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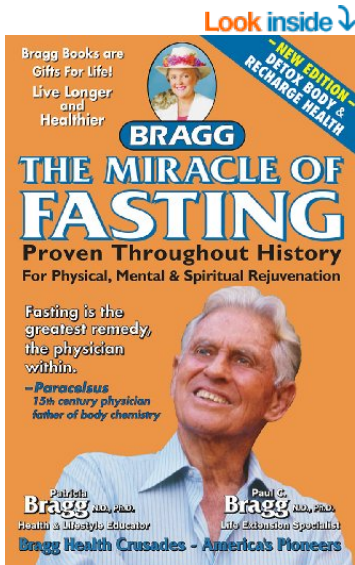


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# The Miracle of Fasting - Proven Throughout History Kindle Edition

by Paul C. Bragg (Author), Patricia Bragg (Author)  
Format: Kindle Edition

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Length: 360 pages

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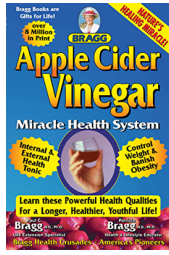
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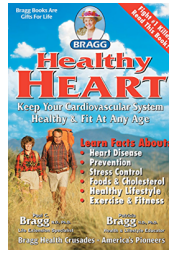
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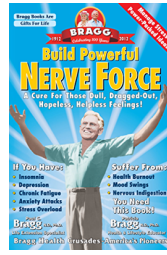
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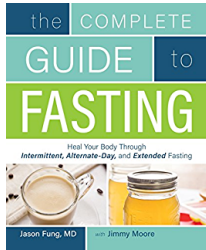


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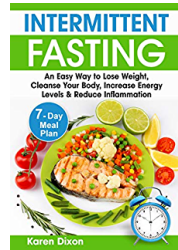
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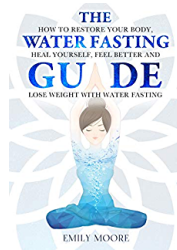
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### Review

"The Bragg Healthy Lifestyle and the Fasting books have changed my life! I lost weight and my energy levels went through the roof. I looking forward to "Fasting" days. I think with more clarity and I am a better husband and father. Thank you Patricia!" ~ Byron H. Elton, VP Entertainment, Time Warner AOL.

### From the Author

My father, Dr. Paul C. Bragg, who originated health foodstores in the United States in 1912, and I wrote this book to help inspire people around the world to keep their bodies and minds healthy and strong. For more than 50 years, we have been sharing my father's teaching on fasting and healthy living worldwide. Millions have enjoyed and benefitted from using our books. I invite you to read these pages learn for yourself the tremendous health benefits of fasting!


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### Biography

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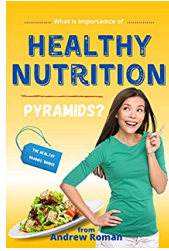
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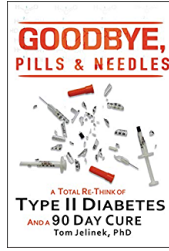
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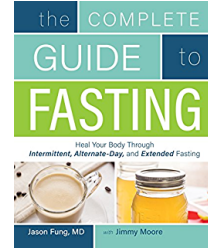
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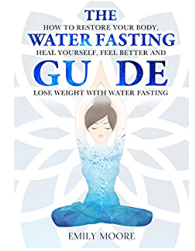
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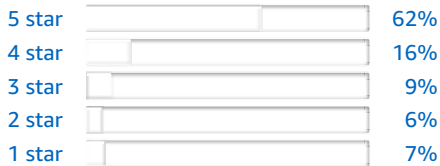
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- drinking distilled water

Top Reviews



9-11 Was An Inside Job

**Clarity of masterpiece muddled by Patricia Bragg commentary; appears to be fixed as of 8/2020**

Reviewed in the United States on June 14, 2020

**Verified Purchase**

I did three 10-day water fasts in the 1970s inspired by Paul Bragg's original text. Since his passing, Patricia seems to have interjected thousands of advertisements, lengthy off topic sermons, and other distracting information. Her words do not carry the same potency, motivational value, or authority of her father's. if all his works are now riddled with Patricia's

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marginalia, I would beg her to at least make notations that it is her words and rewrites that you are reading, and not her father's, the true master of fasting. I will never forget Paul's numerous enthralling descriptions of his many fasts, telling the reader what was accomplished. For example, on the 10th day of a water fast, Paul Bragg defecated several ounces of pure mercury, a toxic liquid given to him as the medicine quicksilver when he was a child. He stressed the importance of accruing "nerve force" in order to expel deeply embedded toxins. It is my hope that the Bragg Foundation comes to offer "classic" versions of Paul Bragg's seminal works. Patricia has truly muddied the waters. Reading the books now (in Kindle format with Patricia heavy commentary, adding 2x the original words of Paul) is not nearly as inspiring to me as they once were. I find little value in these revisions. Update: The Kindle version of this book as of 8/2020 appears to have much reduced commentary by Patricia, and uses a smaller, italicized font when she is inserting her comments. In other words, you can easily see when someone other than Paul is speaking now. Huge improvement. My initial comments were based on a hard copy I purchased a couple of years ago. Thank you, Bragg Foundation!

