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FASTING PROGRAM
AMAZON AUTHOR PAGE
FASTING FORUM I
FASTING FORUM II
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FASTING TESTIMONIES
ROB'S NIGHTMARE
AMAZON FASTING SHOP

FASTING DISCUSSIONS

QUICK WEIGHT LOSS
CLEANSING DIET
WATER FASTING
JUICE FASTING
FRUIT FASTING
INTERMITTENT FASTING
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Former US Surgeon General Richard Carmona has said **the US obesity problem is reaching epidemic proportions and is becoming "The Terror Within".**

Meanwhile, medical authorities indicate that if you are more than twenty pounds overweight, then you fall into the higher risk category for Type II diabetes, heart attack or stroke, among other illnesses.

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AMAZON FASTING SHOP

FASTING DISCUSSIONS

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CLEANSING DIET
WATER FASTING
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