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*Hubert Hohler, Francoise Wilhelmi de Toledo*

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# Therapeutic Fasting: The Buchinger Amplius® Method: The Buchinger Amplius® Method

*Hubert Hohler, Françoise Wilhelmi de Toledo*

Demonstrates how food is slowly and safely introduced after the fast, with more than 40 savory recipes that promote nutritional awareness in everyday life. The only book on this topic available in English, *Therapeutic Fasting: The Buchinger-Amplius Method* will enable all readers to learn patterns of healthy behavior, practice them with professional guidance, and integrate them into a balanced, healthy lifestyle. It is a fascinating reference for general practitioners, nutritionists, and informed lay people who want to learn more about the powerful combination of therapeutic fasting, supporting scientific medical principles, and natural healing concepts.

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