

# Public Seminar: The Practicalities of **Fasting**

With Lionel Hartley

The “How? Why? What? When?  
Where? and Whom? of fasting.

Programme: Definitions of fasting/ Types of fasting (Passive, Active, Medicative, Curative, Interactive, Excessive and Creative)/ The three dimensions of fasting/ Practicalities of fasting (Diets, Duration, Energy, Fluids, Glucose, Hunger Medicines, Partial fasting, Publicity, and Other)/ Question time.

This seminar is internet listed at [www.geocities.com/info\\_seminars](http://www.geocities.com/info_seminars)

