you will learn how you can use it too in order to lose weight, look great and heal your body. The Complete Guide to Intermittent Fasting teaches: What is fasting and why it is so good for our health The long history of fasting Fasting for type 2 diabetics Combining fasting with the keto diet Fasting for weight loss Fasting for women What to expect when fasting 9 different fasting methods including intermittent fasting, longer periods of fasting and extended fasting How to track progress while fasting Secret fasting tips, hacks and FAQs How to avoid potential negative effects from fasting Are you ready to tap into ancient knowledge that is used by Chris Hemsworth, High Jackman, Beyonce and many others? Begin reading this book right now and get started!

Ben Smith Independently Published

Fasting is not about hunger, and it is certainly not about starving. Fasting is about changing your life so that you can do more with less time. Fasting is about supercharging your body's regeneration systems and looking younger. It's about altering your mind and charting a course forward that results in the ability to convert your newfound discipline and clarity. You may look to fasting for the purpose of losing weight, but you are going to get a lot more. If you are overweight, then your body is telling you something. It is telling you that your body is in distress. It is overworking and it is not burning as much as it should. You need to take heed to its warning. You need to reverse the damage that is being inflicted on the body because of poor nutritional decisions. This book shows you the benefits that you can expect and plots a day to day, play by play of what to do and what to expect when you do a full fast and just get by on water alone.

What's more important than the fasting days, and how many you can do, is the pre-fast preparation and the post fast return to food. This book meticulously guides you from one step to the next in preparing days before you fast so that you get the most benefit from it, and it shows you how to break fast so that you don't stress your digestive system after days of fasting.

SUMMARY: The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting: by Dr. Jason Fung | The MW Summary Guide Sourcebooks, Inc.

"For decades, Vinnie Tortorich has been Hollywood's go-to guy for celebrities and athletes looking to get fit fast. Now, in this hilarious, R-rated memoir, Hollywood's most outrageous personal trainer exposes the fitness world while getting you into shape." -- P. [4] of cover.

Summary Review and Discussion of the Complete Guide to Fasting Penguin

Dr. Jason Fung's book *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended* is the comprehensive manual to the revolutionary healthy habit of fasting. Thousands of books have been published about the greatest and latest diets that can help individuals lose excess weight and improve their overall health. The key element in any effective nutritional health program is the method that has been tried for many ages: fasting. In this book, Dr. Fung defines what fasting is really about and how it can effectively produce amazing results and become therapeutic when it's done right. The *Complete Guide to Fasting* also provides the tools that readers need to get started and get through their fasts. In this comprehensive look into *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting* by Dr. Jason Fung, you'll gain insight with this essential resource as a guide to aid your discussions. Be prepared to lead with the following: More than 60 "done-for-you" discussion prompts available Discussion aid which includes a wealth of information and prompts Overall brief plot synopsis and author biography as refreshers Thought-provoking questions made for deeper examinations Creative exercises to foster alternate "if this was you" discussions And more! Please Note: This is a companion guide based on the work *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting* by Dr. Jason Fung not affiliated to the original work or

author in any way and does not contain any text of the original work. Please purchase or read the original work first.

Fitness Confidential Blurb

The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting by Jason Fung | Book Summary | Readtrepreneur (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link: <http://amzn.to/2zuYL6s>) There are many books about dieting but most of them have left an important element behind; fasting. If done right, it can be the most effective diet you can ever try The complete guide to fasting tackles an unspoken dieting concept; fasting. And don't take it the wrong way, fasting is not starving oneself to lose weight. If done right, it can be really good for your body and this title, offers just that. This is a guide to venture yourself to the world of fasting without any mishaps and obtaining the best results possible. (Note: This summary is wholly written and published by readtrepreneur.com It is not affiliated with the original author in any way) "We are wired for feast and famine, not feast, feast, feast." - Jason Fung Dr Jason Fung has invented fasting methods with over 1000 patients obtaining fantastic results in the process. His philosophy is that human is made for feast and famine and not only feasting. Fasting can give just the results you need if done right, and with detailed information on how to do it, how to track your progress and what to expect, there won't be any unexpected surprises in your fasting process. Jason Fung debunks the myth of fasting being bad for you and explains why it actually is good for your health. If you are just focused on feasting, you probably won't be happy with the product. P.S. The complete guide to fasting is an extremely useful book that will give you a unique dieting method that is really good for your health. The Time for Thinking is Over! Time for Action! Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get your Copy Delivered Right Away! Why Choose Us, Readtrepreneur? Highest Quality Summaries Delivers Amazing Knowledge Awesome Refresher Clear And Concise Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book, search for this link: <http://amzn.to/2zuYL6s>

