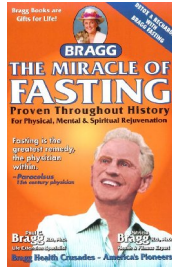


“The Miracle of Fasting”



Author: Patricia Bragg, N.D.

ISBN: 0877900361

Format: Paperback 251 pages

Publication: January 1999

Reviewed: November 25, 2003

Background:

Known worldwide as the Life Extension Specialist, Paul Bragg lived a life of phenomenal vitality, enthusiasm, and strength. Stricken with Tuberculosis as a young child, it was a 6-day water fast that put Paul Bragg on the road to health and a life that went well into the late 80's. From that point on, Dr. Bragg made it his mission in life to promote the miracle of fasting. One of Bragg's most well-known protégé's is Jack LaLane, the ageless fitness gurus of the 1950's, 1960's, and 1970's.

Synopsis:

With the premise that the body is nature's best healer, Dr. Bragg's daughter Patricia puts into remarkably simple language the complex yet miraculous benefit done to the body by fasting. From increasing insulin sensitivity to helping the body cleanse itself of toxins, fasting has been used since the dawn of mankind to help rid the body of disease and establish optimal body processes.

Strengths:

1. When many of us get sick, we naturally stop eating because the body needs all its energy to fight the infection. This is one of the simplest yet most effective examples used by Dr. Bragg as to how and why fasting works. Fasting allows the body to devote all of its energy to helping cleanse the many toxins that we ingest from the environment, our food, and our drinking water.

Weaknesses:

1. This book could have been quite a bit shorter, but the beginning of every page (or so it seemed) expounded on the miracle of fasting. Although that is the point of the book, I was growing impatient and wanted to know more about the scientific reasons for fasting.
2. The Bragg method for fasting recommends one 24-hour fast each week, with several 48 to 72-hour fasts, which in today's hectic times seems unreasonable since perhaps one of the most important things you need is your "private time" to mentally handle fasting.

Overall Impressions:

Fasting can be a fantastic way to allow your body to detoxify and rejuvenate itself. Even fasting occasionally (1 24-hour fast per month) will surely benefit your body, but to truly feel the effects you would need to change your entire nutrition program. What's the use of fasting if you continue to poison with fast-food, processed breads, and antibiotic- and hormone-laden meat?