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eyethirst

**Some pages seemed to be missing**

Reviewed in the United States on May 7, 2020

**Verified Purchase**

I really do like this book and was happy to have purchased it, however, I don't know if it's just my Kindle book, but there seems to be pages electronically missing. I could not find recipes on pages that they referred the reader to because they did not exist in my book. Towards the end of the book the numbers became consecutively ordered again, but at the very end. What I've read is very interesting though ... Just wished that I could have read the entire book...

One person found this helpful

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Gretel Hurych

**Skip it.**

Reviewed in the United States on June 15, 2019

**Verified Purchase**

While I love Bragg's ACV - I agree with many other posters this is a huge advertisement for all their other products. And very redundant. WAY better literature out there to help with IF lifestyle than this booklet. Frankly, I think the guy's a bit of a loon.

4 people found this helpful

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Joshua Hullender

**A nice background on fasting**

Reviewed in the United States on December 23, 2018

**Verified Purchase**

This book is very helpful to learn about fasting. You'll learn that you are not alone in your venture. Many people through history have fasted for various reasons and received both healthful and spiritual benefits. It's an encouraging and enlightening read. 5 stars

2 people found this helpful

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Kevin

**A decent introductory level book about fasting and some of ...**

Reviewed in the United States on May 31, 2018

**Verified Purchase**

A decent introductory level book about fasting and some of its benefits. However, the author(s) interjected a little too much of their religion for my liking. If you're willing to look past that and the shameless self-promoting of their line of Bragg products, the book is worth reading for those truly interested in the subject of fasting.

4 people found this helpful

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Big Ace

**Not bad, but way too much marketing**

Reviewed in the United States on February 10, 2014

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Generally, the Braggs give an interesting exposition regarding the virtues of fasting, but to get it you have to wade through never-ending marketing for their other books, their workshops, their courses, their apple cider vinegar, etc., etc. The book would be half the size and twice as readable without all that. As it is, a worthy read, but you have been warned.

33 people found this helpful

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Nathan Beale

**Very inspiring**

Reviewed in the United States on April 13, 2018

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I think this book was very inspiring. It helped me return to fasting and feel motivated to continue. I was a little disappointed that it doesn't go into more detail the different aspects of fasting and what to expect. If you are looking for a how to fast book that is step by step instructions this is probably not the book for you.

2 people found this helpful

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possom2

**Read For better health and feel better**

Reviewed in the United States on November 29, 2013

**Verified Purchase**

This is great book on fasting for your health. I have fasted many times before reading this book, it brings out tips and instructions that will be helpful if you will take them and practice on what is given have an open mind and read it through then go on a fast and see how much better you will feel and to improve your health. It will give your body time to clean out that what is bad and unhealthy for your health and add health and better feeling and longer life plus allow your body to heal itself .

4 people found this helpful

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 Chris F

### **Fascinating underlying message, but I didn't like the repetition and advertisements!**

Reviewed in the United Kingdom on January 1, 2016


**Verified Purchase**

I really enjoyed the underlying message of this book and learnt a lot about the benefits of fasting. Unfortunately, I also found that the information to be very repetitious and I disliked the never-ending advertisements for Bragg branded products, which made me question the author's integrity.

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 sharp123

### **Very good** 👍

Reviewed in the United Kingdom on March 3, 2018


**Verified Purchase**

I love this book. I have read it all, very informative. I have now started my first fast. So far so good.

One person found this helpful

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 Mrs. S. E. Cooper

### **Powerful**

Reviewed in the United Kingdom on October 5, 2018

**Verified Purchase**

Amazing book. Can hardly wait to do my first 24 hour fast!!

I am vegan and have been struggling but this book has given me the impetus to stick with my beliefs. Thank you.

Helpful

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 carol

### **Five Stars**

Reviewed in the United Kingdom on March 22, 2016

**Verified Purchase**

excellent product, well pleased with this trusted seller, many thanks

Helpful

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 TheSagaContinues

**read it**

Reviewed in the United Kingdom on October 2, 2015

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Good source of information regarding fasting

Helpful

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