

**DETOXIFY YOUR BODY,  
LOSE WEIGHT, GET HEALTHY AND  
TRANSFORM YOUR LIFE VOLUMES 1-3**



**Volume 1- The 10-Day 'At Home' Colon Cleansing Formula**

**Volume 2- Bug Off! A 30-Day Parasite, Liver,  
Kidney Detox and Weight Loss Plan**

**Volume 3- Lose Weight Fast & Detoxify With  
Intermittent Fasting & At-Home Coffee Enemas**



**ROBERT DAVE JOHNSTON**

**Robert Dave Johnston**

**Robert Dave Johnston**

## **Robert Dave Johnston :**

*Binge Free - Triumph Over Binge Eating* Robert Dave Johnston, 2013-07-19 In Binge Free I present the story of my descent to the depths of hell with binge eating disorder my journey back to humanity and the various mental techniques and lifestyle changes that helped me to overcome 25 years of isolation depression and binging insanity While this killer sickness caused me to lose my humanity dignity and hope for life I managed to escape and through hard work and determination have found restoration peace and happiness If there be any reason for me to still live I hope that it s to reach out to others who suffer and share with them the tools that helped me to recover and have kept me binge free for ten years My message is that you too can attain this freedom Binge eating is a sickness that lives in the mind and uses our own thoughts feelings and memories to entice and trap us Therefore to achieve long term recovery it is imperative to have a suitable arsenal of mental strategies to counterattack expose the lies and say NO to binging Together with a series of lifestyle changes that I suggest this book gives you the goods straight from the experience of a food addict that survived the assault of binge eating disorder I hold nothing back and give you practical tips and tools that you can put to use right away so that you can learn to vanquish the binge eating monster once and for all

*How to Lose Weight (and Keep It Off) by Reprogramming the Subconscious Mind* Robert Dave Johnston, 2013-08-12 This is Volume 2 of the series How To Lose Weight and Keep it Off by Transforming the Mind and Behaviors Here s the bottom line I was stuck in obesity and binge eating for more than 20 years during which time I trained myself to believe and act upon all sorts of destructive and negative nonsense And the negativity fueled more overeating which in turn caused more failure and negativity I was constantly sabotaging my weight loss efforts often without realizing it because pain and unhappiness had tragically become second nature If I wanted to be free of this poisonous mental chatter I would have to work at identifying and overwriting the conscious and subconscious patterns that fed the insanity and kept me obese and unhappy I had to create a new mental program that supported and facilitated my goals rather than destroy them That is what this book is all about And none of this is breaking news We ve all have heard of positive thinking affirmations and visualizations Here I take those powerful mental tools and apply them directly to weight loss food and eating If you have tried to lose weight and fallen short then implementing the simple but powerful program I outline here will help you to make measurable progress If you are willing to walk with me and do some work then this book can become a very powerful ally in your journey towards permanent weight loss For weight loss support feel free to visit our community forum at [www.fitnessthroughfasting.com](http://www.fitnessthroughfasting.com)

*Lose the Emotional Baggage* Robert Dave Johnston, 2014-09-21 This book is Volume 5 of the series How To Lose Weight Fast And Renew The Mind Body the world is getting crazier and crazier and as such our lives are becoming more stressful full of demands and activities while uncertainty looms in the back of our minds Am I going to make it For how much longer can I take this pain If you have been suffering be it from depression the loss of a loved one a downturn in your economy or anything else I am here to tell you that there IS a POWER that can take

