FAST

Weight Loss Superfood

certified organic dietary supplement

INFORMATION PACK

Lose 3 KILOS IN 3 DAYS!*

FAST is a certified organic, nutritionally supported 3-day modified fast for sustained weight loss without the usual hunger.

Yes, you can achieve fast, effective & healthy weight loss.

miessence®

*Results vary for individual participants.

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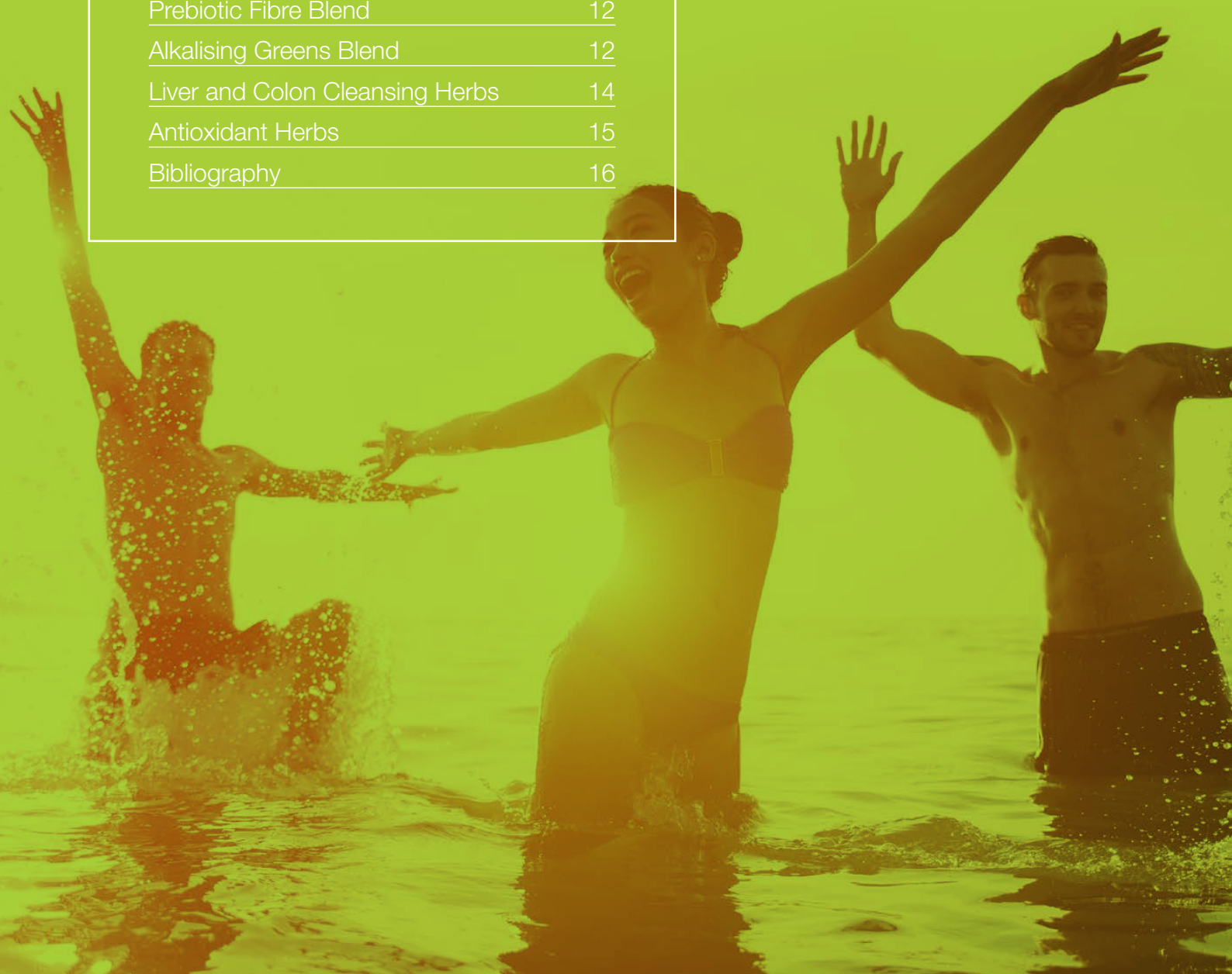


Imagine...

Imagine if a pharmaceutical company discovered a drug that could treat hypertension, eradicate type-2 diabetes, dramatically improve or even cure autoimmune diseases like rheumatoid arthritis and lupus, skin conditions like eczema and psoriasis, eliminate migraine headaches, and improve depression symptoms better than anti-depressants.

Imagine that this drug could also increase your lifespan, renew your immune system, reduce all symptoms of inflammation, help you recover from a cold or the flu better than any other home or pharmaceutical remedy.

Now imagine, on top of that, taking this drug could also lead to a profound sense of mental clarity. And best of all: what if there were no adverse long-term side effects to this therapy?

I'm pretty sure it would be classified as a 'miracle drug', wouldn't it?

WHAT IS FASTING?

"Fasting is the single greatest natural healing therapy. It is nature's ancient, universal 'remedy' for many problems. Animals instinctively fast when ill."

Elson Haas, M.D. in Staying Healthy with Nutrition

"The job of fasting is to supply the body with the ideal environment to accomplish its work of healing."

