

Rational Fasting

By Arnold Ehret

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Rational Fasting By Arnold Ehret

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. Also included are essays based on Ehret's teachings by Fred Hirsch and long-time devotee Teresa Mitchell. Section I
* 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 Section II
* Your Road to Regeneration Building Bodily Strength and Efficiency
* My Road To Health Teresa Mitchell
* Internal Cleanliness Fred Hirsch
Section III
* Ehret s Treatise on the Definite Cure of Chronic Constipation
* Overcoming Constipation Naturally
Arnold Ehret was a man of unique insight, with a prophetic understanding of how to cleanse and rebuild the body. It would take the world of orthodox medicine 80 years to catch up with him. Gary Null, PhD

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Editorial Review

About the Author
Professor Arnold Ehret was a German philosopher, nutritionist, teacher, healer, and visionary, and one of the first people to advocate fasting and raw vegan diets as therapies for healing. For over 100 years, his works and teachings have been based on the theory that health, happiness, and longevity can only be found by living in complete harmony with the laws of nature.

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