

Water Fasting: How To Lose Weight Fast And Detox Your Body [Kindle Edition] By R. Rena Dotson

By R. Rena Dotson

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From the Introduction: This is the book that I've been wanting to write for a long time. Why? Because water fasting transformed my life more than 10 years ago. If you

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Mar 25, 2013 I'm around 30 pounds overweight and have decided to fast to cut some pounds. I know what intermittent fasting is but I am not going to do that.

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