



Roots and Fruits of Fasting

Mary Ruth Swope

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"...your healing shall spring forth speedily." -Isaiah 58:8. Dr. Mary Ruth Swope shares from her years of experience as a nutrition educator, as well as her twenty-two years of participating in a weekly fasting program. In this lively and personal book, she explains the importance of fasting for our physical, mental, and spiritual well-being. In it, you will learn How to fast; the right motivations for fasting; what to expect from fasting; how to Break a fast; and many other practical guidelines. Fasting is the key to living a healthy life. In an age when millions of Americans are searching for cures for illnesses and other problems, learn how you can be proactive about your health by utilizing the biblical practices of prayer and fasting.

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