



## Rational Fasting: for Physical, Mental and Spiritual Rejuvenation

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By Arnold Ehret

Ehret Literature Publishing Company, United States, 2012. Paperback. Book Condition: New. 230 x 155 mm. Language: English . Brand New Book. First published in 1910, this classic book is considered Ehret s health masterpiece. He explains how to successfully conduct and complete a fast in order to gain maximum strength and energy for joyful living. Includes: Ehret s theories on the fundamental causes of disease Complete instructions for fasting and living in harmony with nature Health and Happiness Through Fasting Fred Hirsch Your Road to Regeneration Building Bodily Strength and Efficiency My Road To Health Teresa Mitchell Internal Cleanliness Fred Hirsch Ehret s Treatise on the Definite Cure of Chronic Constipation Overcoming Constipation Naturally.



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