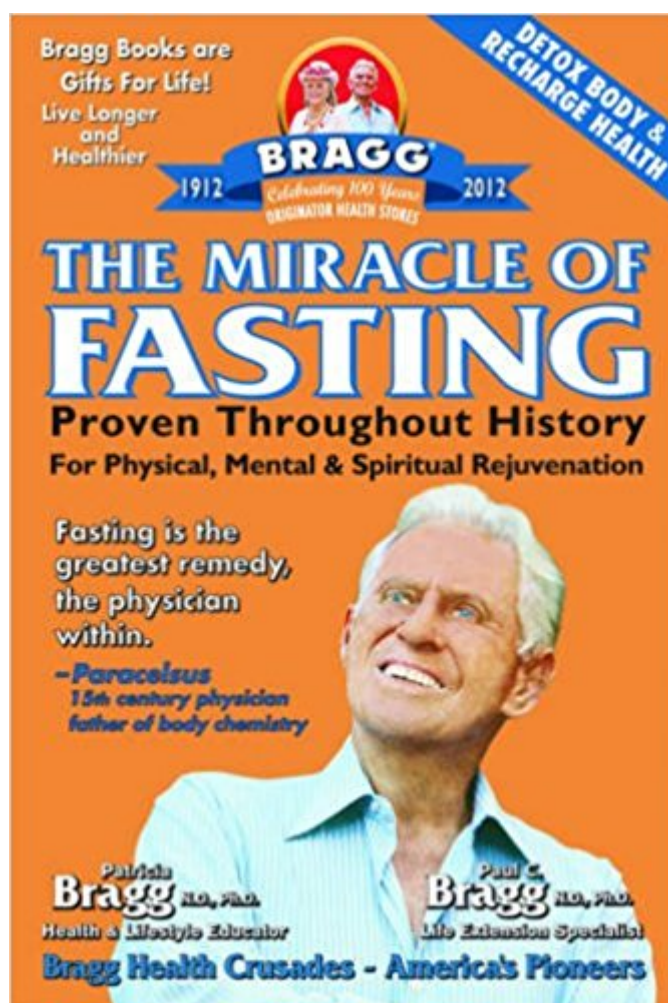


The book was found

The Miracle Of Fasting: Proven Throughout History For Physical, Mental, & Spiritual Rejuvenation



Synopsis

This book is a must read for those seeking to cleanse and detoxify their body and to gain spiritual energy and live a longer, healthier life.

Book Information

Paperback: 280 pages

Publisher: Bragg Health Sciences; 50th edition (September 16, 2004)

Language: English

ISBN-10: 0877900396

ISBN-13: 978-0877900399

Product Dimensions: 6.1 x 0.7 x 9.1 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 177 customer reviews

Best Sellers Rank: #21,378 in Books (See Top 100 in Books) #49 in [Books > Education & Teaching > Higher & Continuing Education > Test Preparation > Professional > Medical](#) #94 in [Books > Health, Fitness & Dieting > Alternative Medicine > Healing](#) #537 in [Books > Education & Teaching > Test Preparation](#)

Customer Reviews

If we are to get these poisons out of our bodies we must fast. By fasting we give our bodies a physiological rest. This rest builds Vital Force. The more Vital Force we have, the more toxins are going to be eliminated from the body to help keep it clean, pure and healthy. --This text refers to an alternate Paperback edition.

Fasting seems to be the only thing that works for me to reduce body fat percentage (at 14%) I eat clean, supplement & I bust my a__ in the gym Very exciting tool to implement for a longer healthier life

This is a must read for anyone alive! There are areas in the book which may appear outdated like Paul Bragg's pictures etc. But the information is ver valuable! I would recommend this book to anyone whom is looking to improve their heath in the short and long run!!! A MUST BUY!
NOWWWWWWW!

This is one of the most disorganized books I've tried to read. I couldn't get very far in it. It's definitely

enthusiastic, and that's great, but if you're looking for a how to guide on fasting, this does not appear to be it. And if there is a how to guide here, it's hard to find.

On this most interesting subject, I found that the Quality of information, and organization of the book was very poor. I found myself reading the same thing over and over and having to skip over all the advertisement that is scattered throughout the book. I recently read the fasting cure By Sinclair and we came very interested in the fasting subject. I was hoping this book would supply me with a further understanding about fasting but all I found it it was that "Fasting is good for you" but has nothing else to offer regarding this subject.

While I agree with several of the concepts in this book, I do not see being an adherent to it completely. I don't see the need to go through an entire week without eating a scrap of food, but there are other health tips that could be useful. I bought this used for a couple bucks and that is where I will leave it.

I had done a couple of fasts prior to purchasing this book, so I had a good base of knowledge coming in. I'm only about half way done with the book, but so far I think he offers a ton of knowledge about what to look for before fasting and during to help you understand this amazing cleansing task our bodies are capable of. His writing style is quite simple and straight to the point. I learned a few things I will add to my routine. For example, such as keeping specimen's of your urine during the fast. I know it sounds disgusting, but when you see what is coming out of your body during the fast, it really pushes you to keep going. I wasn't really looking for all of the religious references that were made, but I didn't find them to take away from the educational experience that the book still offers. The only other criticism I had was geared towards his strong recommendations of only a few food types of fruits or vegetables that should be eaten prior to a fast. There are actually dozen's of different fruits and vegetables that can be eaten prior to a fast. They key is they should be easily digestible for your system since it has been dormant for so long. Overall I think this is a great book for anyone from a beginner looking to start their first fast or a seasoned person looking for more knowledge and motivation. The pricing for the amount of knowledge you get, makes a fantastic buy.

Just read a couple if chapters. Well written, interesting. I have always believed that fasting was good but never really acted on it. Now I will. Useful factual information. I recommend this book.

very informative

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The Miracle of Fasting: Proven Throughout History for Physical, Mental, & Spiritual Rejuvenation
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