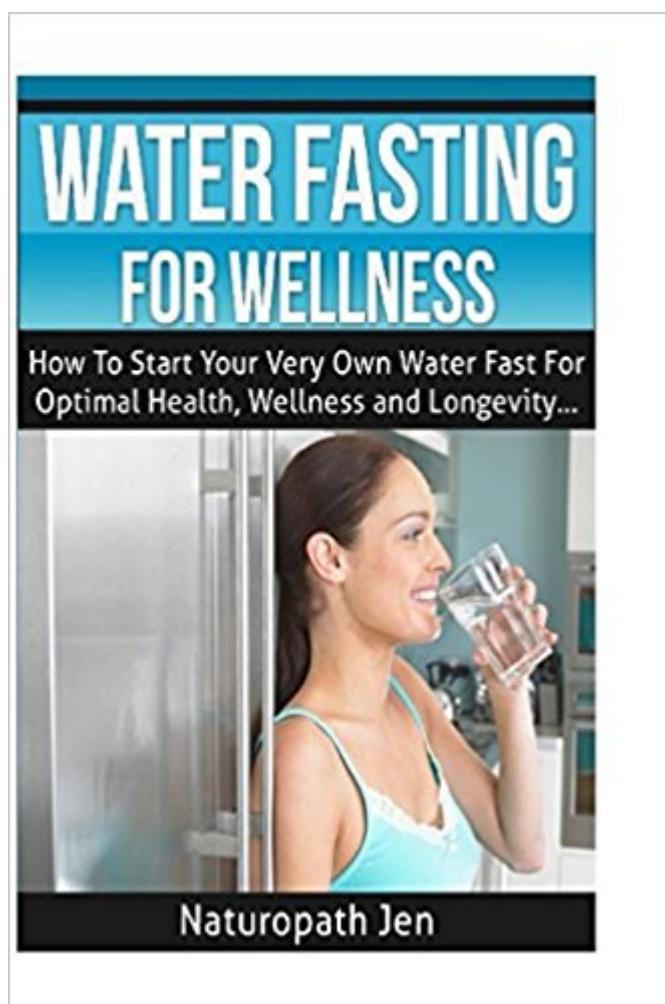


The book was found

# Water Fasting For Wellness: How To Start Your Very Own Water Fast For Optimal Health, Wellness And Longevity



## Synopsis

If you are struggling with that stubborn body fat, you are wanting a good detox or you are suffering from an illness that just doesn't seem to be getting better, then water fasting may be just for you. I wrote this book to inform you about the amazing benefits associated with water fasting. It has been used extensively in the treatment of autoimmune diseases, cardiovascular disease (especially hypertension) and not to mention to ward off the side effects of cancer treatments. But of course one of the most amazing benefits is its ability to help you shift that last bit of excess weight, help clear up your skin and increase your longevity. If you are not yet convinced that water fasting is something that you would like to try, then read on and I hope that by the end you may decide that it is something you can do. I have done it myself - and you can too... However, don't worry... If a Water Fast seems too extreme to start off with, I have also included some information on 2 other forms of fasting - intermittent fasting and bone broth fasting. And, if Water Fasting seems too easy and you are wanting results even quicker then you can try the "Dry Fast". However, remember that this is very extreme and should be done under the supervision of a practitioner. All in all, I think a Water Fast is your best bet. Within this book I have covered the following: 1) What Fasting Is; 2) History of Fasting; 3) Benefits of Fasting - Both Spiritually, Emotionally and Physiologically (with medically researched studies); 4) Case Studies of Medical Success Stories; 5) How to decide if a fast is right for you - who should and who shouldn't be doing a water fast; 6) 7 important steps you must complete to prepare for a water fast; 7) How to complete the water fast including what type of water to use and how much to drink. I also include 4 other steps you should take when completing the task to make it as easy and effective as possible; 8) How to break the fast correctly; 9) Summary of the 13 steps you can take to complete a successful water fast; 10) 16 Common Fasting Questions Answered; 11) Information on how to successfully undertake Intermittent Fasting; 12) Information on how to successfully undertake Bone Broth Fasting; 13) Information on how to successfully undertake Dry Fasting; 14) References to 13 Medically Research Studies; 15) References to a whole host of valuable websites you can check out if you require further information; and MUCH MORE...

