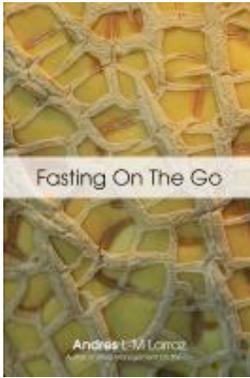
The background of the entire image is a microscopic view of plant tissue, showing a network of cell walls forming irregular, polygonal cells. The cells are stained, with some appearing in shades of yellow and orange, and others in shades of green and brown. A semi-transparent white horizontal band is positioned across the middle of the image, containing the title text.

Fasting On The Go

Andres L-M Larraz

Author of *Stress Management On The Go*



This manual is about fasting as a way to speed up the healing process in a natural way. A way to detoxify your body from the abuse you put it through. A way to give mind and body a rest and tune up. This book is intended as a guide to help cleanse your body in a quick and easy way using nourishing juices, special herbal teas, and vegetable broths.

Fasting on the Go

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Fasting

On The Go

Techniques for Well Being

A practical guide to healing your body

Through liquid fasting

Andres L-M Larraz

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Benefits of Fasting

The mind is like water, when it's still, there

is reflection; when disturbed, no mirror

As we mentioned in the introduction, in today's fast paced style of living, mankind has strayed away from healthy eating habits. Adding the exposure to environmental toxins, we have depleted our immunological system of its defense mechanisms.

This guide will walk you through the steps needed to reverse the negative effects that might be involved in a systemic toxemia, and restore health in a natural homeostatic process. This guide is not a scientific, theoretical, philosophical, or physiological work on fasting. It is a down to earth guide to help you understand the techniques that have been practiced for thousands of years by mankind for healing purposes.

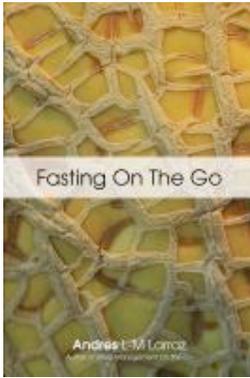
There are a multitude of fasting retreats, clinics and spas all over the world. Specifically, in Western Europe and Asia, patients are treated through water, juice or liquid fasting to treat a variety of maladies. In these types of retreats and clinics extended fasting intends to treat acute ailments and disease, and is supervised by experts in the field. Some of these fasts may take three weeks to six months or even longer.

This book is intended as a guide to detoxify and cleanse your body in a quick and easy way using nourishing juices, special herbal teas and vegetable broths. This guide is directed for persons that are active and

lead full, busy lifestyles. This guide will walk you through the steps needed to detoxify and restore health, while continuing with your normal style of life.

You will learn the different types and lengths of fasting you can do depending on your objective and goals, so you can choose a program that fits your lifestyle. The preparation techniques before you start the fast are quite important and prepare your body for a successful outcome. There is a specific detailed recipe for the fasting process itself. The conclusion stage of your fast is most important. This guide provides day by day instruction from the time you wake up to the time you go to sleep, and specifies which tea, juice and broth you will be drinking, as well as the best fruits and vegetables to use for different purposes.

This guide is intended for people “On the Go”. Additionally it will give insight on what juices you can buy in any market while you take a lunch break at work. Also, it demonstrates how to prepare delicious magical broths that will rejuvenate and detoxify you.



This manual is about fasting as a way to speed up the healing process in a natural way. A way to detoxify your body from the abuse you put it through. A way to give mind and body a rest and tune up. This book is intended as a guide to help cleanse your body in a quick and easy way using nourishing juices, special herbal teas, and vegetable broths.

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