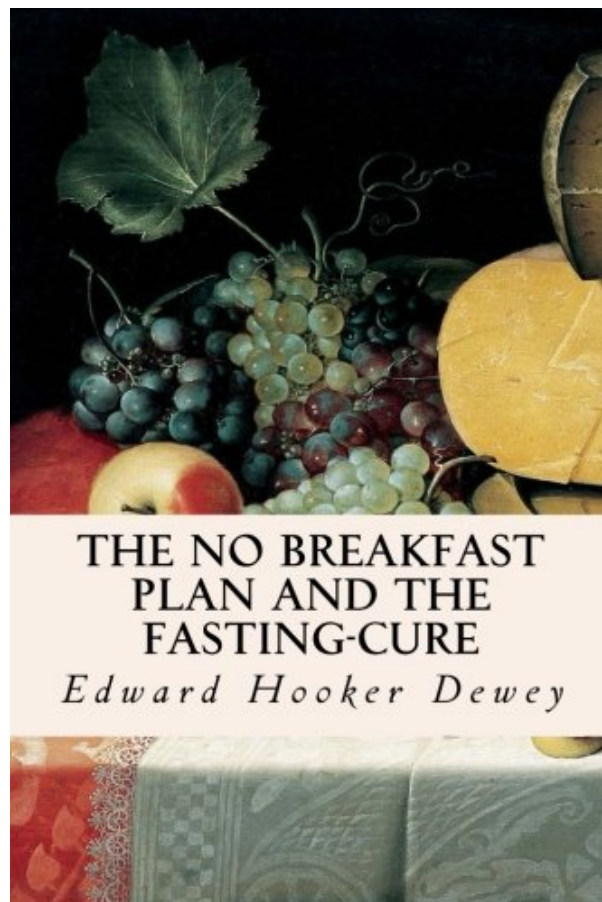
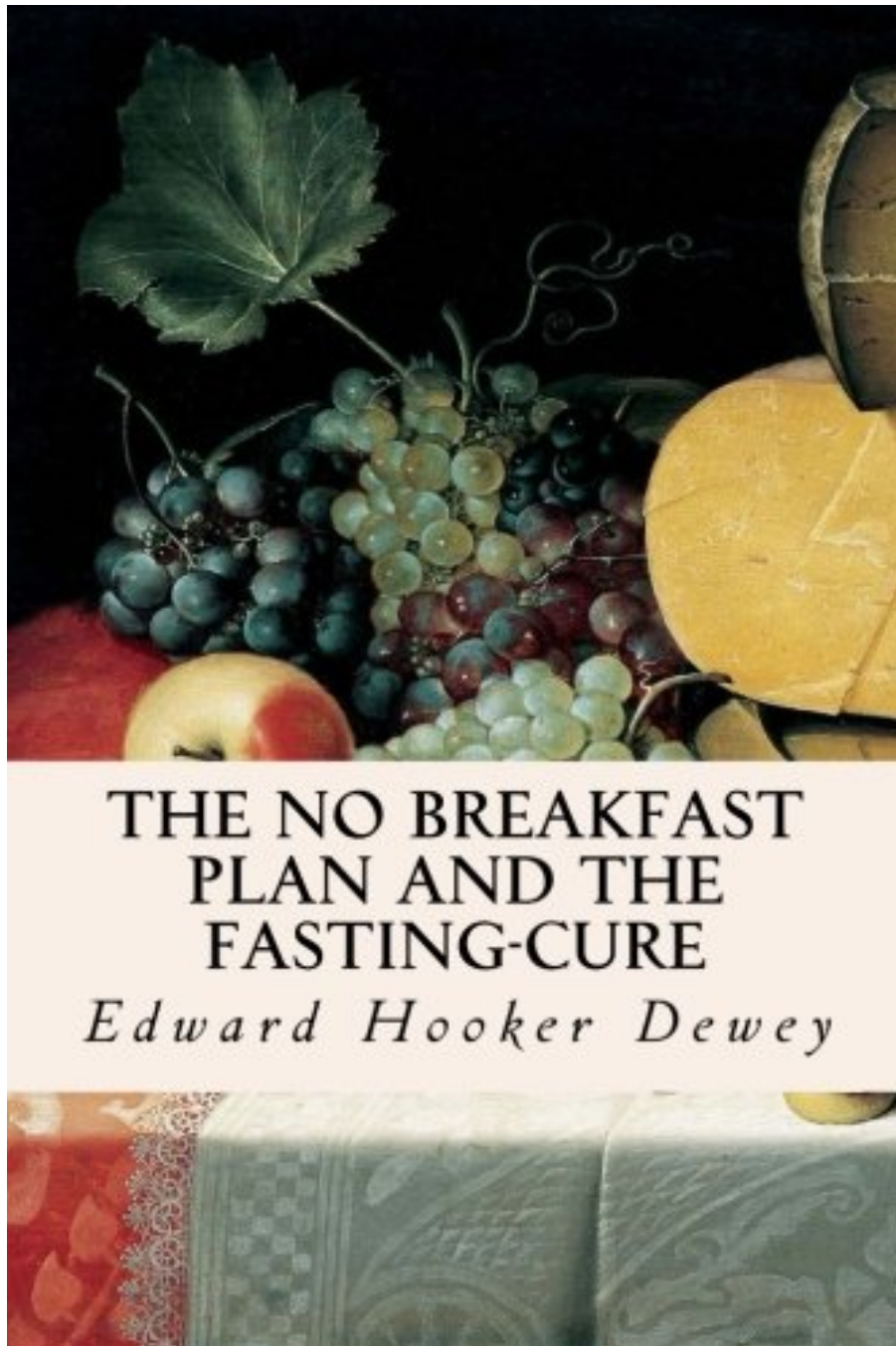


