Teresa Neumann's life changed radically after her miraculous recovery from paralysis and total blindness at the age of 25. About a year later, she received the stigmata and began fasting, which lasted 36 years until her death. Her only nourishment was the Holy Eucharist and for this reason the Nazi authorities, during World War II, withdrew her food rationing card and gave her a double rationing of soap to wash her towels and clothing, because every Friday she would be drenched in Blood while she was in ecstasy, experiencing the Passion of Christ. Hitler was very fearful of Teresa.

For 36 years, her only nourishment was the Holy Eucharist.