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Written by: Al “Bob” Judycki

Edited by: Emmale Judycki

Notice: This book is here to help guide you to live a healthy lifestyle and prevent health problems. If you suspect you have a health problem, please seek qualified health professionals to help you make the healthiest informed choices. Diabetics should fast only under a health professional’s supervision! If hypoglycemic, try spirulina, chlorella or barley green to liquids when fasting, with your health professional’s supervision!