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Dr. Edward Hooker Dewey was a physician ahead of his time. Ignoring the medical practices of his time, Dewey used his keen observational powers to develop a "no-breakfast" approach to health and weight loss. These universal principals hold true in every culture and in every age of man.

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This volume is a history, or a story, of an evolution in the professional care of the sick. It begins in inexperience and in a haze of medical superstition, and ends with a faith that Nature is the all in all in the cure of disease. The hygiene unfolded is both original and revolutionary: its practicality is of the largest, and its physiology beyond any possible question.

- Sales Rank: #7723317 in Books
- Published on: 2015-05-20
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .31" w x 6.00" l, .43 pounds
- Binding: Paperback
- 136 pages

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50 of 50 people found the following review helpful.

Gave me great ideas

By J. Cass

As a woman, turning 60 is creepy. You don't look 60, but you just don't feel like your old self. I personally need to lose about 30lbs. It's been a real struggle (young girls...if you think you're having trouble now, get it together. The 50's are coming and it ain't no picnic).

Somehow this book inspired me to re-look at fasting and it's benefits. When I was young I loved fasting. It made me feel energized and light. Helped keep me skinny. I didn't think I could go full fasting anymore. Food is just so delicious (another thing that changes with age) So a semi-fast was just the jump start I've been looking for. I do my own thing but this inspired me to really think what I could do to incorporate this into my lifestyle.

I'm now semi-fasting Mon-Tues till dinner. At dinner I eat a small meal of protein, usually grilled chicken legs or thighs. I can eat as many as I want but usually end up eating about 2-3. On Wednesday I start a regular diet of healthy foods and lower my calories to about 1200. I make an allowance for a weekend cheat meal with friends or treat like ice cream or chocolate. Come Mon-Tues, I start the fast again until dinner. On Wednesday mornings I weigh myself. So far in two weeks I've lost almost 7lbs.

