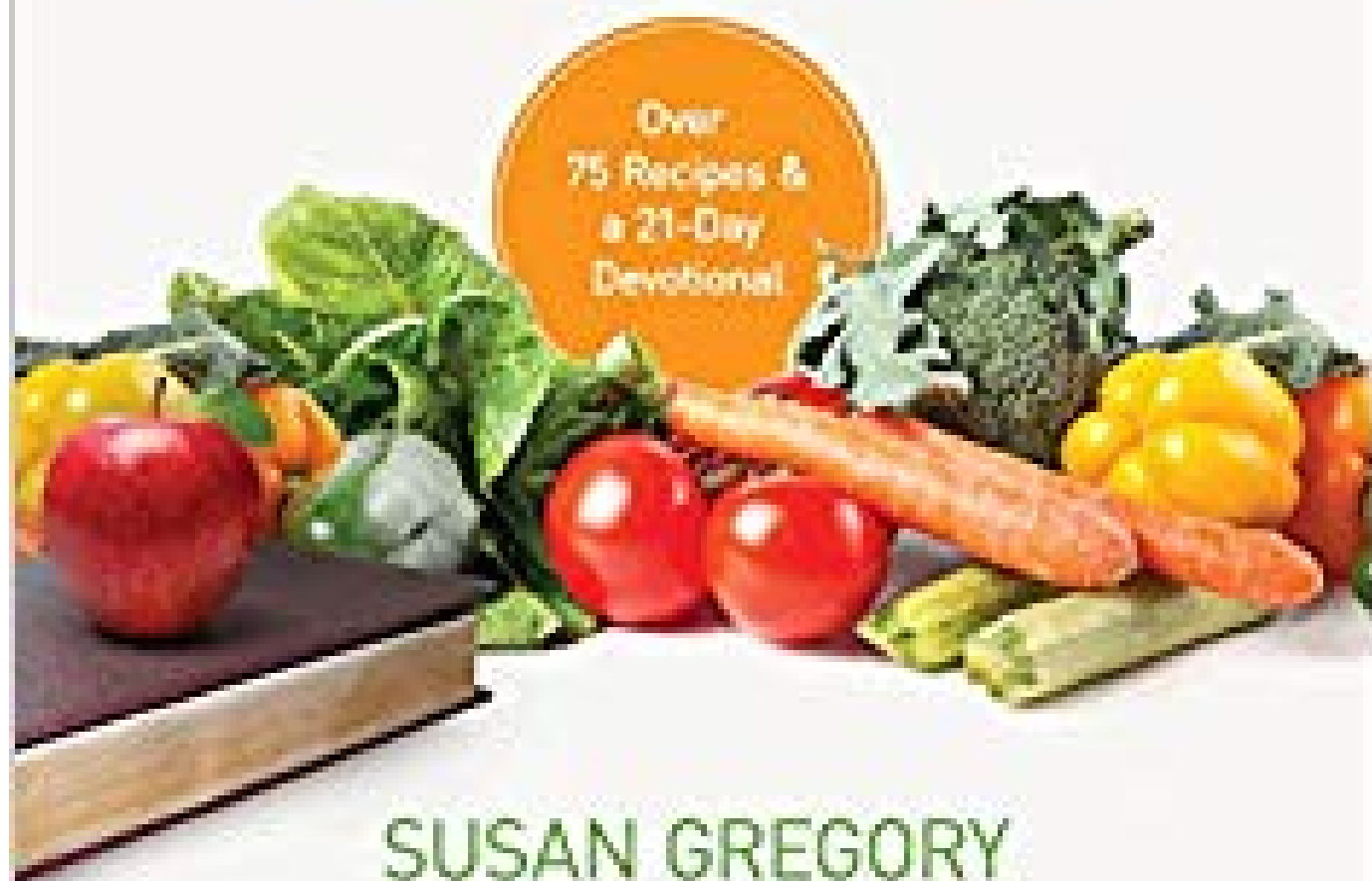


The Daniel Fast Way to Vibrant Health

# the daniel cure

Over  
75 Recipes &  
a 21-Day  
Devotional



**SUSAN GREGORY**

*Author of Bestselling The Daniel Fast*

**& Richard J. Bloomer, PhD**

Susan Gregory

## The Daniel Cure: The Daniel Fast Way to Vibrant Health



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Probably the most popular fast recently offered has been the Daniel Fast, a 21-day period of prayer and fasting based on the Aged Testament prophet's fasts recorded in Daniel 1 and Daniel 10. This fast is similar to a 'purified' vegan diet plan; Almost all participants following a Daniel Fast report a general sense of well-being and improved energy. In addition to the exclusion of most animal items, no additives, preservatives, sweeteners, caffeine, alcohol, white flour, or processed food items are allowed. With the Daniel Fast people can consume as very much Daniel-Fast-friendly food because they would like. Though a lot of people start the Daniel Fast for a spiritual purpose, most are surprised by the physical transformation that occurs. Many with raised cholesterol encounter a drop to healthy levels; Latest published scientific tests of the Daniel Fast possess confirmed these results, with additional benefits, such as a reduction in systemic inflammation, a reduction in blood pressure, and a noticeable difference in antioxidant defenses. The Daniel Fast is a partial fast, where certain foods are restricted and others are consumed. individuals who have wrestled with weight problems are suddenly in a position to get rid of the pounds.' By following the advice in this book, readers will convert the Daniel Fast from a once-a-year spiritual discipline into a new life-style that can start any time of the entire year. In a country suffering an epidemic of weight problems and its resulting ills, The Daniel Treat could be just what the fantastic Doctor ordered. The Daniel Treat can help readers take the next step by focusing on the health great things about the Daniel Fast. The Daniel Get rid of includes a 21-Day time Daniel Cure Devotional, four chapters detailing the approach to life diseases of obesity, type 2 diabetes, coronary disease, and inflammation, eleven chapters of recipes and meal planning advice, a recipe index, complete nutritional guidance, and an appendix detailing 'The Science behind the Daniel Fast.



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Why I like the Daniel Cure I really believe the Daniel Plan is the most concise compilation of great information on a healthy lifestyle. This reserve balances the emphasis on food, activity, and spiritual concentrate. And i'm still using it. Susan is also very supportive. The focus on the spiritual known reasons for this lifestyle lack in additional books I've read about the Daniel Diet plan. There are quality recipes that are very helpful and useful.! Another copy I bought this for my partner. Biblical Fast This book is very biblical. It provides a lot of information to prepare you for a 21 day time Daniel fast.The Daniel Treatment did meet my expectations once and for all information on the entire "Daniel" eating concepts. The very best part of this book may be the 21 time devotionals to read during the fast.I strongly recommend this book for the facts that are outlined and it explains medical ailments. The cure