Joel Fuhrman, M.D. in Fasting and Eating for Health

Fasting, the ancient practice of abstaining from all food and drink except water, and is thought to be as old as mankind. For millennia, whether a hunter or a gatherer, man always experienced periods of feasting and scarcity in the natural biological cycle. It is the modern 24/7 access to foods that is unnatural, and our bodies are now paying the price. Our genes haven't had time to adapt to the embarrassing over-abundance of food that we have today. Our body still craves the natural cycles of abundance and scarcity calories that it evolved to expect. Taking a break from food allows your mind and body to rest and recuperate and initiates the body's own healing mechanisms.

The goal of fasting is not to "fix" something that's wrong with our bodies, it is to "get out of the way" of its natural tendency toward health.

FASTING:

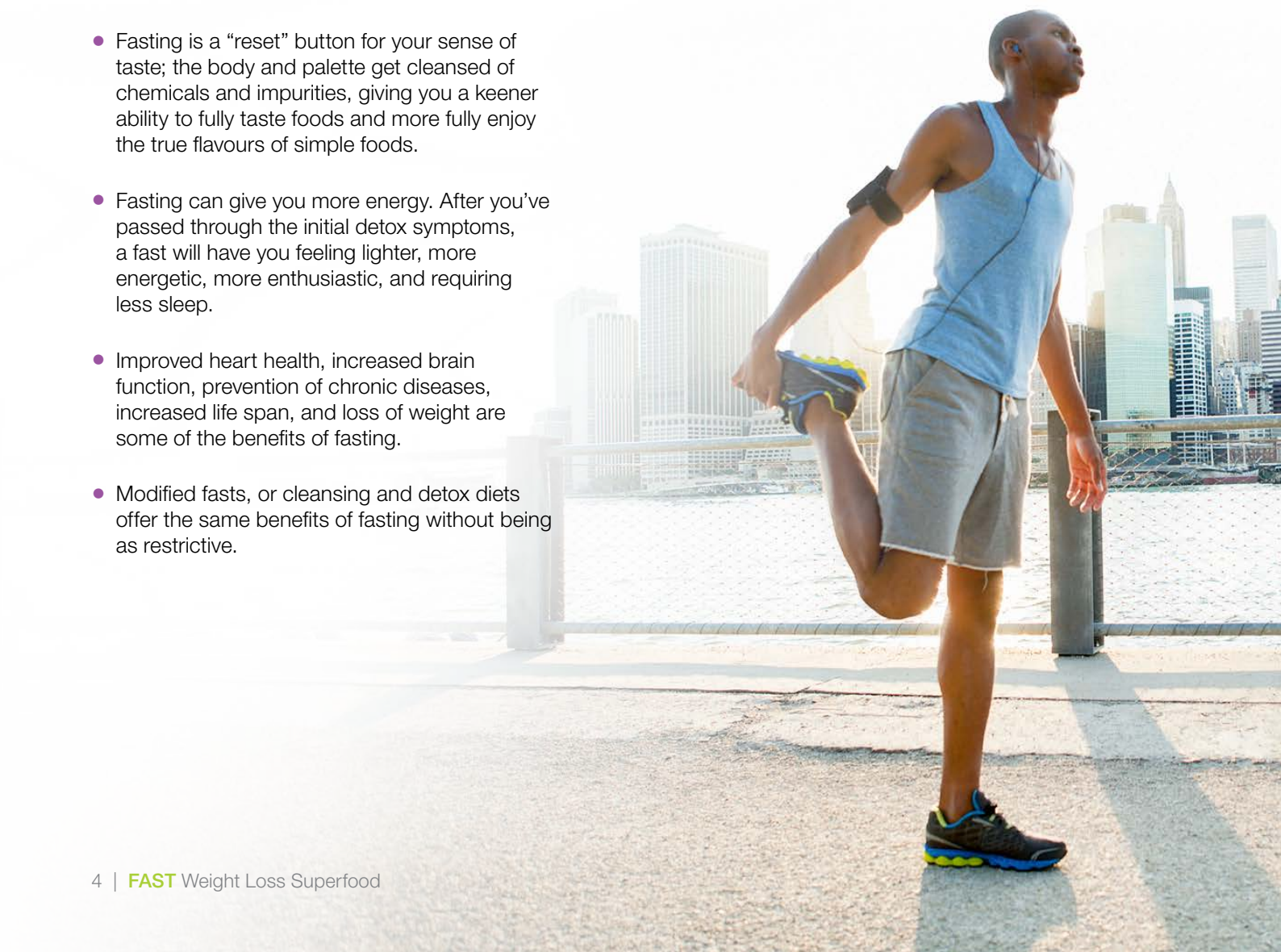
1. Rests the digestive system
2. Allows for cleansing and detoxification of the body
3. Interrupts habitual eating patterns, shining a spotlight on them
4. Promotes greater mental clarity
5. Leads to a feeling of physical lightness, increasing energy level

WHAT ARE THE BENEFITS OF FASTING?

"A fast can help you heal with greater speed; cleanse your liver, kidneys, and colon; purify your blood; help you lose excess weight and water; flush out toxins; clear the eyes and tongue; and cleanse the breath."

