

The No Breakfast Plan And The Fasting Cure

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Hygienic System Vol. III - Fasting and Sunbathing
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Healthopathy (the Fasting Cure, Health Treatment)
The War and the Fast. A Discourse [on Isa. X. 33], Etc
On Fasting and
Almsgiving: Two Chapters on Personal Religion, Supplementary to the Seventh and Previous Editions, Etc
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A Teacher's Commentary on the Gospel of St. Mark
The
Fast and Thanksgiving Days of New England
Biblical commentary on the prophecies of Isaiah, tr. [by J. Kennedy and others] 2
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in the no breakfast plan and the fasting cure edward hooker dewey presents an intriguing exploration of dietary habits and their profound psychological and physiological impacts dewey combines scientific inquiry with practical advice advocating for intermittent fasting and the omission of breakfast to promote health and longevity his literary style is straightforward yet persuasive laced with compelling anecdotes and empirical evidence from the burgeoning field of nutrition science in the early 20th century thus situating the book within a context of growing interest in alternative health practices and self improvement dewey a nutritionist and health reformer draws on his extensive knowledge and personal experiences to champion his theories his education and observations during a period marked by dramatic changes in dietary norms led him to question conventional wisdom regarding meal frequency and composition dewey s work is informed by both his commitment to holistic health and his critical examination of contemporary dietary trends making him a significant figure in the early discussions of modern nutrition readers seeking to enhance their well being through innovative dietary approaches will find dewey s arguments compelling and thought provoking the no breakfast plan and the fasting cure not only challenges prevailing nutritional dogmas but also inspires a re evaluation of personal eating habits making it an essential read for anyone interested in health and wellness

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

this work presents dr dewey s theories in a clear concise way giving the origin of the no breakfast plan and the theories upon which it is based the publishers trade list annual volume 2 august 1905 your boarding house lady is too besotted to reform work out your own salvation omit breakfast or lunch at the table and eat a small health meal in your room such as fruit juice or a hot drink or fresh fruit and whole wheat crackers or a good flaked cereal and cream with prunes figs or berries read the no breakfast plan by dr e h dewey the independent volumes 86 87 april 3 1916 i have since found that my greatest service at the beds of the sick is as an interpreter of symptoms rather than a vender of drugs as my experience enlarged so did my faith in nature most of the cases of disease that fall to the care of the physician are trivial self limited and rapidly recover under even the most crucifying dosages nature really winning the victories the physician carrying off the honors feed feed the sick whether or not say all the doctors say all the books to support strength or to keep life in the body and yet nature was absurd enough to ignore all human practice evolved from experience and in her own way to support vital power while curing the disease edward hooker dewey m d i introduction army experiences in the civil war early years in general practice difficulties encountered medicinal treatment found wanting as a means to superior professional success ii a case of typhoid fever that revolutionized the author s faith and practice a cure without drugs without food iii a study of the brain from a new point of view iv the error of enforced food in cases of severe injuries and diseases v an apostrophe to physicians vi the origin of the no breakfast plan personal experience of the author as a dyspeptic vii digestive conditions taste relish hunger relish the moral science involved in digestion as a new study cheer as a digestive power its contagiousness viii the no breakfast plan among farmers and other laborers why the hardest labor is more easily performed and for more hours without a breakfast ix the utility of slow eating and thorough mastication x landscape gardening upon the human face absurdity of the use of drugs to cure diseases mission of homoeopathy the fasting cure xi the forty two day fast of mr w w c cowen of warrensburg ill and its successful end press account the twenty eight day fast of mr milton rathbun of new york and its successful end press account a second fast of mr milton rathbun of thirty five days in the interest of

science and its successful end press account adverse comments of dr george n shrady an eminent new york physician xii the remarkable fast of forty five days of miss estella kuenzel of philadelphia resulting in a complete cure of a case of melancholia press accounts a still more remarkable fast of fifty days of mr leonard thress of philadelphia resulting in a complete cure of a bad case of general dropsy press accounts general dropsy in a woman of seventy six relieved by a fifteen day fast with the cure permanent rev dalrymple s fast of thirty nine and one half days without interruption of pastoral duties xiii insanity a study from a new point of view xiv the evolution of obesity and its easy relief by fasting xv chronic alcoholism the evolution of the drunkard his complete easy rational cure by fasting xvi a successful sixty day fast under the author s care the error of drinking water without thirst concluding words

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