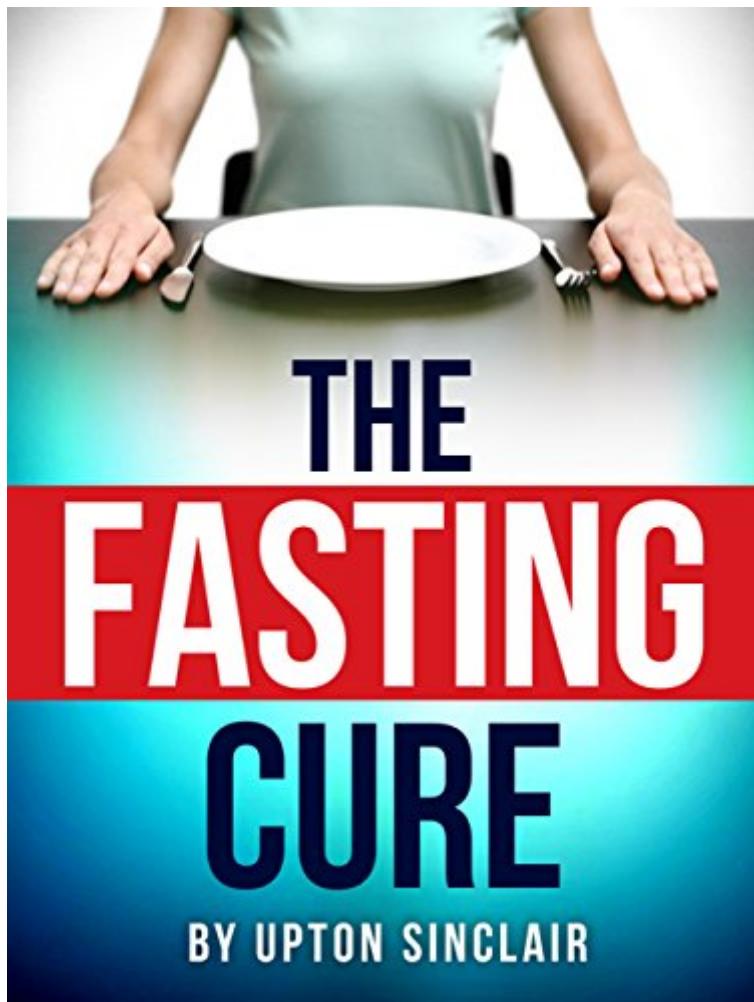


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# The Fasting Cure



## Synopsis

Preface Perfect Health A Letter to the New York Times Some Notes on Fasting Fasting and the Doctors The Humors of Fasting A Symposium on Fasting recently Death during the Fast Fasting and the Mind Diet after the Fast The Use of Meat Appendix Some Letters from Fasters Northwest Society Archaeological Institute of America The Fruit and Nut Diet The Rader Case Horace Fletcher's Fast

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## Customer Reviews

This book was written as a way to address a fasting article Mr. Sinclair had written previously and includes letters from people who tried his fast based on that original article. Many found relief from their ailments and had newfound joy in their life. I've been researching fasting and its healing powers for awhile now. It was good to read of personal accounts from 100+ years ago. I am still working my way up to a full fast, but years of habitual eating/snacking is making it a hard task. Overall it is an interesting read and I would recommend it to anyone wanting to learn more about fasting.

This book is comprised of many success stories that the author had received following an article he had written. My only issue was that there were so many stories that I didn't finish the last one-sixth of the book. But, all in all, it was a very inspirational book on a topic that has not been covered much in book form--except for religious reasons. I'm not into fasting for religion, so this book was perfect for me.

This book gave me references to other information on fasting to allow the body to cure itself of common diseases.

Changed my life. A huge leap for me in my lifetime of looking for what to eat. Now I just don't eat. It has simplified everything. Now I eat very little and my whole life is getting lean and organized. It is amazing how much can be accomplished when you are not spending time cooking, eating and thinking about it. Simple with a lot of jumping off points for further study. Written in 1911, very good. Stephanie

I just finished Mr. Sinclair's book and absolutely love the book. As another reviewer stated the e-book's organization is definitely lacking (that is due to the method it was transcribed from print to digital), but the content in my opinion is amazing. The book gives Mr. Sinclair's experience with fasting as well as MANY testimonies from letters he received from people who tried fasting and ended up with fantastic results. Results such as cures for a great number of diseases and ailments including cancer. Mr. Sinclair gives general outlines for fasting but attests that every person is biologically a little different and results vary from one person to the next. I must add that 99% of the results are positive and the negative results seem to be from people who did not fast correctly or came off the fast incorrectly. In coming off the fast one must be careful. I myself am on my second day of fasting and feel really well. I have been fortunate enough to not be plagued with the ravenous hunger some of the testimonies within the book mentioned. I have lost a few pounds but that was just a side purpose to my fast. Basically I am sick and tired of being sick and tired as the saying goes.

A wee bit existential; not "newby" material. Has some very good points and ideas. Not the "101" tome of the health world.

This book has changed my life. I almost have lost 20 pounds in a month.

Amazing book.

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