James F. Balch, M.D., in Prescription for Nutritional Healing

- Fasting relieves you of the worry about thinking about what to eat! And a short break from your habitual eating habits will help shed light on why you were eating that way.
- Fasting is a "reset" button for your sense of taste; the body and palette get cleansed of chemicals and impurities, giving you a keener ability to fully taste foods and more fully enjoy the true flavours of simple foods.
- Fasting can give you more energy. After you've passed through the initial detox symptoms, a fast will have you feeling lighter, more energetic, more enthusiastic, and requiring less sleep.
- Improved heart health, increased brain function, prevention of chronic diseases, increased life span, and loss of weight are some of the benefits of fasting.
- Modified fasts, or cleansing and detox diets offer the same benefits of fasting without being as restrictive.



WHAT JUST 24 HOURS OF FASTING DOES:

- An increase in your #1 fat burning hormone by 700% (HGH)
- Turns on autophagy (body cleanup crew)
- Control of your "hunger hormone" and an end to cravings
- A decrease in your stress hormone so you burn more belly fat
- Increase in your brain function for better memory and concentration
- And a boost in your metabolism & energy
- Reduced risk of diabetes & an easing of symptoms
- Increased testosterone if you're a man
- Increased insulin sensitivity so you can eat more & stay slim
- Faster weight loss
- Decreased inflammation so your joints heal & feel better
- Rapid cleansing & renewal of your body at a cellular level

Brad Pilon in Eat Stop Eat.

HEALTH CONDITIONS IMPROVED BY FASTING

- acne
- adult onset diabetes
- allergies
- anxiety
- arthritis
- asthma
- atherosclerosis
- autoimmune illnesses
- benign tumours
- chronic back and joint pain
- chronic fatigue
- colitis
- deterioration of the musculoskeletal system
- digestive disorders
- eczema
- hay fever
- headaches
- heart disease
- high blood pressure
- high cholesterol
- hyperactivity
- hypoglycemia
- inflammatory bowel disease (Ulcerative Colitis and Crohn's disease)
- insomnia
- irritable bowel syndrome
- lupus
- migraines
- obesity
- osteoporosis
- PMS
- psoriasis
- recurrent infections
- rheumatoid arthritis
- sinusitis
- skin irritations and disorders
- substance abuse/ addiction
- tension
- uterine fibroids
- weight loss

Elson Haas, M.D., in Staying Healthy with Nutrition

These improvements won't necessarily be permanent. You have to move forward with better eating habits than you had before. You may need to make lifestyle changes in order to maintain your health. Occasional fasting is usually recommended to keep yourself in good condition. Three days per month and/or 10 days per year is considered good for this.

WHAT HAPPENS DURING FASTING?

"I often observe in the fasting participants that by four days of fasting, concentration seems to improve, creative thinking expands, depression lifts, insomnia stops, anxieties fade, the mind becomes more tranquil and a natural joy begins to appear. It is my hypothesis that when the physical toxins are cleared from the brain cells, mind-brain function automatically and significantly improves and spiritual capacities expands."

Gabriel Cousins, M.D. (psychiatry)

During the first couple of days of a fast you may have mild detox symptoms of tiredness, aches and pains, sinus discharge, headaches, and nausea. And not just a physical cleanse, but also a mental, emotional, and spiritual cleanse. Remind yourself this is an opportunity to reset and start afresh.

Fasting frees up energy so healing can begin. We usually think of food as giving us energy, but digesting, assimilating and metabolising is actually very taxing on our system. It is estimated that 65% of the body's energy is be directed to the digestive organs after a heavy meal.

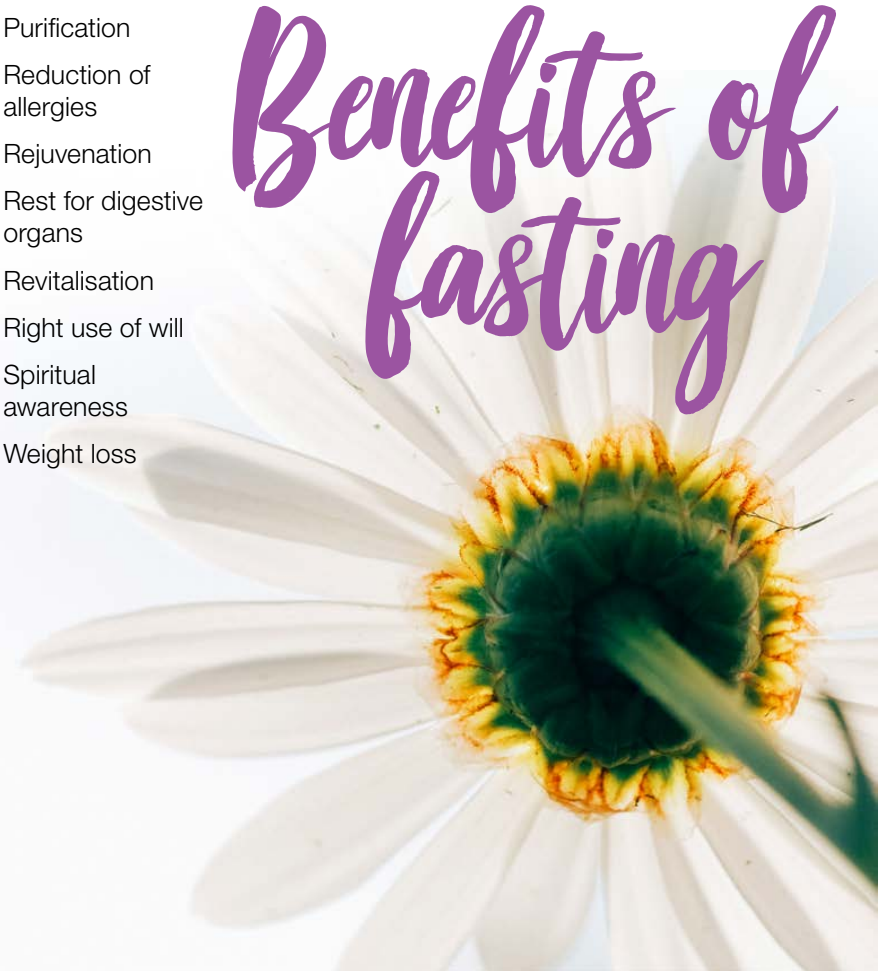
When we give our body a much needed rest from the constant onslaught of food during a fast, this freed up energy can then be diverted to the important tasks of repairing cells, tissues and organs, eliminating foreign toxins as well as the natural metabolic waste produced by our healthy cells.

