



# The Miracle Of Fasting - Proven Throughout History - For Physical, Mental and Spiritual Rejuvenation

*Patricia Bragg Paul C. Bragg*

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## **The Miracle Of Fasting - Proven Throughout History - For Physical, Mental and Spiritual Rejuvenation** Patricia Bragg Paul C. Bragg

Fasting cleanses, renews and rejuvenates. Our bodies have a natural self-cleansing for maintaining a clean, healthy body and our "river of life" - our blood. It's essential we keep our entire bodily machinery from head to toes healthy and in good working order so nothing breaks down. Fasting is the best detoxifying method. It's also the most effective and safest way to increase elimination of waste buildups and enhance the body's miraculous self-healing and self-repairing process that keeps you healthy and youthful. Fasting works by self-digestion. During a fast your body intuitively will decompose and burn only the substances and tissues that are damaged, diseased or unneeded, such as abscesses, tumors, excess fat deposits, excess water and congestive wastes. Even a short fast (1 to 3 days) will accelerate elimination from your liver, kidneys, lungs, bloodstream and skin. Sometimes you will experience dramatic changes (cleansing and healing crisis) as accumulated wastes are expelled. With your first fasts you may temporarily have cleansing headaches, fatigue, body odor, bad breath, coated tongue, mouth sores and even diarrhea as your body is cleaning house. Please be patient with your body! After a fast your body begins to healthfully rebalance when you faithfully follow The Bragg Healthy Lifestyle. Your weekly 24 hour fast removes toxins on a regular basis, so they don't accumulate. Your energy levels will rise and shine - physically, mentally, emotionally and spiritually. Your creativity expands. You will feel like a "new you" - which you are - you are being cleansed, purified and reborn. Fasting is a miracle!

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