



# **The Miracle of Fasting: Proven Throughout History for Physical, Mental and Spiritual Rejuvenation**

*Patricia Bragg*

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## **The Miracle of Fasting: Proven Throughout History for Physical, Mental and Spiritual Rejuvenation**

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Proven throughout history for physical, mental and spiritual rejuvenation, fasting promotes cleansing and healing; helps normalize weight, blood pressure, cholesterol; rebuilds the immune system; and helps reverse the aging process.

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