

THE WISDOM OF FASTING **God's #1 Plan for Internal Detox**

After careful study of the 74 Scriptures on fasting, I got the idea that fasting is included in God's plan for a total-health-package.

After 25 years of weekly fasting, I affirm that fasting is a physiological miracle of healing that God built into the human and animal kingdoms – at least rhinoceroses, elephants, dogs, cats and other animals in addition to humans use it as a way to recoup when they feel “under the weather.”

Some Spiritual benefits as told in Isaiah 58: 1-12 are:

- Your health will return speedily. vs. 8
- Your righteous will go before you. vs. 8
- You will cry and God will answer you. vs. 9
- The Lord will guide you continually. vs. 11
- You will be like a well-watered garden. vs. 11

Examples of Physical Benefits (abstracted from a very long list):

- We lose weight easily.
- The immune system gets a boost.
- Blood pressure, cholesterol and fatty-acid levels normalize.
- Aging slows down.
- Addictions “give up.”
- Your blood detoxifies.

A final word of advice:
What pleasures you miss in eating
you will make up manifold in the joy of living.

The kinds of fast, how to fast and how to come off a fast are given in detail in my book [THE ROOTS AND FRUITS OF FASTING.](#)

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