

Fasting-The Ultimate Diet By Allan Cott

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Fasting : the ultimate diet (book, 1997)

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Finally!! I had the original book by Dr Cott "Fasting as a Way of Life", and it was practical, and extremely informative about all aspects of fasting.

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That being said, I have read "Fasting, the ultimate diet", by Allan Cott, M.D, the Bragg book on toxic water, "Rational Fasting" and "Mucusless Diet Healing System"?

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Fasting: the ultimate diet by allan cott

This books teaches you how to begin and includes a post-fast diet for continued good health.

Fasting: the ultimate diet: allan cott -

I agree with the other reviewers who panned this book. I found it misleading and very misguided. With regard to fasting, it is not a healthy practice and medical

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Dec 06, 2009 How much weight can you lose fasting? Fasting The Ultimate Diet by Allan Cott, MD The Miracle of Fasting by Paul and Patricia Bragg

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Allan Cott is the author of Fasting (3.89 avg rating, 9 ratings, 1 review, published 2006), Fasting As A Way Of Life (4.00 avg rating, 4 ratings,

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