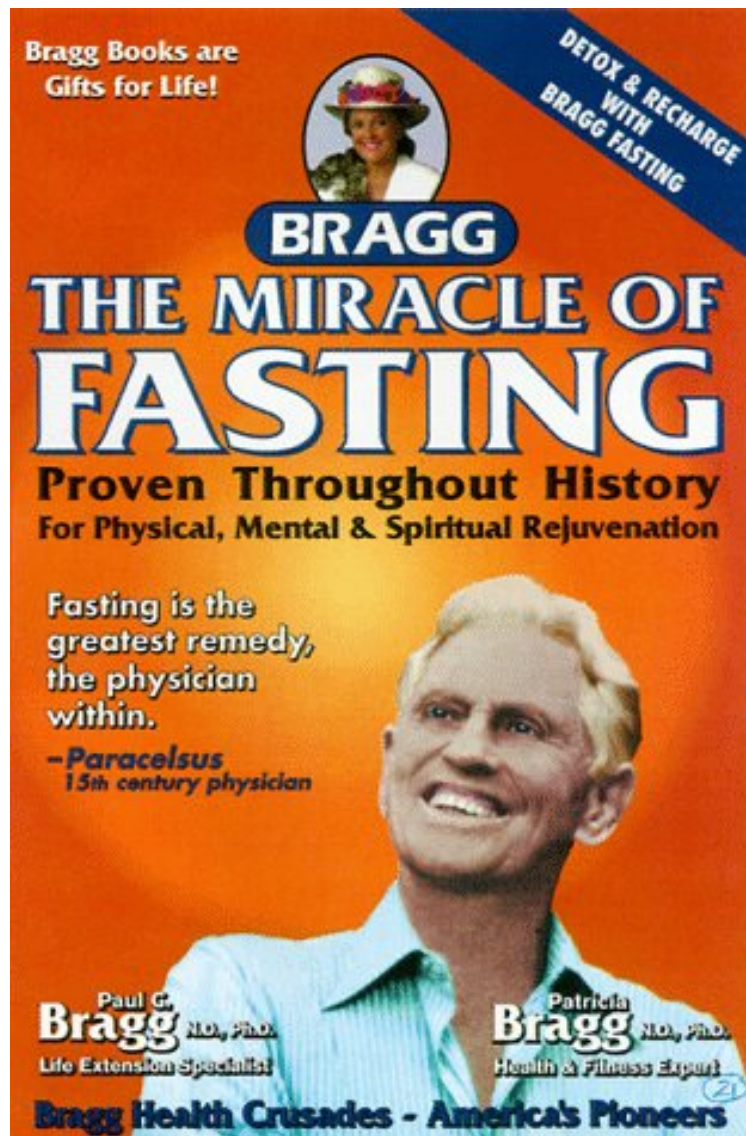


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Proven throughout history for physical, mental and spiritual rejuvenation, fasting promotes cleansing and healing; helps normalize weight, blood pressure, cholesterol; rebuilds the immune system; and helps reverse the aging process.

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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.