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**Title:** Mach mal Esspause!  
**Subtitle:** The guidebook with instructions and tips on interval fasting, yoga, relaxation, and natural nutrition!

**Short text:**

Modern lifestyles are moving us further and further away from our natural biorhythms. Many people work under high pressure and are permanently “available.” They increasingly suffer from overweight, pain, depression, and lack of sleep, which are the cornerstones for further serious secondary diseases!

Many people do not give their food choices any thought and therefore eat too much food that is too sweet and too fatty. Therefore, their natural eating and sleeping/waking rhythm is bypassed and their systems suffer. The advice of this guidebook is: Stop this, hit the reset button, and “reboot” yourself! Intermittent fasting is the perfect way to do this and helps you to get back into your rhythm. The book includes recipes that shows you different ways to support your system and optimize your everyday life in a balanced and sustainable way.

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