



Life from Light: Is it possible to live without food?

A scientist reports on his experiences

Michael Werner, Thomas Stockli

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In 1898, Therese Neumann, a nun in Southern Germany, stopped eating and drinking. Apart from the wafer given at Mass, she did not eat again until her death thirty-five years later. Similar cases have been reported over the years—often holy men from the East—and have assumed mythical status. Nonetheless, such accounts remain obscure enough to be safely ignored by modern scientists.

Michael Werner presents a new challenge to sceptics. A fit family man in his fifties and with a doctorate in Chemistry, he is the managing director of a research institute in Switzerland. Unlike those who have achieved such a feat in the past, he is an ordinary man who lives a full and active life.

Werner has become an open challenge to all scientists: Test me, using all the scientific monitoring and data you wish. Here, he describes one such test, in which he was kept without food in a strictly monitored environment for ten days. Werner describes in detail how and why he gave up food in the first place and what his life is like without it. *Life from Light* also features reports from others who have attempted to follow this way of life, as well as supplementary material on possible scientific explanations of how one could “live on light.”

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