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principles of fasting the only introduction youll ever need

Intermittent fasting is by no means new. Fasting as a means to help treat disease is as old as the bible itself and it is a part of almost every religion. Research published in The Journal of Diabetes and Metabolic Disorders, found that fasting on Ramadan helped to: Regulate glucose homeostasis in the body

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Principles of Fasting | Christian Faith

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There are two main overriding principles related to prayer and fasting in the Bible. First, biblical fasting is going without food. The noun translated "fast" or "a fasting" is tsom in the Hebrew and nesteia in the Greek language. It means the voluntary abstinence from food.

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