

SYNOPSIS



Fasting and the World Religions

Fasten in den Weltreligionen

Fasting is a fundamental principle that seems to unite the whole of humanity. Periodically abstaining from food plays a role in most religions. For the body as well as the soul. Because fasting has always had a medical purpose as well as being a religious act. The film follows Christians, Muslims, Hindus, Jews and Alevites through times of fasting, with theologians providing insight into the reasons for and history of the practice. It also looks at more recent knowledge on the health benefits of doing without food.

Year: 2018

Run-Time: 1 x 52 min.

Directed by Florian Kroppel and Kurt Langbein

Produced by ORF

Available worldwide

Languages: German (ORIGINAL) , English (VOICE-OVER)

Format: 16:9

HD

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