your whole life in His hands heal you restore you rejuvenate you and fill you with fresh hope and optimism I don t tell you these things because I saw a movie I share with you because I myself was in the dark corner of isolation hopelessness deep grief despair I felt as though I had a knife stuck to my chest all day every day from the moment I got up I ll talk much more about that on my upcoming book on depression Needless to say while at times it may look bleak there IS hope for inner healing and restoration so that you can once again feel the peace and joy that is rightfully yours If there are wounds in your heart that you ve carried for years the kind of wounds that inflict ongoing emotional pain I am here to tell you that I love you I understand you and I am right here with you Even better over the years of fasting and spiritual growth me and my mentor John Benitez may he rest in peace put together a very powerful program of recovery for those of us who hurt I m not going to bombard you with a lot of religion I will speak to you in spiritual terms that you will understand without feeling like you are being preached at I hate that Fasting is a powerful way to lose lots of weight quickly and help the body heal and detoxify In addition fasting opens the doors to the invisible world of the soul and subconscious mind which when harnessed correctly can help you to experience deep emotional healing as well as spiritual revelation and understanding In *Lose The Emotional Baggage Transform Your Mind Spirit With Fasting* I take you step by step through the Ultimate Freedom Formula which helped me to find healing from more than 20 years of crippling depression and binge eating disorder If you struggle with recurring negative emotions and destructive behaviors and or addictions then this book gives you a practical and effective formula that will allow you to tap into the huge invisible power that fasting always provides The material is presented in a straightforward non religious format so you will be able to carry out the formula even if you have no spiritual beliefs and are an agnostic If you can maintain an open mind and become willing to simply observe the possibility that maybe there is something to this fasting practice then that is more than enough to crack the door open just enough receive tremendous transcendental benefit Welcome to a place where the impossible becomes possible May you receive your healing and may your life be filled with power joy and a peace beyond understanding

### **Silver Fire Recovery Project, Siskiyou National Forest ,1988**

*Sons of Union Veterans of the Civil War* Barbara Stahura,1996 *Final Environmental Impact Statement*

,1988 [They Played Rugby for Australia 2023 edition](#) Eric Lemon,Teejay Haar,2024-04-12 Over 500 pages of facts statistics and records of every match and every player for the Australian national Rugby Union team from the first match in June 1899 up to December 2023

**The Intermittent Fasting Weight Loss Formula** Robert Dave Johnston,2014-09-21 This book is Volume 2 of the series How To Lose Weight Fast Keep it Off Renew The Mind Body Spirit Through Fasting Smart Eating Practical Spirituality Intermittent fasting has become an increasingly popular way to lose weight quickly without having to commit to long term diets But most people who practice intermittent fasting are merely scratching the surface Author Robert Dave Johnston fasting coach and webmaster of [FitnessThroughFasting.com](#) presents the powerful five prong intermittent fasting system that helped him overcome obesity lose 100 pounds and more importantly keep it off for more than

10 years And here s the good news The weight loss numbers provided by intermittent fasting are very doable Whether you only need to lose a few pounds or if you are an athlete seeking for ways to reduce body fat or if you are overweight or even seriously obese the intermittent fasting machine can help you take a quantum leap towards the TOTAL attainment of your goals I m not talking about losing some of the weight With intermittent fasting you can lose ALL of the weight in a very short period of time For instance by cutting out some foods from your diet and then practicing periods of fasting of just a few hours per week for starters it is possible to lose weight very quickly How much A 4 hour fast 3 times per week can actually produce weight loss of 7 to 10 pounds per month or more depending on your body makeup and what you eat How would it help you to lose ten quick pounds in a month I m sure it would help you a lot not to mention that you will feel empowered and encouraged to keep going because you will see results quickly and consistently And this is just the beginning In The Intermittent Fasting Weight Loss Formula the author goes all out and presents a powerful five prong intermittent fasting structure that can supercharge weight loss and propel you towards your ultimate goal And it can do this faster than anything else on the face of this earth The five intermittent fasting methods presented in this book can literally change the course of your life How will it feel to actually lose ALL of the weight and be able to get into those pants you used to wear in high school Or how will it feel to simply feel good about yourself and not have to turn away when you see yourself in a mirror Reaching a cherished weight loss goal is an exhilarating emotional and deeply transforming experience Here are some Intermittent Fasting examples Daily Intermittent Fasting asks the faster to eat a light breakfast at 8AM and then not eat anything else only water until 8PM that evening totaling 12 hours of fasting Doing that for several days weeks or even months can in itself help you achieve your weight loss goals Intermittent fasting for 12 hours daily is simple on the surface However within it there is tremendous power to rejuvenate and heal And that s just intermittent fasting for 12 hours daily from 8AM to 8Pm Twelve hours daily of fasting for thirty days can very well transform the course of your life And that is only the simplest Intermittent Fasting structure the author presents Want to push yourself a little more for some extra and faster weight loss Try the Mid week Intermittent fasting method where you fast for 3 5 days every week for one to three months Or you can dive into deep waters and practice what the author calls the 7 Day fat buster intermittent fasting method Moreover the author gives instructions on how you can actually combine all of the intermittent fasting methods and create a super charged fat burning and detoxification cycle that will cause the pounds to literally melt off of your body But that s not all To help you break the fast properly and maximize the health and weight loss benefits the author will give you a list of banned foods as well as a shopping list of clean foods that will support and not sabotage your progress

