

[Download] How to keep slim, healthy and young with juice fasting

How to keep slim, healthy and young with juice fasting

Paavo O Airola

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Paavo O Airola : How to keep slim, healthy and young with juice fasting before purchasing it in order to gage whether or not it would be worth my time, and all praised How to keep slim, healthy and young with juice fasting:

11 of 11 people found the following review helpful. My Go-To guide for ALL my juice fastsBy DimplesThis book is GOLDEN! So ya its old, but it was written in the 1970's! Duh! But honestly, even though some of the facts may be outdated, the underlying information he explains and provides still stands true today! I mean, it's freaking brilliant! For about 4 years I had been yo-yo-ing with my weight and diet. I did everything! I mean diet pills, worked out 7 days a week, did the 60 day INSANITY challenge, no carb diet, all protein diet, you name it! And all I got out of those was either I became too masculine (grew wider as opposed to slimmer) or I lost not more than 5-6 pounds...in 2 YEARS!Then September of last year I started hearing about juice fasting and its benefits. A friend recommended this author and I immediately bought the book. I have since done about 5 fasts since last September. I lost about 13 - 16 pounds and my energy was through the roof! (the fasts were small, from 5 days to 13 days) I had hunger cravings the first time I did it for the first two days but those went away quick. A tall glass of green juice will keep you satisfied for about 3hrs. It's amazing. And I totally like his take on doing colonics and enemas. It takes out the toxins we are stirring up! Brilliant! I think that's one of the most important parts in this book.Lastly, I love how he mentally prepares you for the fast. It's not just a physical journey you're undertaking, but a mental one as well. If you're mind is in it and you are POSITIVE through the experience knowing you're going to feel better in the end you will reap remarkable results! I have since gained some weight because I had a lot going on. I am now ready to get back on it.The quickest and safest way to lose weight you ask? JUICE FASTING WITH THIS BOOK! Thanks Dr. Airola, for writing this book.PS: I

have turned everyone I know to this book. I've loaned it out so much it's falling apart. No more! They're gonna have to buy their own copy!

5 of 5 people found the following review helpful. Paavo Airola is one of my favorite authors of health books. By Finnman Paavo Airola is one of my favorite authors of health books. Though viewed with some skepticism by some; juice fasting is a safe but a rather unpleasant ritual of clearing the body of unwanted toxins, and restoring wanted health and vigor. Dr. Airola shows the way to make it as tolerable as possible, and even as he says an enjoyable practice. It is worth the effort and sacrifice to enjoy a new level of healthy living.

7 of 7 people found the following review helpful. Juice Fasting By Linda M. This is a great and helpful book that Dr. Paavo Airola has written...I tried the 3 day juice fasting and lost 4 lbs. The book contains quite a bit of helpful information in regards to one trying to live a more healthy via lifestyle and diet. Lot's of resources are listed in the book by the author that he's written and resources by other authors as well. He's listed several medical conditions in this book and gives a listings of vegetables/fruits that one can include into their diet to help manage or stabilize the condition to a more better level, examples: Diabetes, asthma, high blood pressure, arthritis, overweight, psoriasis, irregular heartbeat, chronic bronchitis, chronic headaches, etc. He explains that juice fasting is superior to water fasting. Dr. Paavo Airola has written a total of 14 books altogether. I've invested in his book titled "The Airola Diet And Cookbook" which has 300 recipes, I'm looking forward to reading it and checking out the recipes listing contents!