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The Science and Fine Art of Fasting

By Herbert M Shelton

Martino Fine Books, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.2013 Reprint of 1963 Edition. Full facsimile of the original edition, not reproduced with Optical Recognition Software. This is the fasting portion only of what was originally published as Fasting and Sunbathing (The Hygienic System, Vol 3). Herbert Shelton wrote 40 books over his 60-year career in health education and natural hygiene. He supervised over 30,000 fasts of chronically ill and terminal patients, losing only three. Shelton's teachings on fasting inspired Ghandi as well as such popular authors as Fuhrman, the Diamonds, Mercola and Graham. Harvey and Marilyn Diamond said of Shelton: A man of astounding intelligence and understanding, Dr. Herbert Shelton was the greatest health oracle of the 20th century. One of the key tenets of natural hygiene is toxemia + enervation = disease and that symptoms of disease are remedial efforts by the body to return to balance. For example, a fever is instituted by the body to speed metabolic action and kill germs. It is a healing event that should be allowed to run its course, not a dreaded enemy to be...

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