

The No Breakfast Plan
and the Fasting-Cure

EDWARD HOOKER DEWEY

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That No Breakfast Plan

Edward H. Dewey



That No Breakfast Plan:

The No Breakfast Plan and the Fasting-Cure Edward Hooker Dewey,2019-11-21 In *The No Breakfast Plan and the Fasting Cure* Edward Hooker Dewey presents a provocative exploration of dietary practices rooted in the principles of fasting and the elimination of breakfast The book interlaces rigorous scientific examination with an accessible literary style making complex nutritional concepts digestible for an audience eager to understand the transformative potential of dietary changes Dewey s work emerges in the early 20th century during a burgeoning interest in holistic health approaches and alternative medicine positioning his theories within the context of the era s evolving attitudes towards nutrition and wellness Dewey a prominent figure in the health reform movement draws upon his personal experiences research and observations in formulating the philosophies presented in this text His advocacy for fasting as a therapeutic cure reflects both a reaction to contemporary dietary habits and an alignment with historical practices in various cultures Dewey s thoughtful combination of empirical data and anecdotal evidence manifests his commitment to promoting a healthier lifestyle informed by rigorous self examination and natural remedy Readers seeking to challenge conventional dietary norms will find *The No Breakfast Plan and the Fasting Cure* an enlightening guide Dewey s insights encourage a re evaluation of ingrained eating habits providing a compelling argument for the benefits of fasting and minimalism in diet This book is not only a practical manual but also a call to embrace alternative approaches to health and longevity In this enriched edition we have carefully created added value for your reading experience 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 *The No Breakfast Plan and the Fasting-Cure* Dewey,2025 *The No Breakfast Plan and the Fasting Cure* by Edward Hooker Dewey M D is a pioneering health and wellness book first published in the late 19th century In this influential work Dr *The No-Breakfast Plan and the Fasting-Cure* Edward Hooker Dewey,2015-06-02 Excerpt from *The No Breakfast Plan and the Fasting Cure* *The No Breakfast Plan and the Fasting Cure* was written by Edward Hooker Dewey in 1900 This is a 218 page book containing 56287 words and 7 pictures Search Inside is enabled for this title About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books Find more at www.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

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Dewey,2019-09-18 Description This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it This work was reproduced from the original artifact and remains as true to the original work as possible *The No Breakfast Plan and the Fasting-Cure* Edward Hooker Dewey,2014-04-09 A hygiene that claims to be new and of the greatest practicality and certainly revolutionary in its application would seem to require something of its origin and development to excite the interest of the intelligent reader Methods in health culture are about as numerous as the individuals who find some method necessary for the health taking something doing something for the health is the burden of lives almost innumerable Very few people are so well that some improvement is not desirable The literature on what to eat and not to eat what to do and not to do on medicines that convert human stomachs into drug stores is simply boundless If we believe all we read we must consider the location we are in before we can safely draw the breath of life we must not cool our parched throats without the certificate of the microscope We must not eat without an ultimate analysis of each item of the bill of fare as we would take an account of stock before ordering fresh goods and this without ever knowing how much lime we need for the bones iron for the blood phosphorus for the brain or nitrogen for the muscles In short there is death in the air we breathe death in the food we eat death in the water we drink until verily we seem to walk our ways of life in the very valley and shadow of death ever subject to the attack of hobgoblins of disease **The No Breakfast Plan and the Fasting** Edward Hooker Dewey,2016-05-14 This volume is a 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 hygiene unfolded is both original and revolutionary its practicality is of the largest and its physiology beyond any possible question The reader is assured in advance that every line of this volume has been written with conviction at white heat that enforced food in sickness and the drug that corrodes are professional barbarisms unworthy of

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