Now remember, this book was written in England in the early 1900's and might sound a little crazy. But fasting and semi-fasting has been around since cavemen couldn't find a burger king. So this is a history book

as well as a way to build knowledge about the body and disease. Newer books are out like Dr. Joel Furman's *Eat to Live* and Videos like "Sick Tired and Nearly dead", all are inspiring as well but they focus on their way of eating/fasting. there is also the Book by Beth Christian "Easy Alternative Day Fasting" also a good read and filled with ideas.

The difference for me? I took what I needed from all the information gathered in this book and made a lifestyle change I can live with. It includes semi-fasting days, diet days, and a few cheats for my occasional glass of wine or a treat. I'm willing to workout hard at the gym, but giving up pleasurable foods at my age just isn't going to happen. Been there, done that and I want to enjoy life not be a slave to it.

We all have to find something that works for us...For me, I never really felt hungry until late afternoons and was just eating because every other book tells you, you need to eat your biggest meal in the morning or breakfast. Three times a week I work out with a trainer at 7am. Because I never eat breakfast before working out, fasting hasn't affected my workouts. I wake up, go to the gym, come home shower and have tea or coffee, water and 4oz of fresh OJ, Lunch is water, Iced tea, 4oz OJ and sometime a bit of broth or miso. A snack, is more tea and if I really feel I need something a slice of watermelon. By dinner I'm finally hungry (true hunger) and eat 2-3 chicken legs or thighs. Sometime if I'm in the mood I'll try a grilled steak instead of chicken. 4 times a week at 7pm I have interval workout classes (think bootcamp) and I eat my protein at 5pm. I have more energy on my semi fasting days then I do on my regular eating days, most likely because I'm not weighed down.

So this book get's 5 stars because it inspired me to take a look back and do something for the future. It wasn't until some funny language came in that I even realized it was written in 1900. Like "(talking about a patients fast after three weeks) "he felt he should like some pigs' feet jelly." So Thress consumed two slices of the jelly and one piece of gluten bread, with butter. He say's he enjoyed it and felt well afterward. Do they even sell such an item anymore. Maybe on Amazon. lol Plus, you can't beat the kindle prices.

23 of 25 people found the following review helpful.

Intermittent Fasting, New Solution to Health, Copyright 1900

By Querulouse

First, I'll highlight a few quick facts that you can learn from reading this book. Next I'll cover some of the details and the science. Then, I'll connect it to topics of interest 114 years after the book was written and make my own subjective appeal to action.

Factual highlights from the book:

1. Doctors used to force-feed whiskey and cow's milk to deathly ill patients. They continued to do so in the face of vomiting and weeks and months of no improvement in patient condition. This was considered normal. (Not unlike modern-day prescriptions of high-carb diets for diabetics...)
2. Frequent food consumption is not needed to maintain mental energy or function. The brain functions beautifully in the fasted state. Later work on ketogenic diets confirm this, though the author fails to anticipate misguided theories of glucose as "brain-fuel." He notes awareness of 6 cases of improvements in epilepsy, a surprise to no one familiar with modern epilepsy treatment.
3. Eating in the absence of hunger is probably harmful, much more so in a state of illness.
4. Doctors are lousy at preventing and treating chronic disease, at least in America. 150 years after Dewey started his practice, little improvement is evident. As he puts it, the typical doctor "does no more to prevent bodily ailings than other people, and is just as liable to become the victim of bad habits."
5. Sleep is essential for the brain.
6. Morning hunger is (mostly) unnatural. (A "cultural disease" is essentially what he calls it, comparing those who "need" breakfast to alcoholics. His concept is similar to a common term today: "diseases of

civilization.")

The author, a Dr. Dewey, appears to be writing from Pennsylvania, USA. His medical career started at the beginning of the Civil War, so he of course saw many deaths and was able to observe differences in treatment philosophy between doctors. This traumatic experience led him to believe that many interventions were useless and lacked good evidence of efficacy. He noted that similar outcomes were evident under wildly divergent treatment protocols, and thus came to doubt much of the conventional medical wisdom of his day. He particularly opposed harsh treatments (which he termed barbaric) that lacked evidence of efficacy.