**International Molders' and Foundry Workers' Journal** ,1903 *Congressional Record* United States. Congress,1949 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and

Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873    Mental Strategies to Defeat Diet Hunger and Junk Food Cravings Robert Dave Johnston, 2013-08-15 Can you imagine yourself capable of facing hunger and cravings and not give in to them Can you imagine yourself sticking to your diet month after month without further delay or interruptions Can you imagine the pounds dropping off of your body like never before because you have remained consistent Can you imagine yourself keeping the weight off year after year and never having to struggle with your weight again How much would all of this be worth to you The answer is LOTS And helping you to achieve those goals is exactly what this book is all about Have you tried to lose weight many times and not succeeded Have you lost weight in the past but regained it in a matter of months Do you find yourself gung ho with your diet at one moment then just like that succumb to hunger and or cravings If so then you're in the right place We all know that sticking to a diet long term can be a challenge Wanting to eat in between meals and struggling with the imperious urge for junk food or any other food not in your diet are the toughest foes in any weight loss program Particularly if you are having a bad day or are otherwise physically or emotionally tired a sudden assault of hunger and cravings could very well cause one to stray That is why it is important to have mental tools readily available that can neutralize these mental enemies before they sabotage your progress I was obese and trapped in binge eating for nearly 25 years so I know how demoralizing this can be The good news is that there is a way out Not only did I manage to lose 100 pounds but I have kept the weight off for more than 10 years now In this book I share with you the mental techniques that helped me walk through temptation and discomfort WITHOUT breaking my diet and giving up on my weight loss goals Today these simple but powerful techniques continue to keep my food related behaviors in check For the first time in my life my weight is stable and I'm no longer yo-yoing as I did for so many years And what has worked for me and many others can also work for you If you wish to stick to your diet and lose weight once and for all I invite you to join me in this journey through weight loss and the mind By practicing and mastering the techniques presented in this book you'll find inner strength to hang on until the temptation passes That in turn will place you in a direct path with all of your weight loss and health improvement goals The time for your breakthrough has arrived

**Transactions of the Cumberland & Westmorland Antiquarian & Archeological Society** Cumberland and Westmorland Antiquarian and Archaeological Society, 1911 List of members included in each volume except v 1    Security Dealers of North America , 1974    **One Hundred Years of Service, 1854-1954** Jefferson Avenue Presbyterian Church (Detroit, Mich.), 1954    **Ecological Stewardship: Public expectations, values and law. Social and cultural dimensions. Economic dimensions. Information and data management** William T. Sexton, 1999    **Register of the Commissioned and Warrant Officers of the United States Navy and Marine Corps** United States. Navy, 1936    The Phish Companion , 2000 Provides song histories set lists show reviews and statistics and biographies of the band members    United States of America V. Frank , 1976    **Iron Molders'**

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