One of the great health benefits of fasting is that it is an opportunity to 'spring clean' our system. Our body knows how to heal itself. We just have to give it some space.

Benefits of fasting

- Anti-aging effects
- Better attitude
- Better resistance to disease
- Better sleep
- Change of habits
- Clearer planning
- Clearer skin
- Creativity
- Diet changes
- Drug detoxification
- Improved senses (vision, hearing, taste)
- Inspiration
- More clarity (mentally and emotionally)
- More energy
- More relaxation
- New ideas
- Purification
- Reduction of allergies
- Rejuvenation
- Rest for digestive organs
- Revitalisation
- Right use of will
- Spiritual awareness
- Weight loss

Elson Haas, M.D., in Staying Healthy with Nutrition



FASTING FOR WEIGHT LOSS

"Sometimes when people try to make major dietary changes without the benefit of fasting they are frustrated. Beneficial changes that can take months or even years with careful eating happen quickly if a fast is utilized. Once a person begins to realize the health potential and can see the results, he or she is more likely to become committed to a lifetime of healthful living."

Joel Fuhrman, M.D., in Fasting and Eating for Health

Your body is a physical manifestation of the foods you've been eating and the mental and emotional patterns you're holding. Some of these things need to change in order for your body to change.

Dieting usually only addresses the physical causes contributing to our weight and don't do anything for the non-physical causes. People who are ultimately successful at losing weight realise that it's their attitudes and beliefs and habits that create the excess weight on our body. Rarely do these deeper patterns have anything to do with food, or with eating at all.

Fasting, if done consciously, can help you to identify the patterns that aren't serving you. It helps you to change who you are inside while you're changing on the outside.

While the numbers on the scales will go down during a fast, many factors control how much of that weight will stay off. A commitment to lifestyle and behaviour changes is still necessary or the weight will come right back. But the insights gained during a fast can make those changes easier, helping you make new decisions.

It's important to realise that fasting JUST to lose weight could mean you miss 90% of the true benefits. Fasting to lose weight is the beginning of a great journey. Not only because it's a great way to lose weight physically, but because you can receive insights that can lead to your ultimate healing.

MENTAL & EMOTIONAL BENEFITS OF FASTING

"...the chances are much better for permanent weight-control after fasting than after any diet whatsoever." During fasting "profound changes take place. These changes revise attitudes about food and put appetite into alignment with the body's real needs for energy."

Alan Cott, M.D., from Fasting: The Ultimate Diet

If we're open, there are so many more benefits to fasting than just the physical. We are so much more than physical bodies. When an opportunity for a higher way of being manifests, we should embrace it. And fasting does, somehow, create such openings.

After experiencing some of these "openings", you'll understand why fasting has been a part of spiritual practices since antiquity. Certainly, fasting isn't the only way to experience them, but it's one that doesn't take years of training or study.

Without the stimulation of food, our body and mind becomes more quiet, still, and peaceful. This is the reason it's so important to slow down during a fast. To be free of some of your usual obligations allows time for inner discovery.

DISCOVERING YOUR EMOTIONAL EATING TRIGGERS

This is a unique opportunity to gain some insight into your emotional eating triggers! What are the feelings and unfulfilled desires that cause you to reach for food...or drink, or drugs, or excessive work.

So... the most important question to ask yourself during your fast is "What am I hungry for?" Instinctively, we know the answer. Unconditional love, harmony, connection, peace. What we're looking for is actually within us. And in the quiet of a fast, if done conscientiously, we can begin to disarm our triggers.

After the fast

There will be some weight gain right after the fast. Don't allow your disappointment to justify going back to bad habits. Fasting is best undertaken as a jumping off point, leading you into better eating behaviours and a more healthy lifestyle.

THE SIGNS THAT YOU ARE TOXEMIC

Toxemia is an abnormal state of the blood and tissue, originating from an unhealthy lifestyle that produces stress and toxins inside the body.

1 NEED CAFFEINE TO GO THROUGH THE DAY.

If you feel that you can't go through the day without using a stimulant such as coffee, tea, diet soda, or chocolate, then it probably means that you're burning the candle at both ends.

2 TROUBLE CONCENTRATING, FEELING "SPACEY."

That's another sure sign that you're not generating enough energy naturally and need to de-stress, cleanse and rest more.

