



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

By Susan Gregory, Richard J. Bloomer

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One of the most popular fasts in recent years has been the Daniel Fast, a 21-day period of prayer and fasting based on the Old Testament prophet's fasts recorded in Daniel 1 and Daniel 10.

The Daniel Fast is a partial fast, in which certain foods are restricted and others are consumed. This fast is similar to a 'purified' vegan diet; in addition to the exclusion of all animal products, no additives, preservatives, sweeteners, caffeine, alcohol, white flour, or processed foods are allowed. With the Daniel Fast people can eat as much Daniel-Fast-friendly food as they would like. Though most people begin the Daniel Fast for a spiritual purpose, many are amazed by the physical transformation that takes place. Many with high cholesterol experience a drop to healthy levels; people who have wrestled with weight issues are suddenly able to lose the pounds. The vast majority of participants following the Daniel Fast report a general sense of well-being and increased energy. Recent published scientific studies of the Daniel Fast have confirmed these findings, with additional benefits, such as a reduction in systemic inflammation, a reduction in blood pressure, and an improvement in antioxidant defenses.

*The Daniel Cure* will help readers take the next step by focusing on the health benefits of the Daniel Fast. By following the advice in this book, readers will convert the Daniel Fast from a once-a-year spiritual discipline into a new way of

life that can begin any time of the year. In a nation suffering an epidemic of obesity and its resulting ills, *The Daniel Cure* may be just what the Great Physician ordered.

*The Daniel Cure* includes a 21-Day Daniel Cure Devotional, four chapters detailing the lifestyle diseases of obesity, type 2 diabetes, cardiovascular 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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**Bibliography**

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### **Editorial Review**

#### **About the Author**

Susan Gregory is an author, speaker, and Christian life coach. She is author of the bestselling book *The Daniel Fast: Feed Your Soul, Strengthen Your Spirit and Renew Your Body*, and creator of *Choose Life Now*, an online membership site to help members develop a lifestyle of faith as they integrate their call to Christ in their daily lives. She lives on a small farm in central Washington, and is the mother of two grown children and the grandmother of two boys.

Richard “Rick” Bloomer is Department Chair of Health and Sport Sciences at The University of Memphis, where he holds the title of Professor and Director of the Cardiorespiratory/Metabolic Laboratory. He is an active researcher, having published more than 100 peer-reviewed scientific manuscripts and book chapters within the areas of oxidative stress, dietary intake, nutraceuticals, and exercise. He has been investigating the health-related effects of the Daniel Fast since 2009. He lives outside of Memphis, TN, with his wife and their two children.

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##### **Edris Sibert:**

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##### **James Yancey:**

Why? Because this *The Daniel Cure: The Daniel Fast Way to Vibrant Health* is an unordinary book that the

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**Janet Thaxton:**

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