



# Fasting for Health Journal

*Traudl Wöhlke*

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## **Fasting for Health Journal** Traudl Wöhlke

The Fasting for Health Journal is a handy diary for the first-time and the experienced faster. It guides the faster through a two weeks' period of fasting. All fasting phases are covered. The journal sections are a health appraisal, the preparation days, up to ten fasting days, and the break-the-fast days. An evaluation sheet and a weight loss table allow the faster to gain detailed insights into his fasting gains. Motivational quotes support the fasting days. The Fasting for Health Journal comes with a free ebook "Healthy Eating after the Fast" available from the author.

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