Notes on Jason Fung's MD The Complete Guide to Fasting by Instaread Everest Media LLC

Why does everyone think fasting is so bad for you? NEWSFLASH - It's really not! This is a summary and analysis companion booked based on Jason Fung and Jimmy Moore's *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting* is a thought-provoking piece of work that presents the open mind with great insight that is very different from what most of us have traditionally been taught to believe and understand about dieting. Jimmy Moore, well known international author and co-author of the original book once weighed 410 pounds and was highly skeptical of fasting practices. After an interview with a Boston College professor, in which he claimed 7-10 day water fast would help prevent cancer, Jimmy began experimenting. Thus, his polished gem of exciting and intriguing information was born! Now - let's look at what this summary and analysis companion e-book has to offer: 1) You'll enjoy a detailed list of fasting all-stars' experiences along with their results! 2) Engaging discussion questions that will prime you for a fast of your own! 3) A detailed chapter-by-chapter analysis that outlines every key point in the original book. For instance, how chapter seven is all about how fasting can aid in cell cleansing, anti-aging, neurological benefits, and much more! BUY TODAY, ENJOY TONIGHT, AND START YOUR FAST TOMORROW! NOTE TO READERS: This is a summary and analysis companion book based on Jason Fung and Jimmy Moore's *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting*. This book is meant to enhance your original reading experience.

Fast. Feast. Repeat. Victory Belt Publishing
Heal, Cleanse and Restore your Health. #Research and Scientific Evidence Backed Modern day life is filled with stress, toxins and chemicals. Toxins and Chemicals can wreak havoc on your body and its systems. The Scary thing is, they're extremely prevalent in the world today. From shampoos to the air we breathe in there are many harmful substances that can get into your body and stay there, some of them forever. Water Fasting is one of the only proven methods that can remove these chemicals and toxins by flushing them out of your body. Flushing out toxins will increase your lifespan, longevity, reverse diseases and increase brain performance at the very least. My name is Michael Burgess and I'm extremely passionate about Natural Health industry and using alternative medicine to treat health problems. I've seen how the

modern unhealthy lifestyle can negatively impact lives, longevity and happiness. This has taught me everything I know in regards to Water Fasting and inspired me to not only share my story with others, but offer help in the form of this book to assist you in doing the same. I want to share that knowledge with you now because I know for a fact that water fasting can benefit you and prevent harmful chronic diseases from ever occurring. The best option is to not ever get the disease in the first place! In Water Fasting: The Complete Guide, here is just a fraction of what you'll learn: ✓ Toxins and Chemicals in our Modern World ✓ Background and History of Water Fasting ✓ The Science of Fasting ✓ What is the Water Fast? ✓ Benefits of the Water Fast ✓ Most Common Mistakes and How to Avoid Them ✓ Safety Guide ✓ Full Guide on How to Complete the Water Fast Correctly ✓ What to Do After and How to Break Your Fast Correctly for the Maximum Benefits ✓ FAQs, Myths, and Top Tips Why Should you chose our Book? Our Book doesn't use pseudoscience! The book was written using scientific studies and clinical trials to support the claims that we have included. Not only do we just cover the Water Fast, we go into depth on how to Plan your Fast (Before) and specifically how to break your fast for the best benefits. These are topics that are overlooked by many books. Order Now and get started on Flushing out all those toxins!

THE COMPLETE GUIDE TO FASTING KP

Book Summary The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting This book is an incredibly fascinating read, particularly for anyone who is obese or has type 2 diabetes. Each "theory" is supported by studies and references making the terms and solutions very believable and easy to follow. Fasting is indeed a viable option for losing weight and reversing a type 2 diabetes diagnosis. You will experience lowered blood pressure, blood sugar, cholesterol and greater energy and brain power. Quick Read Publishing has created a quick overview summary and Review companion book for your reading pleasure. Designed to enhance your reading experience. What does this Summary Include? Each Part wise Chapter of the original book Chapter by Chapter Summaries About the Author List of Characters Underlining Themes of the book Key Point from Dr Jason Fung's book Discussion Questions about the Plot Background information about The Complete Guide to Fasting Background information about Dr Jason Fung We are a

participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites. Read this summary book to save time , to learn more read "The Complete Guide to Fasting"

