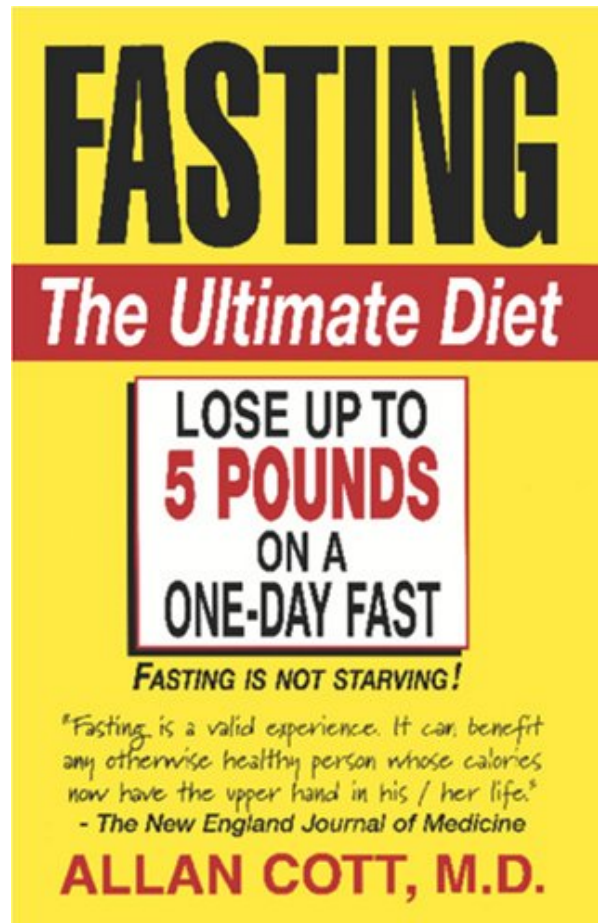


# FASTING-THE ULTIMATE DIET BY ALLAN COTT



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# FASTING

## *The Ultimate Diet*

LOSE UP TO  
**5 POUNDS**  
ON A  
ONE-DAY FAST

***FASTING IS NOT STARVING!***

*"Fasting is a valid experience. It can benefit any otherwise healthy person whose calories now have the upper hand in his / her life."*

*- The New England Journal of Medicine*

**ALLAN COTT, M.D.**

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### **Review**

The only guaranteed way to lose weight is by fasting, and Dr. Cott wrote the definitive bestseller on the subject, along with a successful follow-up. His two newly-updated titles are incorporated under one cover with the appearance of this paperback, which surveys the history of fasting and the proper way to fast. A doctor's supervision is recommended, but this book goes on to tell how to properly fast. -- Midwest Book Review

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Lose up to 5 pounds on a one-day fast. Fasting is not starving!

- Sales Rank: #313710 in Books
- Brand: Brand: Hastings House
- Published on: 1996-12-25
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.00" w x 6.00" l,
- Binding: Paperback
- 136 pages

## Features

- Used Book in Good Condition

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## Most helpful customer reviews

15 of 15 people found the following review helpful.

The most indepth book on fasting that I've ever found!

By Val

I purchased this book upon the recommendation of a reviewer of another book on fasting, and I'm so glad I did!! It contains the MOST comprehensive information on fasting that I've ever found!! Now this book on fasting is based on fasting in the TRUEST sense of the word - just drinking water!! Not too many people advocate that anymore, and I think it's a lost art. Real fasting (as opposed to a modified fast of having fruit juices) is from biblical times, and prior to biblical times too. I find it very powerful (not in a "magical" kind of way) but powerful in that you're cleansed when you fast, and your senses are keener, you're able to think clearer than you ever have, and you have time for other things - besides eating!!

Fasting is not for the faint hearted, or people who are NOT under their doctor's supervision - kinda difficult sometimes though because so many people in the medical community view fasting as an archaic practice that is also dangerous. Sure it could be dangerous if you jump into it without making sure that you're able to do it, and if you ignore your body's warning signs should there be any.

This book has taken me beyond the fasting that I was capable of doing in the past - juice fasting, right through to water fasting. I know I will treasure this book and refer to it many, many times in the future.

Note: This edition contains 2 books on fasting, by the same author!!

30 of 33 people found the following review helpful.

A BIG THANK YOU to Amazon's used book sales!

By A Customer

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.

I would fast about once every 3 to 4 months, for anywhere from 3 to 7 days. It was wonderful! It kept my weight optimal, I felt energetic, and I was only slightly hungry on the second day of any fast, but no longer than that day. Once I regained my hunger, I always carefully broke my fast as directed, and felt great afterward.

I lost my copy of that original book many years back, and didn't feel comfortable to fast without some reference. But since the tide had turned in public opinion about fasting, and there weren't many sources of information available.

Thanks to amazon.com 's used book sales, I will get another copy, so that I can once again feel the benefits of fasting.

This book is the one that other authors reference as the authority on fasting, and anyone planning to fast should definitely read it.

23 of 24 people found the following review helpful.

Quick, fun and full of interesting info.....

By A Customer

and you get two in one. There are actually two fasting books included and while they are basically saying the same things they do cover some different areas and vary only slightly in the diet you should practice as you come off the fast. If I have a complaint or minor want, it would be that the examples are not divided into categories of men and women. Men and women are going to feel very different when going on a fast as well as I would have liked categories for people who are overweight and those who are not. As it is you have to read anecdotal info to glean any info for the category for which you fit. After having said that it allowed me to try my first two day fast. When I realized that going off the fast is like a fast in its self (no solid food) I decided as a novice that I could handle two days of water and two days of diluted juice for a total of 4 days without solids. It wasn't easy but it wasn't hard either. I didn't go crazy from hunger, get cramps or any such nonsense but sometimes during the day I would get a dull ache which was uncomfortable. I would take extra water at that time and it would slowly go away. I lost 5 pounds the first 2 days which is nothing to sneeze at. I continued with my yoga and other exercises and never felt light headed or weak. In fact the one point in the book that I especially agree with is that I feel empowered and in control. It's a nice feeling to know you can do something of this nature. Now that I have tested the waters.... I am going to plan a longer fast later this summer.

See all 19 customer reviews...

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