



# Rational Fasting

*Arnold Ehret*

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## **Rational Fasting** 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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