The Obesity Code Cookbook Victory Belt Publishing

Discover the customized nutrition plan that will help you be lean, fit, more youthful, sexier, and full of energy—at every stage of life. Designed specifically for women, this individualized six-week intermittent fasting program is the sustainable solution to help you feel and look your absolute best. Based on the scientifically proven 16:8 fasting model, what makes this program unique is that it is geared toward your hormonal needs at every stage in life—whether you are cycling or in perimenopause, menopause, or beyond. Intermittent Fasting Transformation will help you: • lose weight steadily and burn fat without hunger, cravings, or plateaus—and keep it off • balance your hormones for better metabolic health and wellness, while easing symptoms associated with perimenopause and menopause • experience a huge boost in physical and mental energy all day long • learn what foods best support weight loss, detoxification, and overall health • lift brain fog and help you sleep better • put aging in reverse . . . and so much more. Cynthia Thurlow, a nurse practitioner and an internationally known women's health expert whose viral TEDx Talk has received more than 10 million views, developed this breakthrough plan after entering perimenopause in her forties. Intermittent fasting didn't just help her lose weight; she had more energy, fewer cravings, and lower blood glucose levels. Thurlow has now worked with thousands of women in her private practice to make her unique program of intermittent fasting work for them, too. With meal plans and 50 recipes, along with advice for supercharging your fast, this plan will transform your life, slow down the aging process, and help you reclaim your health and well-being.

Summary of The Complete Guide to Fasting By Dr. Jason Fung Goldmine Reads

Intermittent fasting is a safe and sensible way not only to lose weight but also to transition to a healthier way of eating. Unlike the deprivation associated with full fasting, the 5:2 diet allows for reduced-calorie meals two days a week. On the other five days, you meet your recommended caloric intake with the help of a

variety of healthful recipes. The 5:2 Fast Diet for Beginners is a complete guide to intermittent fasting. Included are: 16 reduced-calorie fasting-day recipes to make your dieting days both easy and flavorful. 35 non-fasting-day recipes that offer you healthful choices for breakfast, lunch, and dinner, as well as low-cal dessert and treat options. Use these recipes-along with your own favorites-to round out your month's meal plan. 4 weeks of fasting-day meal plans geared to the 500-calorie goal for women and 600-calorie goal for men recommended by the 5:2 diet. 10 tips for motivation and success to get you started toward your weight-loss goals and to keep you on track. References to scientific studies pointing to intermittent fasting's positive effects on heart health, brain function, and blood-sugar regulation. The 5:2 Fast Diet for Beginners: The Complete Book for Intermittent Fasting with Easy Recipes and Weight Loss Plans is all you need to begin experiencing the weight loss and health benefits associated with intermittent fasting.

Life in the Fasting Lane Rockridge Press

This book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version. This book is not intended to replace the original book. Instead, we highly encourage you to buy the full version. Countless books have been published discussing the best and the latest eating regimens that promise weight loss and better health. What most people do not realize is that the missing component to an effective dietary program lies in a centuries-old practice: fasting. Fasting is more than just deliberate starving. At the right conditions and regardless of dietary program, the effects of fasting to the human body are astonishing. Dr. Jason Fung, a nephrologist based in Toronto, has utilized an assortment of fasting procedures to help more than a thousand of his patients. With the help of health broadcaster and bestselling author Jimmy Moore, Dr. Fung explains the real science behind fasting, its advantages to our health, and how it can be done in the most effective way. In The Complete Guide to Fasting, Dr. Jason Fung and Jimmy Moore describe: · the importance of fasting throughout history · how fasting improves our health · the different approaches to fasting (intermittent, alternate-day, and extended) · who can experience the perks of fasting (and those who can't) · how fasting is beneficial to weight loss · what to prepare for in the beginning of the fast · methods that can be used to monitor

progress during a fast Wait no more, take action and get this book now!

