



Fasting for Life: Medical Proof Fasting Reduces Risk of Heart Disease, Cancer, and Diabetes

Francis E. Umesiri PhD

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For a nation that is on the verge of eating itself into epidemic proportions of obesity, type 2 diabetes, and associated health complications such as cancer and heart disease, this message on fasting is timely and urgent. For readers who believe in the spiritual benefits of fasting, this book provides additional health motivation to keep seeking God in fasting and prayer.

Increase fasting for health and wholeness.

Dr. Umesiri's teaching is based on a thorough review of over seventy years of peer-vetted and peer-reviewed studies published in reputable biomedical journals. He presents readers with clinical evidence in a fun, easy-to-read manner, devoid of intense scientific jargon; with suggestions on the different ways one can start to fast.

Fasting for Life uses credible research to prove that fasting can reduce the risk of:

- Diabetes
- Heart disease
- Cancer
- Cardiovascular diseases (coronary heart failure, stroke, etc.)

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