In 400 B.C. Hippocrates, the father of medicine, treated his patients with apple cider vinegar for its powerful cleansing and healing qualities. It’s a naturally occurring antibiotic and antiseptic that fights germs and bacteria.

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– Cheryle Hart, M.D., Author, Feel Good Diet

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ʃ Helps retard the onset of old age in humans, pets & farm animals
ʃ Helps clean out arterial plaque
ʃ Helps regulate calcium metabolism
ʃ Helps keep blood the right consistency
ʃ Helps women’s menstruation & relieves PMS
ʃ Helps normalize urine pH, thus relieving UTI & the frequent urge to urinate
ʃ Helps digestion, assimilation & pH balance
ʃ Helps relieve sore throats, laryngitis and cleans out toxins, germs & even mold
ʃ Helps protect against food poisoning & helps bring relief if you do get it
ʃ Helps sinus, asthma & flu sufferers to breathe easier & more normally
ʃ Helps maintain healthy skin, soothes sunburn
ʃ Helps prevent itching scalp, dry hair, banishes dandruff & promotes luster
ʃ Helps fight arthritis & removes toxins & crystals from joints, tissues & organs
ʃ Helps to control & normalize weight

– PAUL C. BRAGG, N.D., Ph.D., Health Crusader
Originator of Health Stores, Father of Health Movement

Our sincere blessings to you dear friends, who make our lives so worthwhile and fulfilled by reading our natural living teachings as our Creator laid down for us to follow. He wants us to follow the simple path of natural living. This is what we teach in our books and health crusades worldwide. Our prayers reach out to you and your loved ones for the best in health and happiness! We must follow laws He has laid down for us, so we can reap this precious health, physically, mentally, emotionally and spiritually!

With Love,

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The Laws of Health are inexorable; we see people going down and out in the prime of life simply because no attention is paid to Health Laws!
– Paul C. Bragg, N.D., Ph.D.
“Fasting is the greatest remedy, the physician within.”

– Paracelsus 15th Century Physician

Father of Body Chemistry

I am grateful to you and your father’s great work in writing The Miracle of Fasting. I order them and give them to my patients. – John M. Hejl, M.D., Wisconsin

Paul C. Bragg’s work on fasting is one of the great contributions to healing wisdom and the Health Movement in the world today. – Gabriel Cousens, M.D.

Author of Conscious Eating and Spiritual Nutrition

Fasting is a way of life!

– Allan Cott, M.D. “Fasting is a Way of Life”

Dear Health Friend,

This is a gentle reminder of the great benefits from The Miracle of Fasting that you will enjoy once you get started on your weekly 24 hour Bragg Fasting Program for Super Health! I fast every Monday and the first three days of each month; it’s a precious time of body, mind and soul cleansing and miracle renewal.

On fast days I drink 8 to 10 glasses of pure distilled or purified water, some with Bragg Organic Vinegar. You can also have herb teas or occasionally diluted fresh juices. You may add 1 teaspoon of psyllium husk powder to these liquids twice a day and soak 1 minute before drinking! It’s an extra cleanser and helps normalize weight, cholesterol and blood pressures and helps maintain healthy elimination.

Fasting is the oldest, most effective healing method known to man. Fasting offers many great and miraculous health blessings from Mother Nature and our Creator.

My father and I wrote The Miracle of Fasting to share with you the many health miracles it can perform in your life and it’s all so easy to do. It’s an important part of The Bragg Healthy Lifestyle.

With Blessings of Health,

Patricia

Fasting is not starving, it’s nature’s miracle cure that God has given us. – Patricia Bragg, N.D., Ph.D.

The elimination of toxins and waste products by fasting increases longevity. – Alex Carrel, M.D., Scientist

“The Miracle of Fasting” and all Bragg Books are available at most Health & Book Stores.

If unavailable call HEALTH SCIENCE (800) 446-1990 • weekdays, 8-4 p.m. or order on web: www.bragg.com