



# **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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## **FASTING ON THE GO: Techniques for Well Being - A Practical Guide to Healing Your Body through Liquid Fasting** Andres L-M Larraz

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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