

Therapeutic Fasting The Buchinger Amplius Method

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granted that fasting boosts the immune system, reduces inflammation and possi - bly even prevents cancer A new generation, a new fasting concept, a new era "Amplius" - onwards - was Otto Buchinger's inspiring, motivating and challenging slogan This is also our motto for 2018 at Buchinger ...

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The therapeutic effects of Buchinger periodic fasting are documented in small studies on overweight [32], blood pressure [33], metabolic syndrome [34], fibromyalgia [35], chronic pain syndromes [36] and the enhancement of quality of life [37] The effects of repeated cycles of Buchinger fasting have also been reported [38, 39]

Services and Prices Marbella - BUCHINGER WILHELMI

With the Buchinger Therapeutic Fasting Method, we can help to prevent and heal physical and psychological illnesses To achieve this, we have developed a multi- faceted programme with a diversity of medical, therapeutic, sporting and cultural activities Buchinger Therapeutic Fasting Buchinger Therapeutic Fasting is based on the

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Therapeutic Fasting: The Buchinger Amplius Method: The Buchinger Amplius Method Francoise Wilhelmi de Toledo, Hubert Hohler (2011), Fasting is an effective and safe method of detoxifying the body it helps the body heal itself and stay well Fasting can help reverse the aging process, and if we use it correctly we will live longer, happier lives

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