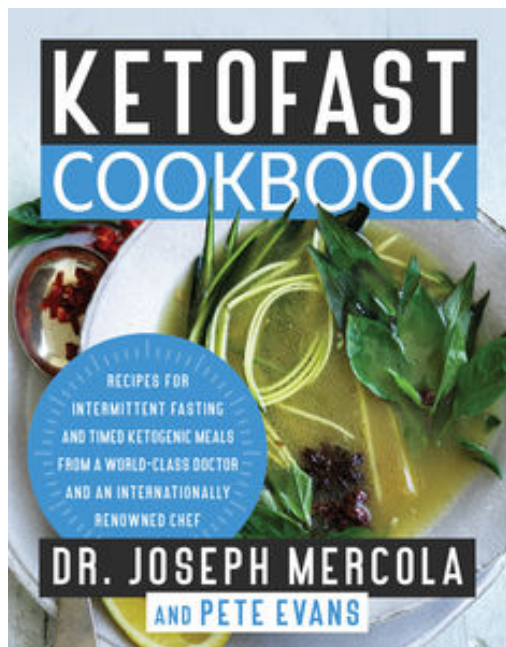


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You are what you eat--or is it more that you are when you eat?

Natural-health expert Dr. Joseph Mercola and top Australian chef Pete Evans share a firm belief that food can be medicine--that what we eat offers us powerful tools to reshape our health. In their second co-authored cookbook, they explore the science behind intermittent fasting and the practice of timing ketogenic meals for maximum health benefits--a

unique combination of principles they call KetoFasting.

Drawing on Dr. Mercola's expertise and visionary work in natural medicine, and Pete Evans's experience as an award-winning restaurateur, cookbook author, and TV chef, this book offers:

- * Insight into the history and cultural relevance of fasting
- * Guidance for a healthy ketogenic lifestyle
- * Strategies to boost your body's detox processes--including a detailed guide to using sauna therapy for detoxing
- * Healthy supplements to support KetoFasting
- * Delicious recipes for soups, broths, snacks, and more --all illustrated with mouthwatering full-color photographs shot in Pete Evans's own studio
- * And much more

Read on to learn how KetoFasting can help you lose weight, treat disease, and feel better than ever before.

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