3 NO ENERGY TO EXERCISE

The trick here is not to force yourself to work out no matter what, but rather to take the time to get back on track with your diet and sleep, and eventually the energy will come back to exercise.

4 FEELING TIRED, LETHARGIC, OR SLUGGISH

5 CRAVINGS OR LACK OF APPETITE FOR HEALTHY FOODS

6 RECENT FAT GAIN.

Changing your diet makes sense, but you often need help to "reset the system."

WHAT IS FAST WEIGHT LOSS SUPERFOOD?

FAST is a certified organic, nutritionally supported 3-day modified fast for sustained weight loss without the usual hunger.

Yes, you can achieve fast, effective & healthy weight loss. Lose 3 kilos in 3 days! On your 4th morning, you will wake up feeling lighter, cleaner, energised and refreshed with an improvement in digestion, elimination, mental clarity, skin, and sleep.

HOW TO USE FAST

Take 30g (4 scoops or 3 tablespoons) of FAST in 250ml of water 3 times a day for 3 days and lose about 3 kgs. That's it! (Losses range between 2.5-5.5kg).

Whenever you feel a hunger pang strike, just drink a glass of water. Our bodies often mistake thirst signals for hunger. Hunger (especially if you're overweight) is often just dehydration. So drink plenty of water and herb teas. Take a break from the caffeine, if you can, as this can increase restlessness and anxiety, which are not your friends during a fast.

BACKGROUND INFORMATION ON DETOXIFICATION

Our bodies have a perfectly good, inbuilt detoxification system, working every second of every day to remove the waste products of everyday living from every cell in our body. If we were living in the pristine, healthy, natural world into which our bodies evolved, this inbuilt system would be perfectly adequate to cope with normal metabolic waste.

However, our modern lifestyle places a huge burden on this system. Some help may be needed to support and enhance our body's natural detoxification processes.

When we give our body a rest from the constant onslaught of food, during a fast, this freed up energy is diverted to the tasks of repairing cells, tissues and organs, eliminating foreign toxins as well as the natural metabolic waste produced by our healthy cells. Fasting is an opportunity to 'spring clean' our system.

Our body knows how to heal itself. We just have to give it some space.

SPRING CLEAN

A useful analogy is your house — you keep it clean on a regular basis, but dirt still builds up in those hard to reach corners, behind the furniture or in the fabric of your soft furnishings.

Your environment gradually overwhelms your regular maintenance cleaning and you need to do a special spring clean. This is where FAST comes in!

KEYS TO THE BODY'S DETOXIFICATION SYSTEM

- Correct Functioning Of Your Liver And Kidneys;
- Healthy Digestive System;
- Enough Fibre In Your Diet;
- Adequate Fluid Intake;
- Antioxidants to prevent damage as toxins are taken out of storage and repackaged for transport out of the body;
- Bitter tasting foods on your tongue to trigger the whole process.

FAST Weight Loss Superfood assists with all of these.

FAST IS A:

1. Weight Loss Formula
2. Protein Shake
3. Prebiotic Supplement
4. Fibre Supplement
5. Green Alkalising Supplement
6. Liver Cleansing Supplement
7. Super Antioxidant Drink
8. Immune Support Supplement
9. Energy Drink

PROTEIN BLEND

CERTIFIED ORGANIC SPROUTED BROWN RICE PROTEIN AND CERTIFIED ORGANIC BIOFERMENTED PEA PROTEIN

An extremely potent, pure, plant-based protein with a complete amino acid profile from complementary sources.

Germination, or sprouting, increases key nutrients; particularly B vitamins, and essential amino acids that are lacking in grains and legumes. The natural bio-fermentation process neutralises the plants natural defence enzymes, phytates, and increases the nutrient availability, absorption and digestion. With a 98% digestion rate the nutrients in our protein are transmitted more rapidly through the bloodstream and utilised much more quickly by the muscles and organs.

Pea and rice protein are amongst the most perfect proteins for human consumption. The benefits over both animal and other legume proteins include:

- Easily digestible.
- Allergen free.
- Ideal amino acid profile for sports.
- 98% digestion efficiency rating.
- 85% pure protein.

WEIGHT LOSS BENEFITS OF PROTEIN

Protein works effectively to regulate the appetite and encourage weight loss via ghrelin regulation. Ghrelin is a substance secreted by the stomach which signals the brain to stimulate the sensation of hunger. In general, ghrelin levels tend to rise within a certain period of time after consumption of a meal in anticipation of the next meal.

Protein slows this process, thus delaying the gastric emptying, lowering ghrelin levels, and sustaining satiety for longer periods of time. On a low-calorie diet, consuming enough protein helps preserve muscle mass.

THERMIC EFFECT OF PROTEIN

Proteins have a “thermic” effect, meaning that they create heat in the body through the process of digestion. Since proteins take a lot of energy to digest, you burn more calories after eating a meal high in protein.

Up to 30 percent of protein’s calories get burned through its digestion, so building a weight loss strategy around lean sources of protein makes nutritional sense.

PREBIOTIC FIBRE BLEND

CERTIFIED ORGANIC SPROUTED PEA FIBRE

A very good source (80%) of insoluble fibre that holds up to nine times its weight in water, helping things move through the colon with ease.

