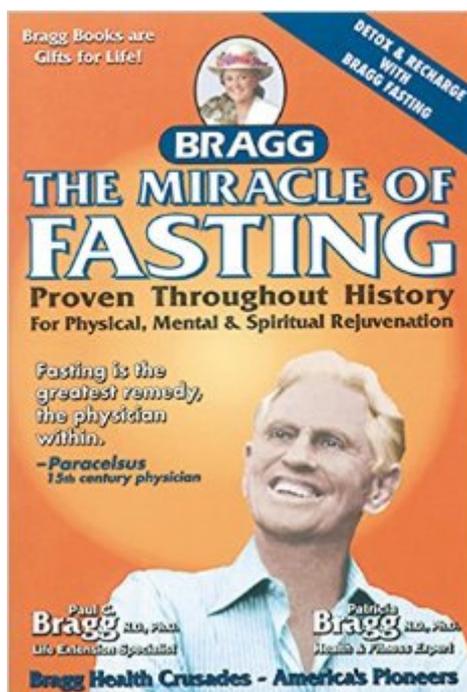


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# The Miracle Of Fasting: Proven Throughout History For Physical, Mental, & Spiritual Rejuvenation



## 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

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## Customer Reviews

Over 30 years ago I bought a copy of Paul Bragg's *The Miracle of Fasting* in a Thrift Shop for 25 cents. This was my introduction to fasting which led me to other books on fasting by Dr. Herbert Shelton. Soon after I developed an abscess in a molar that was pretty painful and my face was very swollen. The next morning I went to my dentist who told me he could not do anything until the swelling disappeared and that I would probably need a root canal. He sent me home just like that, he did not prescribe anti-biotics or anything (for which I am thankful as you will soon see why). On the way to work I started thinking about all the good things I had read about fasting. And I thought "This is a perfect opportunity to see if fasting really works." I figured that I had already fasted about 16 hours since I had no dinner the night before because of the pain. And I said to myself "Today is thursday and I already have a headstart on fasting, why don't I just go home, call in sick and fast friday saturday and sunday and see what happens" Well, by sunday morning the swelling and the pain had disappeared. I was so happy that I decided to continue fasting which I did for 32 days. You may think that I was crazy but remember that I said above that I had read Dr. Herbert Shelton's books on fasting and I knew what signals to look for that would tell me to stop the fasting. Since that time I have fasted a number of times and I presently fast every thursday. About 25 years ago I

became a vegetarian for humane reasons. I thought I was healthy even though I used alka-seltzer frequently which I thought was normal according to the Tv ads. I began to worry and I did a lot of studying which eventually led me to Raw Food eating and have been so since then. I eat 90% of my food raw and I never get sick, I never catch a cold, get a headache etc. However never is not really never because when I travel to foreign countries or go on cruises I eat everything which means cooked food. And I get sick. The very worst was when we went to Thailand for 10 days and I ate their delicious food. On the flight home I began to feel a cold coming and by the time I was home in Miami I was coughing up phlegm non-stop, all my bones hurt and I felt feverish. I decided to fast as I had done on similar but not as bad occasions. I went to bed and woke up a couple of hours later totally soaked. I took my pyjamas off, dried myself and went back to bed with a towel beneath me and a towel over me. I do not remember how many times I changed the towels but I had to because I kept waking up soaking wet. By the third day I was as good as new. I feel obligated to tell you that about 20% of the people that fast feel horrible after 2 or 3 days and then they eat and feel better right away. The reason they feel horrible is because the body is cleansing itself too fast. I took my wife to fast to a fasting farm, if you will, where people pay to be given a room and lots of water and are supervised by an expert. I was afraid that she might belong to the 20% and give up on fasting. And I was right. On the fourth night she felt so horribly sick that she accused me of trying to kill her. I told her she did not have life insurance. Two or three hours later she vomited about half a gallon of bile into the waste paper basket and felt better. The next morning Dr. Esser, the expert, came to check on us and told her she was lucky because she really cleansed herself. My wife decided to stop on the 11th day. I went home and continued fasting for 32 days again. So I am thankful to Paul Bragg because his book introduced me to fasting. I would be remiss if I did not recommend the books by Dr. Herbert Shelton who is really the person that revived the lost art of fasting in the 20th century. You see, fasting was the way people used to get cured all over the world before the pharmaceutical drugs were introduced. There were fasting clinics all over Europe and the USA. And people stopped fasting for financial reasons (they had to stop working and lose income) because now they could take a pill and be able to continue working. What they do not understand is that the pills only mask the symptoms so you feel better, but they do not cure you. All the toxins that can be removed by fasting are still in the body. But please remember: fasting is the most boring thing in the world and that on the first day you will probably feel a fairly strong headache in the back of your head for a while. And of course, the 20%. And most importantly read Paul's and Herbert's books before you fast. They are priceless. I forgot to say that one loses on average a pound a day and that there are fasting places in the US in case you are a bit afraid to go at alone the first time.

After reading the last review, I had to speak up on Paul Bragg's behalf. I have spent several years now researching health and healthy living and I have come to the conclusion that this is the only book one needs for vibrant health. It covers not only proper fasting, proper diet, and proper exercise, but also proper breathing, proper posture, proper rest, and proper thinking. Dr. Bragg was writing about healthy living long before anyone else in this country was. His work has stood the test of time and the more science learns, the more it corroborates his work. More importantly, his own life is the most compelling proof of his work. Dr. Bragg died at 96. Unlike most 96 year-olds, who languish in rest homes, Dr. Bragg died in a surfing accident. After the autopsy, doctors said he had the body of an 18 year-old. Don't let the exhortative writing style fool you. This book is as scientifically rigorous as any you will find.

I first bumped into this book as a teenager and now at 45 years old and after working as physician and research chemist and reading a few other books along the way about health and healing, I still find this one to be one of the best. I know fasting as a source of healing is not exactly the fashion and is not promoted by most modern physicians but let's put things in perspective: In the late 1980's, physicians still printed serious debates in the New England Journal of Medicine about whether or not aerobic exercise was beneficial or not. The big worry was if the exercise would cause hypertrophy of the heart muscle and lead to shortening of the lifespan. Now we know that aerobic exercise does more to prevent heart attack than any diabetes, cholesterol, or high blood pressure pill on the market (from the same New England Journal). The point is that very simple practices that cause dramatic improvements in health may be slow to prove. There's no big pharmaceutical company to sponsor research on fasting. Research (I now conduct clinical trials) is very expensive and so any real research on fasting would probably need to be sponsored by the NIH. All this to say, don't throw it out just because Blue Cross doesn't pay for it and because there's no slick advertisement on TV....FASTING WORKS. And...this is the best introduction to fasting on the market. Warning: don't overdo it. Always check it out with your doctor first (if you have type I diabetes, you could kill yourself with this book). I'd be very slow to undertake the long fasts recommended in the book. If you're of normal weight, one day per month is fine (with maybe a 3 day fast 2 to 4 times a year). If you're obese, you might start with one day per week. Again, I'm not your doctor. It's just that some of my patients read this book and want to take it to the extreme and so have a detrimental result. Just read the book. Start with one day per month for a few months if your physician gives you the thumbs up. If you're obese and your physician acts like skipping a day of

food is somehow detrimental or crazy and you don't have diabetes, anorexia nervosa, or bulimia...find another physician for another opinion. Charles Runels, MD Author of "Anytime...for as Long as You Want: Strength, Genius, Libido, & Erection by Sex Transmutation." A 15-Day Course for Men to Improve Life and Sex.

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