

## It's not food (Saint Porphyrios of Kavsoakalyvia)

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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.

» *Saint Porphyrios of Kavsoakalyvia*