

Therapeutic Fasting The Buchinger Amplius Method

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Therapeutic Fasting: The Buchinger Amplius Method

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This method has been continually honed over four generations and in collaboration with international university research centres.
Fasting, Integrative Medicine and Inspiration - The ...

The following abridged information is taken from her book, *Therapeutic Fasting: The Buchinger Amplius Method*. Nature fasts, animals fast, and humans also have the ability to switch their metabolism to fat-reserve burning. As soon as food intake is discontinued, the body automatically switches from external to internal nutrition.

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