

# The Fasting Cure

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i had taken several fasts of ten or twelve days duration with the result of a complete making over of my health upton sinclair the fasting cure upton sinclair s the fasting cure 1911 consists of two essays in which sinclair discusses the reasons he believes that engaging in regular fasts to remove toxins from the body is a healthy practice while medically controversial this book is considered worthwhile as an historical document of the fasting fever which occurred around the time of its writing

the fasting cure is both a fascinating and slightly dangerous book it was written by upton sinclair a respectable and accomplished journalist but no doctor in this case sinclair seems to have been taken in by his subject matter without using quite enough of his critical faculties fasting has been a part of health and religious practices since time immemorial it can be healthy in moderation and has various well documented effects on the body from this perspective sinclair s book is worthwhile for the hints and tips towards more sensible fasters and also as a historical document of the fasting fever which occurred around the time of writing one thing fasting is not however is a cure for cancer or for several others of the diseases claimed within another problem with this book is the claim that fasts for up to 40 or 50 days are common and healthy modern medical advice would suggest that this is far too extreme and very dangerous rather than a single book this is a collection of articles written by upton sinclair on the topic of fasting as well as letters on the topic which he received his remarks and comments on these are also included and serve to bind the parts together readers may be interested in this work from a historical or anthropological point of view especially but should not follow the instructions without close contact with their physician about the publisher forgotten books publishes hundreds of thousands of rare and classic books find more at [forgottenbooks.com](http://forgottenbooks.com) this book is a reproduction of an important historical work forgotten books uses state of the art technology to digitally reconstruct the work preserving the original format whilst repairing imperfections present in the aged copy in rare cases an imperfection in the original such as a blemish or missing page may be replicated in our edition we do however repair the vast majority of imperfections successfully any imperfections that remain are intentionally left to preserve the state of such historical works

these two books are history or a story of an evolution in the professional care of the sick it begins in inexperience and in a haze of medical superstition and ends with a faith that nature is the all in all in the cure of disease the topic unfolded is both original and revolutionary its practicality is of the largest and its physiology beyond any possible question

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collection of incunabula and early medical prints in the library of the surgeon general s office  
u s army ser 3 v 10 p 1415 1436

the microbiome plays an indispensable role in our health pathophysiological alteration in the gut microbiota has been linked with the development and maintenance of non communicable diseases such as obesity cancer type 2 diabetes mellitus cardiovascular diseases and metabolic syndrome therapeutic treatments such as employing folic acid and zinc for hyperuricemia treatment and drugs such as antibiotics have been shown to modify the gut microbiota at the same time intestinal microbiota has been confirmed to influence the pharmacokinetic processes of a variety of oral drugs such as cyclosporine manipulating the composition of the microbiome is a very attractive way of improving drug efficacy and safety since gut microbiota affects absorption enterohepatic recycling volume of distribution metabolism and excretion of drugs also complementary alternative traditional treatments ex electroacupuncture tuina and drugs ex root extracts such as gynura segetum or scrophulariae radix atractylodes sinensis has been shown to have important impact and correlation with the gut microbiota which has been demonstrated to modulate many extraintestinal organ diseases although a considerable number of studies have focused on these interactions there is still a lack of research on the mechanisms of correlation of all the above with the dysbiosis of the gut microbiota

in the book of life the fasting cure upton sinclair details a groundbreaking exploration of health diet and self improvement couched within the framework of early 20th century reformist thought sinclair adopts a narrative style that is both engaging and didactic weaving

personal anecdotes with practical advice on fasting and nutrition the book encapsulates the zeitgeist of the progressive era reflecting the rising interest in holistic health approaches amidst industrialization s threats to personal well being sinclair s fervent advocacy for vegetarianism and fasting aligns with his broader thematic concerns about societal reform and individual empowerment encouraging readers to reclaim their health from an increasingly mechanized environment upton sinclair renowned for his fearless critique of capitalism and class disparity became an influential figure in american literature his earlier work *the jungle* exposed the harsh realities of the meatpacking industry highlighting his lifelong commitment to social justice and public health sinclair s exploration of fasting as a remedy for modern ailments stems from his own health struggles and a profound belief in the power of personal agency in the face of societal pressures this remarkable work is a must read for anyone interested in health wellness and the intertwining of personal choices with societal health sinclair s insightful arguments and practical guidance on fasting serve not only as a path to physical well being but also as a call to consciousness about our lifestyles readers seeking both a provocative critique of modern eating habits and a practical guide to personal health will find exquisite value in sinclair s vision in this enriched edition we have carefully created added value for your reading experience a succinct introduction situates the work s timeless appeal and themes the synopsis outlines the central plot highlighting key developments without spoiling critical twists a detailed historical context immerses you in the era s events and influences that shaped the writing an author biography reveals milestones in the author s life illuminating the personal insights behind the text a thorough analysis dissects symbols motifs and character arcs to unearth underlying meanings reflection questions prompt you to engage personally with the work s messages connecting them to modern life hand picked memorable quotes shine a spotlight on moments of literary brilliance interactive footnotes clarify unusual references historical allusions and archaic phrases for an effortless more informed read

this book focuses on revolutionary ideas concerning dietary practices and fasting as essential components of natural healing advocating for a no breakfast regimen dewey argues that the conventional medical approach to sickness which emphasizes regular feeding and drug treatment is fundamentally flawed and instead promotes reliance on natural bodily functions to recover from ailments the opening of the book introduces dr dewey s professional journey reflecting on his experiences in the military hospitals during the civil war where he observed that the outcomes of patients did not significantly improve with traditional medicinal practices he describes an epiphany he had while treating a particularly

severe case of typhoid fever where the patient thrived without food this experience led dewey to delve into the physiological principles underlying sickness and recovery ultimately concluding that withholding food during illness can often yield better results than forced feeding and medication this narrative sets the stage for his advocacy of the no breakfast plan emphasizing both its practical benefits and the importance of allowing the body to heal itself naturally

health through inner body cleansing the famous f x mayr intestinal therapy from europe the mayr program developed by the austrian physician dr franz xaver mayr 1875 1965 is an intensive regime lasting several weeks it includes therapeutic fasts to rest the digestive tract and it features a special diet to train proper mastication this diet program is complemented with abdominal massage hydrotherapy and exercise by following the f x mayr method patients can rejuvenate their dietary system and eliminate a whole host of ailments from aches and pains to depression fatigue and serious cardiac disorders at the same time they can reduce weight improve their skin and boost their sense of well being the author dr erich rauch was a personal student of dr f x mayr over decades he supervised more than 40 000 mayr therapies for the practitioner as well as the patient in the clinic his in depth guide is the leading authority on the f x mayr method as a companion book it provides effective support for each stage of this successful therapy

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