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Fasting: Adaptive Fasting

By Janice Grant

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you feeling sluggish? Tired all the time? Unable to concentrate for long periods? Do you have digestive problems or suffer from negative thinking? In this packaged promotion, you will learn the power of Adaptive Fasting and proper Breathing Techniques to turn your health and life around. Our relationship with food has become problematic. We worship it, crave it, fight with it, try to resist it, talk about it, argue about it, weigh it, obsess over it and feel guilty about it. We devote an entire room in our houses for the storage and preparation of food. We spend inordinate amounts of time buying it, cooking it, thinking about it and then eating it. We diet compulsively and fall off the wagon regularly. We fret over what is best to feed ourselves and our children and there is no shortage of advice out there on how to make those decisions for good health. Unfortunately, the advice is contradictory and confusing. Eat fat, dont eat fat, eat salt, dont eat salt, eat butter, dont eat butter,...



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