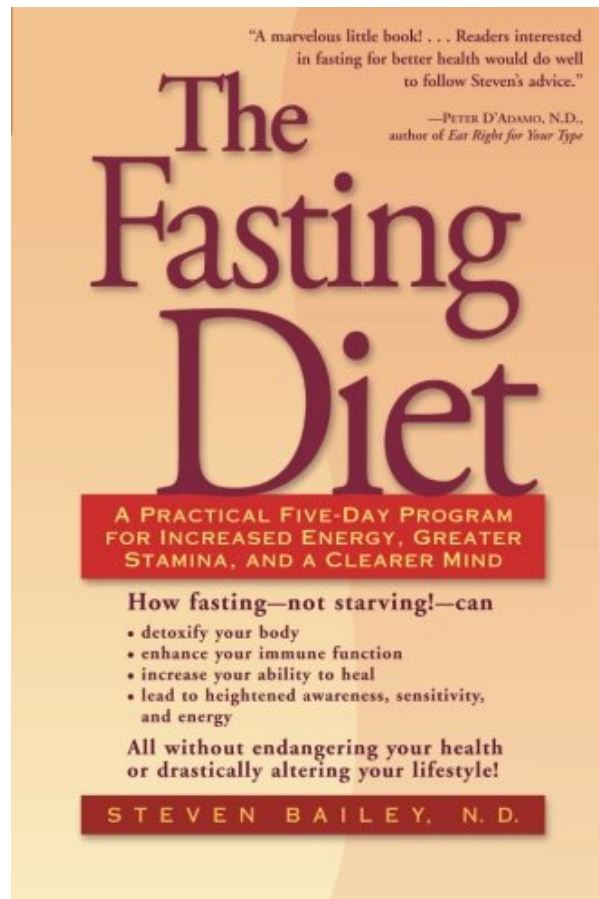


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# The Fasting Diet

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FOR INCREASED ENERGY, GREATER  
STAMINA, AND A CLEARER MIND**

**How fasting—not starving!—can**

- detoxify your body
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## About the Author

Steven Bailey, N.D., is an internationally recognized authority on therapeutic fasting. He lectures worldwide and is the author of more than 150 articles on national health.

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# THE FASTING DIET BY STEVEN BAILEY PDF

A medically sound way to relieve common ailments, such as allergies and digestive complaints

Fasting--going for short periods of time without certain types of foods--is gaining more attention for its ability to detoxify the body, strengthen the immune system, promote healing, and lead to heightened emotional awareness and clarity. Presented by an expert in the field, The Fasting Diet is a medically sound and risk-free approach that will allow you to achieve all of the benefits of fasting without endangering health or drastically altering your lifestyle.

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## Most helpful customer reviews

22 of 24 people found the following review helpful.

great fasting advice

By Amazon Customer

I did the fasting diet under Dr. Bailey's supervision in 1992 while in Portland, Oregon. The results were positive and I have since done the fast many times on my own, unsupervised.

I don't know if I would have the courage and confidence to do a fast from reading a book without personal guidance. However, I can say that the book includes all the information I received under the supervised fast, and much more.

I will not do this fast solely to lose weight. Rather, the fast helps me to re-evaluate my long-term relationship to food which gets me on the path to better nutrition and healthy weight loss. By eliminating food that is high

in calories yet empty nutritionally, I am able to ?re-set? my eating habits. After the fast, I eat far less food that is higher in nutrition (i.e., only the food my body really needs). I am more balanced emotionally and think more clearly after doing this fast.

I think this book provides good information and I recommend it without reservation.

61 of 79 people found the following review helpful.

Juice Fasting for Dummies

By shettakaburi

The title sums it up. The real question is, does it actually work? According to many fasting doctors, like Joel Fuhrman, juice fasting doesnt work. Will you lose weight? Yes. Is it healthy? Sources say no.

There are two major changes that occur in a fast: ketosis and a relaxation of digestion. With a juice fast you will relax your digestive system, according to Dr. Bailey, and that relaxation in itself is all you need to start your body on the weight loss and healing. Dr. Bailey also claimed that in todays toxic world its simply too dangerous to go on a water fast because so many toxins will be released into our system for cleaning that the body wont be able to handle it and the subject will become very ill and lethargic.

Ketosis is when the body shifts from sugar fuel to ketone fuel. The body will do this about 2 or 3 days into the fast once it realizes no more carbs are coming. The liver starts producing ketones which are made by breaking down fat and bad cells (like tumors) and turning them into fuel for the brain and the rest of your body. However, on a juice fast, you never stop the influx of carbs so your body never goes into ketosis and so the greater amount of weightloss and healing does not occur.

I highly recommend water fasting over juice fasting thanks to my own experience (juice fast 27 days, water fast 17 days). I felt much better during the water fast and could have gone much longer except it was time for vacation and i love laksa!

Please pick up Joel Fuhrman's "Fasting and Eating for Health" if you are considering a fast.

7 of 8 people found the following review helpful.

The Fasting Diet by Steven Bailey ND worked for me!

By Wendy N.

If you are considering a healthy fasting program that is workable, safe, and brings great results, I thoroughly recommend Dr Steven Bailey's book, "The Fasting Diet". I did a lot of research on the net and read a number of books before I finally chose Dr Bailey's book to follow to a "T".

Although Dr Bailey focuses in his book on a 5 day Power Fast, I was doing so well I decided to extend mine to 10 days. I have just begun to reintroduce solid foods again, as he advises, ever so slowly. My goal was to lower my Blood Pressure and (bad) cholesterol.

I went in for a complete checkup today with my doctor and am happy to report that I have lost 10 lbs in just 13 days, (including the 3 day prefast).

My Blood Pressure has normalized from 157/100 to 132/72 and my cholesterol reading has gone down from 220 to 137. I feel great, full of energy, and am amazed that I never felt any hunger, But Dr Bailey tells you exactly how to do that. There are terrific tips that make juice fasting go painlessly. You don't even have to do an enema if you don't wish to. There are other ways to cleanse the system in the book. This is a real how to manual with actual food choices and details on the daily activity for the entire fast. I leaned on this book like a bible. Because I started prepping my body for this adventure (my first fast) three weeks prior to starting, I have ended up losing 20 lbs in total.

It pays to wind down your intake of heavy carby foods, meat and coffee a short period before you start. Shrinking the stomach and slowing down the digestive process for 2-3 weeks will make the cleanse go

easier. The whole point is to rid your body of all the built up toxins. This is what brings the body into balance. I'm off my medications and I'm ready for summer!

This book is a must have.

[See all 17 customer reviews...](#)

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