CERTIFIED ORGANIC ACACIA (GUM ARABIC)

The hardened sap from the African Acacia tree, acacia is an excellent source of dietary fibre because it contains about 90 percent soluble fibre. This type of fibre, which dissolves in water, helps the digestive system run smoothly and reduces the risk of heart disease and diabetes. Fibre can help alleviate constipation and discomfort associated with digestive disorders such as irritable bowel syndrome (IBS). Acacia is also a prebiotic, which means it helps to feed the good bacteria in the intestines.

CERTIFIED ORGANIC INULIN

The soluble dietary fibre coming from the Agave cactus is an excellent source of soluble fibre and is a well-known prebiotic, which promotes digestive health and keeps you fuller for longer. As the human body is unable to digest fibre, it passes almost intact through the intestines. In the intestines, inulin nourishes the beneficial bacteria present in the gut and aids in preventing the body from taking up less of LDL or “bad” cholesterol.

CERTIFIED ORGANIC AMLA POWDER

Amla is one of the most important herbs in Ayurvedic medicine with an incredible list of health benefits. It is beneficial for the digestive system. It contains powerful compounds that help control fasting blood sugar levels and may help diabetics. It a rich source of antioxidants. It improves liver function. It reduces inflammation. It has antibacterial properties and is said to improve skin tone, protect the eyes and aids in weight loss.

CERTIFIED ORGANIC SPIRULINA

Spirulina is an incredible source of densely-packed, broad-spectrum nutrition. It is 60-70% complete protein, which also supplies its own enzymes, so it’s proteins are easily digested and absorbed. It also contains iron and vitamin B12, making it very beneficial in a vegetarian diet. Spirulina contains more cleansing and healing chlorophyll than any other source. Moreover, it offers an additional blue pigment, known as phycocyanin, which has reported anti-inflammatory and other health benefits. Spirulina has been shown to be effective in treating certain allergies, anaemia, cancer, hepatotoxicity, viral and cardiovascular diseases, hyperglycemia, hyperlipidemia, immunodeficiency, and inflammatory processes.

ALKALISING GREENS BLEND

“Algae are packed with a rich broth of nutrients; it could well be that they’re the healthiest foods.”

Mitchell L. Gaynor, M.D., researcher and Director of Medical Oncology, Strang Cancer Prevention Center

ALKALISING GREENS BLEND
(continued)

"Wheatgrass juice is one of the finest blood builders and body rejuvenators I know."

Dr. Bernard Jensen, clinician, researcher and author of over 20 natural health books

"..the leaves of the cereal grasses provide the nearest thing this planet offers to the perfect food..."

Yoshihide Hagiwara, M.D., an associate professor at the Department of Environmental Toxicology at UC Davis

CERTIFIED ORGANIC COLD-TEMPERATURE DRIED BARLEY AND WHEAT GRASS JUICE POWDERS

Grass juices are used as a tonic and energy source. Studies have shown that grass juices are beneficial anti-aging, anti-inflammatory, regenerative and cellular health therapies and are used in advanced healing clinics all over the world. Grass juices are a rich source of essential nutrients, enzymes, and chlorophyll and contain water-soluble vitamins, vitamin E, vitamin K, betacarotene and lutein. When grown in mineral-rich, certified organic soil, they provide almost all the minerals and trace elements we need to be healthy.

Nearly all other grass powders on the market are devoid of health-supporting benefits. They are processed and dried by using standard methods, including spray drying, which damage and denature the enzymes, chlorophyll and nutrients with high heat and oxygen exposure, and grass juice powder is often diluted with maltodextrin (processed sugars) and other non-nutritive, cheap fillers.

Importantly, we only utilise grass juice powders in our formula, not the pulverised grass powders, which are completely useless for humans! Unlike cows or horses, we cannot digest the cellulose in grasses, therefore all the nutrition remains "locked" in those fibres. Only grass juice powders contain easily bioavailable nutrients we can absorb. Over 30 kilograms of certified organic grass juice is concentrated into one potent kilogram of grass juice powder.

LIVER AND COLON CLEANSING HERBS

CERTIFIED ORGANIC DANDELION ROOT

Dandelion is an incredibly healing plant that has been used for thousands of year in traditional cultures all over the world. Dandelion root supports the healthy functioning and detoxification of the liver, kidneys, spleen, and gallbladder. It stimulates bile secretion, aids digestion, and stimulates kidney function, enabling the rapid removal of toxins through urine. As a detoxification agent, it is considered to be one of the most effective and beneficial herbal remedies, allowing for the steady and gradual elimination of toxins accumulating in the body due to infection or pollution.

CERTIFIED ORGANIC YELLOW DOCK ROOT

Traditionally, yellow dock root has been used as a blood purifier and general detoxifier, especially for the liver. Yellow dock root stimulates bile production, which helps digestion. Yellow dock root can stimulates bowel movements to help remove waste from your intestinal tract and increases the frequency of urination to assist in toxin elimination.

CERTIFIED ORGANIC ORANGE PEEL

The little known fact is that there are substantially more enzymes, flavonoids, and phyto-nutrients in the peel of the orange rather than the fruit. Orange peels (as well as the underlying white pulp, or pith) are rich in hesperidin, a flavonoid that's been shown to lower high blood pressure and cholesterol in animal studies. It also has anti-inflammatory, anti-cancer and anti-allergic properties.

