# THE ULTIMATE DIET

by Allan Cott, M. D.

Starting today, you can begin the ultimate diet. When you fast, you eat nothing at all—and lose weight the quickest, easiest way possible.

Up to 20 pounds on a week-long fast. You may lose up to 5 pounds on a one-day fast.

Up to 10 pounds on a weekend fast.

## Remember, fasting is not starving!

The New England Journal of Medicine reports:

"Fasting is a valid experience.

It can benefit any otherwise healthy person whose calories now have the upper hand in his life."

### Fasting The Ultimate Diet Lose Up To 5 Pounds On A One Day Fast

**Camilla Rothe** 

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