



The Daniel Cure: The Daniel Fast Way to Vibrant Health

By Susan Gregory, Richard J Bloomer

Zondervan on Brilliance Audio, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Launch a Healthy Lifestyle Though most people begin the Daniel Fast for a spiritual purpose, many are amazed by the physical transformation that takes place. Those with high cholesterol experience a drop to healthy levels. Those with elevated blood sugar experience a decrease to normal. People who have wrestled with weight issues are suddenly able to lose the pounds. The vast majority of participants report a general sense of well-being and increased energy. And recently published scientific studies of the Daniel Fast have documented additional benefits, such as a reduction in systemic inflammation, a reduction in blood pressure, and an improvement in antioxidant defenses. For you and the hundreds of thousands of people who have participated in or heard about The Daniel Fast, this audiobook is a vital resource to transform your body as well as your spirit and to maintain this transformation for life. In addition to providing you with the tools to curb your physical cravings for unhealthy foods, The Daniel Cure will usher you into a consecrated time of prayer, study, and worship, without interrupting your responsibilities at...



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