CERTIFIED ORGANIC ALOE VERA LEAF

Aloe is one of the most amazing plants on the planet. The restorative and healing abilities of aloe vera are of particular value in the treatment of the digestive system. Aloe's healing effects can accelerate the rate of cellular regeneration makes it useful in internal disorders such as irritable bowel syndrome. The leaves of the aloe can be taken as an herbal purgative for the alleviation of persistent constipation. This form of aloe is also helpful in stimulating the flow of bile.

CERTIFIED ORGANIC PEPPERMINT LEAF

The major use of the peppermint herb is as an aid to the digestion process; the volatile oil content of the herb is the agent responsible for this beneficial activity. Peppermint leaf supports the gastrointestinal tract as well as the gallbladder and bile ducts. It is specifically used to support healthy bowel function.

ANTIOXIDANT HERBS

CERTIFIED ORGANIC OLIVE JUICE EXTRACT (HIDROXYTYROSOL)

Hydroxytyrosol boasts the highest level of free radical absorption activity ever reported for a natural antioxidant. Hydroxytyrosol is primarily found in the olive fruit and pulp. It was first discovered and extracted from the wastewater that resulted when green olives were rinsed in the process of making olive oil. Hydroxytyrosol has some other very special characteristics that contribute to its effectiveness. It is:

- Rapidly absorbed into the bloodstream and tissues, where it can perform its free radical scavenging duties.
- The only phenol that is able to cross the blood-brain barrier, which allows it to also absorb free radicals throughout the central nervous system.
- A metabolite of the neurotransmitter dopamine, which means it may play a role in neuroprotection.
- Both fat and water soluble, giving it the highest bioavailability of any antioxidant.

CERTIFIED ORGANIC MATCHA GREEN TEA

Matcha is a green tea, but of much superior quality. Matcha is essentially cultivated in shade, carefully for many weeks before the leaves are harvested. Following their harvesting, the plants, they are put in processors for grinding the leaves into a delicate powdered form. Matcha tea contains a natural chemical compound called L-theanine, which activates alpha brain waves, bringing about a feeling of rest and relaxation. It has been found that L-theanine helps to improve the ability to concentrate and focus without stimulating the nervous system.

Two powerful weight loss benefits that green tea offers is the ability to boost metabolism and increase fat burning. A study conducted by the American Journal of Clinical Nutrition demonstrated that the consumption of green tea increased the body's natural rate of burning calories by nearly 400%! Green tea has also been shown to increase fat oxidation, demonstrating that the tea increases the burning of fat and it's utilisation as an energy source for the body.

Matcha also facilitates the safe cleansing as well as purging the body of toxins. Chlorophyll, which is responsible for the colour of green tea and other plants, is a potent detoxifier. It facilitates the removal of harmful chemical substances as well as toxic heavy metals from the body.

Matcha also contains elevated levels of catechin EGCg or epicgallocatechin gallate - an antioxidant that combats cancer. In fact, as much as 60 percent of the entire catechin contained by matcha tea is of EGCg form. Green tea has also been shown to stimulate the immune system, diminish LDL cholesterol levels in the blood, encourage the health of teeth and gums, facilitate the digestive process, bring down high blood pressure and prevent many types of cancer.

RAW COFFEE FRUIT EXTRACT

Like many plants, coffee distributes its powerful nutrition into the whole fruit, not just the seed. Whole coffee fruit is loaded with high concentrations of beneficial antioxidants and other extraordinary nutrients, including polyphenols, chlorogenic, caffeic and ferulic acids. Coffee plants grow on the slopes of high-altitude, volcanic mountainsides. Nourished by mineral-rich soil and warmed by intense tropical sunlight, coffee plants produce a profusion of wonderful, bright red fruit. Coffee fruit is exceptionally rich in antioxidants because it grows in high altitude, low-latitude regions where the sun's rays are strongest. As the plants mature, they develop powerful antioxidants to protect them from damage caused by high doses of the sun's radiation and the natural byproducts of photosynthesis. One gram of our coffee berry extract provides the same free radical protection of over two kilograms of grapes.

EATING PLAN

If you want a recommended eating plan, Dr Mercola's is great:

http://www.mercola.com/nutritionplan/index.htm

RESOURCES FOR HERB RESEARCH

https://draxe.com/burdock-root/

http://www.herbs2000.com/herbs/herbs_burdock.htm

http://www.herbs2000.com/herbs/herbs_dandelion.htm

http://www.herbs2000.com/herbs/herbs_aloe_vera.htm

http://www.herbs2000.com/herbs/herbs_orange.htm

http://www.herbs2000.com/h_menu/matcha.htm

http://www.herbs2000.com/herbs/herbs_acacia.htm

http://www.herbs2000.com/herbs/herbs_peppermint.htm

http://www.muscleandfitness.com/nutrition/lose-fat/power-matcha-green-tea

http://www.healthline.com/health/7-uses-for-acacia#2

https://www.mountainroseherbs.com/products/dandelion-root-powder/profile

http://articles.mercola.com/sites/articles/archive/2016/01/11/orange-peel.aspx

http://www.prohealth.com/library/showarticle.cfm?libid=17054

http://ajcn.nutrition.org/content/70/6/1040

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2855614/

http://advances.nutrition.org/content/4/2/129.long

https://www.ncbi.nlm.nih.gov/pubmed/20149621

https://www.ncbi.nlm.nih.gov/pubmed/19576748

https://www.ncbi.nlm.nih.gov/pubmed/20938484

RESOURCES FOR FASTING RESEARCH

http://www.allaboutfasting.com/benefits-of-fasting.html

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3200169/

RECOMMENDED READING

1. Fasting and Eating for Health: A Medical Doctor's Program for Conquering Disease,
by Joel Fuhrman, M.D.

2. The New Detox Diet: The Complete Guide for Lifelong Vitality With Recipes, Menus, and Detox Plans,
by Elson M. Haas, M.D.