The book is mostly a compilation of case studies, interspersed with commentary and anecdote. In the sixth chapter, the author recounts his own long experience with chronic indigestion and how he eventually applied the logic of fasting, which he had for years used on his patients, to himself. By skipping breakfast he discovered he had could ditch his Omeprazole (which hadn't even been invented yet) and was cured of his condition. He eventually came to believe that most or all chronic diseases could be prevented or cured simply by skipping breakfast. His patients reported improvement in many conditions, such as eyesight, hearing, headaches, immune function, sleep, asthma, sinus and skin ailments. He also came to believe that fasting would allow the body to heal itself from pretty much any disease, if survival were even possible.

His etiology of disease is dodgy. His thinking really predates modern genetics, so we should not be too surprised. Even so, he clearly fails in discounting the role of infectious agents, though he was obviously not ignorant of the importance of sterilization for something like surgery. His hypothesis is, essentially, that localized structural defects are the cause of chronic disease, and these defects are present at birth. Then, when the brain experiences stress or reduced energy, circulatory dilation ensues and debilitates those defective structures (sinuses, joints, etc.). He is probably incorrect to say that energy is diverted from the brain to the digestive system after a meal, but regardless, he is correct that meal timing is important for human health, and that sleep is critical for the brain's self-maintenance. He is definitely incorrect in calling epilepsy a disease of "surplus food." His contention that alcoholism is initiated in infancy by on-demand breastfeeding is absurd. While extended fasts are probably beneficial for many diseases, I know of no reason to believe, for instance, that pancreatic beta cells can be regrown in this manner, so Type 1 Diabetes Mellitus is at least one disease outside the scope of his proposed panacea.

Despite the scientific shortcomings, he correctly anticipated modern research into circadian rhythms, which confirm the hormone-disrupting (and other) effects of eating at inappropriate times. While he noted the importance of food timing and quantity, he mostly failed to note the importance of composition and quality. (Writing prior to the all-out industrialization of the food system, it is fairly unsurprising that his only dietary villain would be sweets like pies. He did restrict sugar for at least some of his patients.) He distinguished true hunger from the urge to eat, calling the concept "a new study in dietetics" and relating it strongly to timing of meals. Scientists have since then been able describe in much detail circadian/endocrine relationships and their effect on, among other things, hunger. Research on calorie restriction and fasting also align with Dewey's prescription of intermittent fasting. His lack of attribution to infectious agents, however, is stark, because they are now known to be involved in at least some chronic diseases, and inconclusive evidence is present for many others.

Dr. Dewey apparently endured much criticism from the doctors of his time. After 115 years, however, his basic hypothesis of meal timing has gained much scientific support. From personal experience, I can concur with another of his observations: it is very difficult to overeat when you only have one meal each day. While today's nutritional and medical experts continue to pursue a failed discourse of calories and overeating, you can avail yourself of an ancient solution to a contemporary problem. Time your meals in accordance with

your biology and skip breakfast now. Intermittent fasting is not a fad, and it is not new. The book's prescription, "to give the stomach a long rest of sixteen hours or more," is healthy and in accordance with biology.

Finally, I'd like to muse on a quote from the book. "As an abnormal condition overweight has received a great deal of attention in the way of misguided effort to both prevention and cure. These efforts are such conspicuous failures that even the patent medicine man has not found his 'anti-fat nostrums' the happy means to fortune." Stunning words from only 114 years ago. Much scientific knowledge has been gained since then, but no miracle fat loss pill has been able to stand the test of time. For all our learning, where is our wisdom?

20 of 22 people found the following review helpful.

Read it for the prose!

By TJ

The science might be a bit dicey at times, but you can't argue with the author's experience. And it's great advice to eat only when you're hungry--we're seeing that today in the increasing popularity of "intermittent fasting". But the real pleasure of this book, which was written in 1900, is the old-fashioned and beautiful prose.

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