The Complete Guide to Fasting Hay House, Inc

IMPORTANT NOTE: This is a book summary of *The Complete Guide to Fasting* by Jason Fung and is not the original book. Different diets drop in and out of fashion all the time. All of them promise sustainable weight loss and a healthier, fitter you but most are quickly replaced by the new 'next best thing'. One buzzword in the world of dieting and wellness at the moment is 'fasting' - but is it just another fad? Not at all, says Dr. Jason Fung, author of 'The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting'. In fact, it's a practice that goes back thousands of years. It's also a highly effective way to lose weight and boost your health. Dr. Fung uses his experience of working with patients who adopted fasting methods alongside the knowledge of Jimmy Moore, a health expert podcaster, to discuss the revolutionary benefits of fasting in this guide to maintaining prolonged periods without food. In this book, *A Summary of The Complete Guide to Fasting*, you will find the key points of Dr. Fung's research so you can learn about fasting in a much quicker time. All of the information is laid out in a concise and straightforward way so it's easy to refer back to if you want a quick reminder of certain points. Fasting, according to Dr. Fung, isn't about restricting your food so that you feel miserable and famished. It can actually leave you feeling energetic and focused, as well as bringing remarkable health benefits and weight loss. This summary briefly explains the ins and the outs of Dr. Fung's guide to fasting so you can learn quickly and start putting your knowledge into practice immediately. In this book, you will discover: - A brief yet informative summary of Dr. Fung's guide to fasting. - A look at what fasting is and how it can give your health a huge boost. - Why fasting doesn't mean starving - and how you'll feel great from doing it. - An overview of the history of fasting and why it is more than just a modern-day fad. Fasting isn't going away any time soon! - A summary of how you can start fasting and reaping the benefits straight away. If you want to learn more about fasting and how you can do it, this quick yet educational summary is ideal. Click below to buy now!

[Autophagy Fasting With Water for Beginners](#) Pistachio Press, LLC
Real-life advice and guidelines to take the guesswork and the fear

out of fasting. Fasting is emerging as one of the most exciting medical advancements in recent memory. Its list of benefits extends far beyond weight loss and includes improved cardiovascular health, lower blood pressure, protection against cancer and better cognitive function. While many of us may be able to handle the physical effects of fasting, the mental and social challenges are often daunting. There are so many opportunities to eat during the day, and sometimes it's rude not to participate in meals. What do you do with the time you used to spend eating? How do you navigate social situations while fasting? How can a food addict mentally prepare for a fast? Life in the Fasting Lane fills all of these gaps, and more, by bringing together three leading voices in the fasting community to provide a book written for both the body and the mind, helping people cope with all aspects - physical, social, emotional, medical - of fasting. It blends cutting-edge medical and scientific information about fasting with the perspective of a patient who has battled obesity the majority of her adult life.

Keto Clarity St. Martin's Griffin

SUMMARY OF THE COMPLETE GUIDE TO FASTING BY DR. JASON FUNG, explains, in simple terms and with clarity, why fasting works as a highly-effective solution for the reversal and cure of so many chronic illnesses and diseases such as obesity, eating disorders, prediabetes, type 2 diabetes, metabolic syndrome, cardiovascular disease, high blood pressure, cancer, arthritis, Alzheimer's disease, Parkinson's disease, dementia, heart disease, asthma and many more diseases. The book also explains how fasting slows aging, boosts the brain, reduces inflammation, and quick-starts the body's ability to heal itself. If you have any of the above-named medical conditions or if you have tried every known diet, yet nothing is working, then answer this question: "have you tried fasting?" It is on record that fasting has reversed and cured many of the conditions mentioned above. This book makes fasting easy to understand, easy to accomplish and even fun! It contains all the necessary guidelines, tips, strategies and protocols you need to begin using fasting as an express tool to your best health ever! This is an excellent summary of the main book. And this summary makes an excellent gift for you or anyone you know who also cherishes good health! There's nothing for you to lose and a lot of good health to gain! SO, CLICK THE BUY BUTTON NOW!

[Summary of Dr. Jason Fung & Jimmy Moore's The Complete Guide to Fasting](#) Simon and Schuster

The instant New York Times and USA Today bestseller! Change when you eat and change your body, your health, and your life! Diets don't work. You know you know that, and yet you continue to try them, because what else can you do? You can Fast. Feast. Repeat. After losing over eighty pounds and keeping every one of them off, Gin Stephens started a vibrant, successful online community with hundreds of thousands of members from around the world who have learned the magic of a Delay, Don't Deny® intermittent fasting lifestyle. Fast. Feast. Repeat. has it all! You'll learn how to work a variety of intermittent fasting approaches into your life, no matter what your circumstances or schedule. Once you've ignited your fat-burning superpower, you'll get rid of "diet brain" forever, tweak your protocol until it's second nature, and learn why IF is a lifestyle, not a diet. Fast. Feast. Repeat. is for everyone! Beginners will utilize the 28-Day FAST Start. Experienced intermittent fasters will strengthen their intermittent fasting practice, work on their mindset, and read about the latest research out of top universities supporting intermittent fasting as the health plan with a side effect of weight loss. Still have questions? Gin has you covered! All of the most frequently asked intermittent fasting questions are answered in the exhaustive FAQ section.

