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The Miracle of Fasting:
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Paperback -
September 16, 2004 by
Patricia Bragg (Author),
Paul C. Bragg (Author)
4.5 out of 5 stars 406
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**The Miracle of
Fasting: Proven
Throughout History
for ...**

The benefits of fasting

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are numerous. It promotes weight loss and helps prevent the newest plague on earth, type 2 diabetes. Fasting is a cellular cleansing process that has anti-ageing effects and neurological benefits. We invite you to explore this book and learn all about fasting and how it re-aligns us with Mother Nature.

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**Fasting - Proven
Throughout History**

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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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Rejuvenation, by father-
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Drs. Paul and Patricia

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Bragg, guides readers through the process of giving their bodies the much needed rest from the constant processing of food. Fasting allows the person's body to equilibrate, and come down from the effects of stimulating foods like caffeine and sugars, or lower the excess amount of salt and toxins people ingest everyday, according to the

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authors.

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FASTING: Proven
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for ...**

Proven throughout
history for physical,
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rejuvenation, fasting
promotes cleansing
and healing; helps
normalize weight,
blood pressure,
cholesterol; rebuilds
the immune system;
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**The Miracle of
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book by Paul Bragg**

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Yes, that means with the help of fasting you can literally grow a new brain! The list of benefits goes on, including: improved immune function, anti-aging benefits, beauty benefits such as clear skin, decreases in inflammation levels, and as mentioned earlier, greater spiritual energy.

What Are The Miracle Benefits of

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Paperback - Illustrated,
1 May 2005 by Patricia
Bragg (Author) 4.4 out
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The benefits of fasting
are numerous. It

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promotes weight loss
and helps prevent the
newest plague on
earth, type 2 diabetes.
Fasting is a cellular
cleansing process that
has anti-ageing effects
and neurological
benefits.

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and-daughter team
Drs. Paul and Patricia
Bragg, guides readers
through the process of
giving their bodies the
much needed rest from
the constant
processing of food.

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By fasting we give our
bodies a physiological
rest. This rest builds
Vital Force, The more

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Vital Force we have,
the more toxins are
going to be eliminated
from the body to help
keep it clean, pure and
healthy.

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...

Fasting is about
supercharging your
body's regeneration
systems and looking
younger. It's about
altering your mind and

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charting a course
forward that results in
the ability to convert
your newfound
discipline and clarity.
You may look to fasting
for the purpose of
losing weight, but you
are going to get a lot
more.

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