



Fasting: The only introduction you'll ever need (Principles of)

Leon Chaitow

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By allowing the body to rest and heal itself naturally, fasting not only restores energy and well-being but also treats conditions such as rheumatoid arthritis, psoriasis and eczema.

Fasting has steadily grown in popularity and evidence suggests there is no more powerful healing method. By allowing the body to rest and heal itself naturally, fasting not only restores energy and well-being but also treats conditions such as rheumatoid arthritis, psoriasis and eczema.

This introductory guide explains:

- What fasting is
- How to fast safely
- The various types including mono-diets and juice fasts
- How fasting can enhance your health and well-being

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