

## It's not food (Saint Porphyrios of Kavso-kalyvia)



It's not food or favourable living

conditions that ensure our health. It's a holy life, the life of Christ.

I know ascetics who fasted very strictly and never had anything wrong with them. Nobody risks getting ill from fasting. Nobody's ever done so.

» *Venerable Porphyrios of Kavso-kalyvia*

**Source:** [pemptousia.com](http://pemptousia.com)