component of this book means you utilize the same eating patterns you learned during the fast, but add meats, milk and bread. This fast isn't a vegan diet plan, it's much even more. The Daniel Fast or Daniel Diet plan would be money better spent. It is an extremely user-friendly book and predicated on fasting strategies in the bible, mainly from the reserve of Daniel. I recommend this book. Eat Clean-Live I purchased this book because We had completed the Daniel Fast and followed Susan Gregory. I am planning to buy the reserve to have in my own library combined with the Kindle edition. It certainly help me a lot on my dinners. I love the spiritual bottom and as our anatomies are God's temple we ought to do everything in our power to look after the gift He offered us. I read some of them two times a day. Co-written by Susan Gregory and a Doctor, it's written so that is definitely easy to understand and informative The accuracy. Purchase these books! The books have a lot of recipes, purchasing lists, and daily readings to assist you on your journey.!!! This book is very repetitive. I do not need a favorite publication, I enjoy them all equally! This is the best way to get healthy and get nearer to GOD at the same time! My husband and I remain eating good. It was simpler to understand than additional books I looked at. She really does well on the Daniel Fast. I continue to consume The spiritual guide provided me with the encouragement to check out the program.! These books are really worth the money! Love It This is a really good book for the Daniel fast and diet. This book is fairly helpful since it reviews the need for why we ought to eat clean. I examined the value of the information and lost 10 pounds in the first 3 weeks. The majority of the foods you curently have in your house. Excellent The Daniel Fast or Daniel Diet plan would be cash better spent. I am grateful!! When our fast finished I held us on the dietary plan, I did add meats back in fish and chicken only. Five Stars It arrived promptly and is a great reading Five Stars very helpful Great book The book was very insightful and encouraging. I have just finished my 1st successful Daniel Fast. I am so pleased I finished the fast that i did continue for 40 days. Looking for answer? See them here. I am so glad I bought this reserve. I felt stuck with my health and lifestyle. I wasn't going forward. Susan Gregory writes in a very user-friendly way and that helped me to understand and implement the health and spiritual assistance offered. I not merely feel better, but it opened my spiritual eye and am closer to God. Very informative Very informative. and much less junk. This is a book I'll keep in my library and have recommended to others who bought it. She had a copy but gave it away.!Many thanks, Susan for writing this book. I sensed therefore confident about my Daniel fast after reading this book. Five Stars Great book! it's written so that is easy to understand and informative We am really enjoying this book! My motto is usually Eat Clean-Live, and that is what I want to do! I just had to get more veg. I have most of Susan's books and I really like them all! The authors use food that's not processed through the fast which means that your body is definitely cleansed from meals addictions and cravings. We feel better now.



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