## Book Information

Paperback: 87 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (March 9, 2016)

Language: English

ISBN-10: 1530469961

ISBN-13: 978-1530469963

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 11 customer reviews

Best Sellers Rank: #466,285 in Books (See Top 100 in Books) #104 in Books > Health, Fitness & Dieting > Aging > Longevity #356 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #115862 in Books > Textbooks

## Customer Reviews

I think it was fine but not excellent. Too much information on fasting studies, which I found it too technical for my taste.

Covers the basics of waterfasting; Introduction, history and benefits. Moves then on to actually going through with a waterfast; Preparation, completion and breaking the fast (refeeding). The book even has a chapter on Intermittent fasting.

This is the best book by Naturopath Jen yet! Very, very informative. Being a fasting practitioner myself, the information provided by Jen was thorough and there were tips for me to incorporate. Highly recommended reading.

Almost a year into my new way of life, and Jen's books are the wealth of information everyone needs! I have learned so much from her books and articles. I'm excited to read the rest. My teens are embracing this way of life as well. Please keep writing, you make this easy to understand!

This is an excellent resource for anyone that wants to understand the possible health benefits of fasting and how to be successful with fasting. This book is very informative and full of helpful advice.

Such great information. I highly recommend this to anyone interested in wellness!

Good but too short!

Great book!!

[Download to continue reading...](#)

Water Fasting For Wellness: How To Start Your Very Own Water Fast For Optimal Health, Wellness and Longevity Intermittent Fasting: Burn Fat Incredibly Fast, Gain Muscle and Live Longer With Intermittent Fasting (Intermittent fasting, Fasting diet, Intermittent Fasting For Beginners) Fasting: Intermittent Fasting - The Secret To Losing Weight Fast, Permanently And Feeling Wonderful (Intermittent Fasting For Weight Loss, Intermittent Fasting For Women, 5 2 Diet) Intermittent Fasting: Made Simple - How to Build Muscle and Burn Fat Faster with Less Effort using Intermittent Fasting (BONUS: 11 Little Known Weight ... 2 Diet, Fasting, Intermittent Fasting Diet) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Intermittent Fasting: The Ultimate Intermittent Fasting Guide for Healthy and Quick Weight Loss (Intermittent Fasting Plan, Intermittent Fasting for Women, Weight Loss, Burn Fat, Intermittent Eating) Intermittent Fasting: 7 BeginnerÃ¢â€œs Intermittent Fasting Methods for Women & Men - Weight loss and Build Lean Muscle Hacks (Intermittent Fasting, Fasting Methods, Build Lean Muscle Book 1) Keto Fasting: Start an Intermittent Fasting and Low Carb Ketogenic Diet to Burn Fat Effortlessly, Fight Diabetes, Purge Disease and Become Keto Adapted (Fasting Ketosis Book 1) Intermittent Fasting and Feasting: Use Strategic Periods of Fasting and Feasting to Burn Fat Like a Beast, Build Muscle Like a Freak and Eat One Meal a ... Fasting One Meal a Day Book 1) Intermittent Fasting: How to Unlock the Benefits of Intermittent Fasting to Achieve Weight Loss, Build Muscle, and Live a Longer and Healthier Life (Intermittent ... for Women, Intermittent Fasting for Men) Intermittent Fasting Hacks: How To Eat Whatever The F\*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) Intermittent Fasting: Lose Weight Fast and Everything Else You Need to Know About Intermittent Fasting and How It Can Change Your Life Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Intermittent Fasting: The Fast Diet Plan To Weight Loss Success & Longevity The Daniel Fast: The Ultimate Guide To The Daniel Fast: recipes, Daniel diet, Daniel plan, Daniel fast for beginners, cookbook, vegan diet, vegan plan, prayer, fasting, weight loss Intermittent Fasting: Build Muscle, Burn Fat, and Lose Weight Fast with Intermittent Fasting Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Fasting: Alkaline Diet: Lemon and Water Fasting Pure Water: The Science of Water, Waves, Water Pollution, Water Treatment, Water Therapy and Water Ecology The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting

Power Foods [120 Recipes for Vitality and Optimal Health]

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)