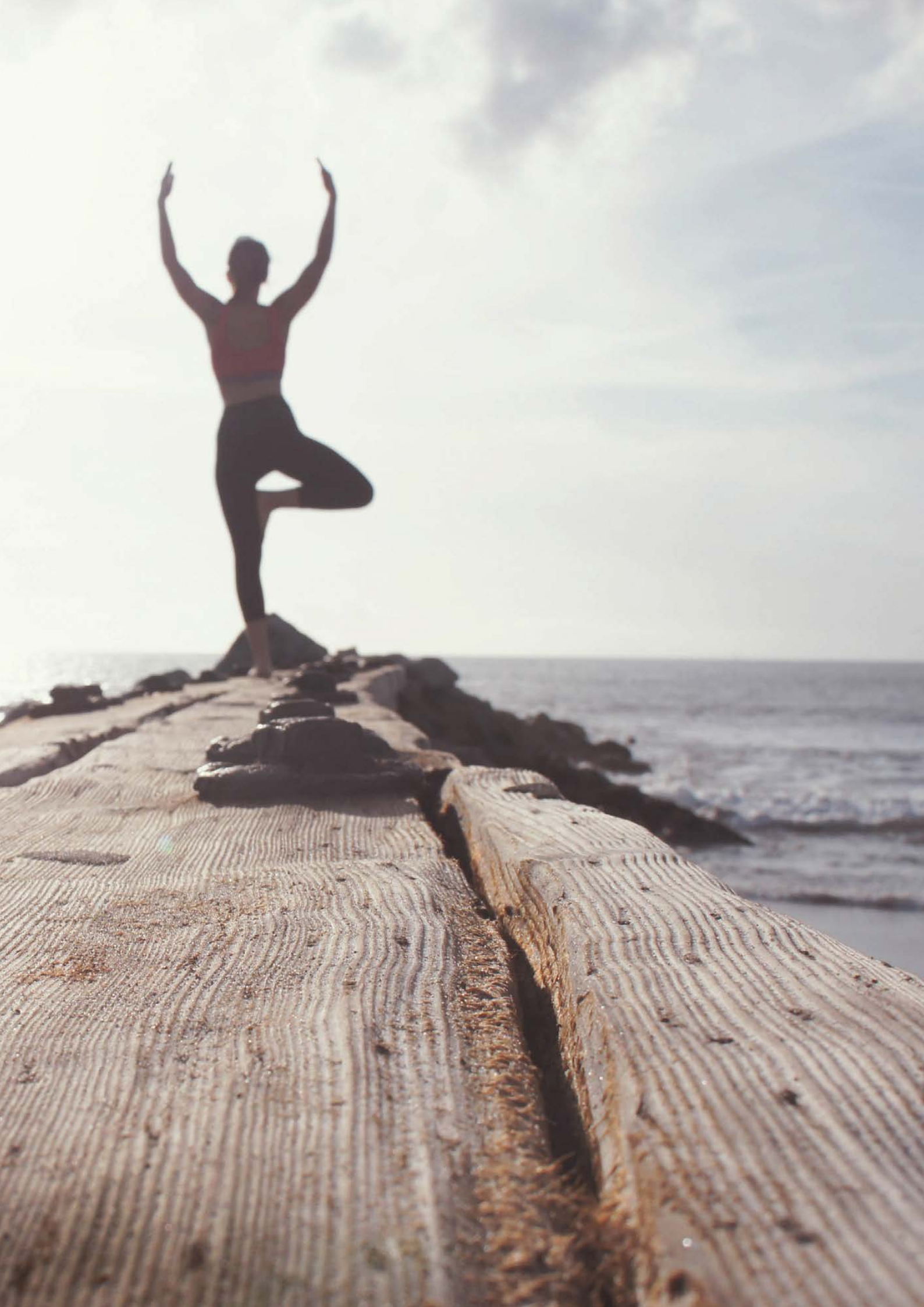
3. The Fast Track Detox Diet: Boost metabolism, get rid of fattening toxins, jump-start weight loss and keep the pounds off for good,
by Ann Louise Gittleman, PhD.

4. The Plan: Eliminate the Surprising "Healthy" Foods That Are Making You Fat-and Lose Weight Fast,
by Lyn-Genet Recitas.

5. Eat Stop Eat,
by Brad Pilon.

Disclaimer: This information has not been reviewed by the FDA. It is for general information purposes; is not intended to prevent, diagnose, treat or cure any illness, condition or disease; and should not replace the personal attention of a qualified healthcare professional. It is very important that you make no change in your healthcare plan or health support regimen without researching and discussing it in collaboration with your professional healthcare team."

The goal of fasting
is not to "fix"
something that is wrong
with our bodies,
it is to "get out of
the way" of its tendency
toward health
Narelle Chenery, Creator - FAST Weightloss Superfood
For more information, support and testimonials visit www.facebook.com/groups/MyHealthy3DayFAST/



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