

(Download pdf) The Miracle of Fasting, for Agelessness, Physical, Mental, Spiritual Rejuvenation

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Paul C. Bragg

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#1674736 in Books 1973 #File Name: B000KXONXW | File size: 20.Mb

Paul C. Bragg : The Miracle of Fasting, for Agelessness, Physical, Mental, Spiritual Rejuvenation before purchasing it in order to gage whether or not it would be worth my time, and all praised The Miracle of Fasting, for Agelessness, Physical, Mental, Spiritual Rejuvenation:

4 of 4 people found the following review helpful. ContentsBy Harold FergusonAlthough the book has a very strong religious slant, there is a great amount of information on toxins in our environment and even toxins in foods we consider very safe; and how fasting can help our bodies get these toxins out. I have read a few other books on fasting, this views the topic from an interesting and informative perspective. I have completed many short fasts (1,2,3,5,and 7 days) as well as longer fasts (4 x ten days, 2 x 15 days, 2 x 30 days).10 of 11 people found the following review helpful. Fasting - a frank and honest account - the best!By Lydia SharpinI just bought my second copy of this book off , as I keep lending my other copy to my friends who've seen me fast and want to know more about it. I have fasted many times over the years, and it has helped me immensely by keeping me focussed on why I'm doing it (stopping my snoring is a great reason - just ask my husband!). Paul Bragg's book is refreshingly frank (read the accounts of what he passed on the 20th day of one fast if you don't believe me!). I prefer this one, the original edition by Paul Bragg to the one "revised" by Patricia Bragg that is currently for sale nowadays, whose only purpose seems to be to insert her into the timeline more and establish her as his successor. Luckily the second hand copy I just bought also has his autograph in it, and I won't be lending this copy to anybody!0 of 0 people found the following review helpful. Five StarsBy Thomas TozserExcellent

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