The Men's Health Guide to Intermittent Fasting Createspace Independent Publishing Platform

55 % discount for bookstores ! Now At \$44.99 instead of \$ 69.73\$ Your customers will never stop reading this guide !!! Intermittent Fasting Intermittent fasting means fasting for a decided measure of time (numerous people fast 24 hours then eat healthy the next 24 hours, etc.). This means your body needs to search around for food (fuel), and in the process disposes of awful matured or harmed cells and other waste that has developed in your body. Consolidate the two of these for Low Carb Intermittent Fasting, and you'll have a successful blend to getting thinner and feeling extraordinary. When you are fasting, you can have low-carb and low-calorie beverages like water and dark espresso, however, you should not eat food sources for 24 hours. You can eat sound the next day, yet you should in any case keep watch on your starch intake. Understand names and examination food sources to realize you are settling on the most ideal decisions for your body

and your wellbeing. Intermittent fasting that has been directed on beings shows a life expectancy increment of 40% or more. That is superb! This shows how much practicing good eating habits and purging your body can profit not just your framework and help you with losing weight, yet it can likewise build your days in this world. Buy it Now and let your customers get addicted to this amazing book !!

Summary Greystone Books Ltd

If you or someone you know is struggling to lose weight, you know exactly how agonizing such an experience can be. Not only does it cause significant emotional or health damage, being overweight can cause you to lose your sense of self. But did you know that there are simple things you can do to transform your body, win your weight loss battles and regain your health with water fasting? "Autophagy Fasting with Water for Beginners" is your comprehensive go-to guide to fasting your way to autophagy and losing weight seamlessly regardless of your current diet. Within the pages of this special weight loss log book, authors Jason Berg and Eric Fung reveal how you can get quicker weight loss results in half the time you would with regular dieting and exercise programs. Whether your goal is to lose weight painlessly, look better, improve the health of your family, or you simply want to discover an effective way to find relief from common health problems and live in total health, this book will empower you with deep and riveting information. Inducing complete autophagy with

fasting doesn't have to be traumatic and painful. With this book, you'll be amazed at how simple and easy it is to lose weight and keep it off for good using water fasting. Within the pages of this book, you'll discover: What autophagy is and how to trigger a complete lifestyle change with it Practical guidance and extensive information for losing stubborn fats using autophagy and water fasting How to propel yourself to total health and longevity with autophagy The surprising secrets about autophagy that can help you detox your body and reclaim your health How to induce autophagy and get great results even if you are a beginner And much more! This book is just the perfect manual for any healthy, quick, and painless weight loss plan. If you are tired of going through the cycle of losing and gaining weight, this book is for you. Click on the "Buy with 1-Click Button NOW!"

The Complete Guide to Fasting Instaread

One of the most important healthcare advances in recent years has been Dr. Jason Fung's work with fasting for health and weight loss. His three books (The Obesity Code, The Diabetes Code and The Complete Guide to Fasting) have been best sellers since they were introduced, and people are not only noticing, they're getting involved and sharing their remarkable success, not just with obesity and weight loss but with serious health issues like Type 2 Diabetes, pre-diabetes, insulin resistance, high blood pressure, even various autoimmune disorders, and much more. If you're following Dr. Jason Fung's fasting protocol, or plan to, this log,

journal and workbook is for you. It offers planner pages and accessory pages for 6 months. The left hand page of the planner weekly spread is a typical weekly planner page. The right hand page is a food / fast diary with a habit tracker grid to enter macros, fasting start/end times, and whether or not there's a separate journal entry for the day. You can enter any other information you like such as blood glucose levels, ketones, etc. Enter beginning (and subsequent) measurements and weight on the page provided at the beginning of the book. What makes this Journal especially useful are the blank overview calendars at the beginning of each month, goals and intentions pages, reflection pages to recap your success in meeting goals along with thoughts and plans on how to improve, plus 2 additional pages each month for miscellaneous notes or journal entries and extra notes pages at the end of the book. Your journal entry, if used, might cover symptoms or thoughts or successes - whatever information you want to include to document your journey. Weight and measurements, if desired, can be entered at the beginning of the journal. All in all, The Complete Guide to Fasting Log, Journal and Workbook is an essential tool for your success on your amazing fasting adventure. This journal was independently produced and has no association with the author or publisher. It's About Time Books brings you a wide array of beautiful, high quality journals, diaries, planners, organizers, and other paper delights -- all just waiting for your creative and inspired input.