

The Miracle Of Fasting Proven Throughout History For Physical Mental And Spiritual Rejuvenation Paul Bragg

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The Miracle Of Fasting Proven

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The benefits of fasting 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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Even so, if you are concerned, there are a few ways you can modify your fast to still reap the benefits without entirely giving up food. Here are a few simply fasting modifications you can make to ensure a good fast: 1. Try a juice fast: Instead of giving up food entirely, fast on fresh, raw, vegetable juices. This will ensure you are getting ...

What Are The Miracle Benefits of Fasting

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The Miracle of Fasting: Proven Throughout History for ...

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Fasting for an extended period of time (up to 48 to 96 hours) changes the human body to consume fat reserves, glucose (sugar), and ketones. Unhealthy white blood cells are also broken down, so that in part, their components can be reused for new, thriving cells. This is considered to be a cell "recycling" of sorts.

Grow Stem Cells with Fasting - The Healing Miracle

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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.

The Miracle of Fasting - Proven Throughout History ...

Authors Dr. Patricia Bragg and Dr. Paul C. Bragg believe the greatest human health discovery is the method of rejuvenating ourselves physically, mentally and spiritually through fasting. This book is about how we can create a quality of agelessness and prevent premature death through the miracle of fasting.

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