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

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

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

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book and learn all about fasting and how it re-aligns us with Mother Nature.

## **The Miracle of Fasting - Proven Throughout History ...**

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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The Miracle of Fasting: Proven Throughout History for Physical, Mental & Spiritual Rejuvenation, by father-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. 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 authors.

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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 Fasting**

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

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 ...**

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