

## FASTING

Historical records tell us that fasting has been used for health recovery for thousands of years. Hippocrates, Socrates, and Plato all recommended fasting for health recovery. The Bible tells us that Moses and Jesus fasted for 40 days for spiritual renewal. Mahatma Gandhi fasted for 21 days to promote respect and compassion between people with different religions.

For much of human history, fasting has been guided by intuition and spiritual purpose. Today, our understanding of human physiology confirms the powerful healing effects of fasting.

Fasting is a powerful therapeutic process that can help people recover from mild to severe health conditions. Some of the most common ones are high blood pressure, asthma, allergies, chronic headaches, inflammatory bowel disease (ulcerative colitis and Crohn's disease), irritable bowel syndrome, adult onset diabetes, heart disease, degenerative arthritis, rheumatoid arthritis, psoriasis, eczema, acne, uterine fibroids, benign tumours, and systemic lupus erythematosus.

Fasting provides a period of concentrated physiological rest during which time the body can devote its self-healing mechanisms to repairing and strengthening damaged organs. The process of fasting also allows the body to cleanse cells of accumulated toxins and waste products.

Fasting gives the digestive tract time to completely rest and strengthen its mucosal lining. A healthy intestinal mucosal lining is necessary for preventing the leakage of incompletely digested proteins into the bloodstream, thereby offering protection against autoimmune conditions. A healthy digestive tract also helps to protect the blood and inner organs against a variety of environmental and metabolic toxins.

A fast that is appropriate for your situation will allow for you to experience some or all of the following:

- More energy
- Healthier skin
- Healthier teeth and gums
- Better quality sleep
- A clean and healthy cardiovascular system
- A decrease in anxiety and tension
- Dramatic reduction or complete elimination of aches and pains in muscles and joints
- Decrease or elimination of headaches
- Stabilization of blood pressure
- Stronger and more efficient digestion
- Stabilization of bowel movements

- Loss of excess weight
- Elimination of stored toxins
- Improvement with a wide variety of chronic degenerative health conditions, including autoimmune disorders

It is important to understand that the detoxifying and healing processes that occur during a fast are not as active when a person is consuming food. A fast can be helpful for people whose conditions are not improving as quickly as they would like, or for people who have health conditions that require a concentrated period of healing to resolve. It is also important to understand that the most important part of a fast is how a person lives after the fast. Fasting can provide a clean and revitalized foundation upon which you can build and maintain a strong and well-conditioned body by consistently making healthy food and lifestyle choices.

(source for the above information: [www.drbenkim.com](http://www.drbenkim.com))

### ***Fasting Theory....***

The modern lifestyle of eating quickly, eating too late, poor food combinations, overeating and eating an increased amount of simple carbohydrates, fats and sugars will put a strain on our glands and organs. Overtime, these foods cause damage to the stomach, pancreas, liver and intestine. When food is not wholesome or is harmful to the body the stomach sends a signal to the colon to produce mucus. Therefore, once food finally reaches the colon the layers of mucus prevent the food from being absorbed. Although this process was designed as a protective mechanism, after consuming large amounts of inflammatory foods, this process can effect everyday digestion.

**THEREFORE, FASTING IS A NECESSITY FOR THE PROPER FUNCTIONING OF THE DIGESTIVE TRACT.**

### ***How does Fasting work?***

Within 24hrs of stopping food intake, enzymes go to the intestines and begin to break down waste material, including dead and damaged cells, microbes and metabolic waste. Organs and glands are not trying to digest food and are therefore given a chance to rest and allow their tissues to be purified and rejuvenated. Toxins can also accumulate in the bloodstream and if they are not purged they can accumulate and present as diarrhea, acne, boils, foul smelling perspiration and bad breath.

## 2 Common Fasts

### **1) Master Cleanse**

Recipe

2 Tbsp lemon/lime juice

2 Tbsp organic maple syrup ( the darker the better)

1/10 Tbsp cayenne pepper ( can gradually increase this)

10-14oz of pure water

\*\*\*drink this every 1-2 hours and take no other food

\*\*\*have lots of water in between the drinks

Notes: 1) mixing the drink right before consuming it is optimal, however the drink can be made at the beginning of each day and stored in the refrigerator until consumption

2) to assist with colon cleansing you can start each morning with 1 liter of water and 2 Tbsp of sea salt (not iodized) or-a laxative tea can also be taken at night (eg. Senna) if you don't want to do the salt water

### **2) Juicing Fast**

Recipe

3-5 8-12oz-juice meals spread throughout the day

- The juice fast has some advantages over the pure water fast because during the fasting period the body will begin ridding itself of stored toxins and drinking juice helps to support the body's elimination process and reduces side effects such as light headedness, tiredness and headaches.

#### **Additional Support during a Fast**

- fibre supplements at night
- adequate rest - as energy can then be directed towards healing instead of other body functions - 1-2 naps/day
- prepare the day before the fast by having the last meal consist of fruits and vegetables
- pure water must also be consumed - at least 4 8oz glasses per day
- no coffee, bottled/canned/frozen juice or soft drinks
- herbal teas are allowed, but should not be sweetened
- exercise - is not encouraged, short walks or light stretching is permitted
- reintroduce food gradually - limit portions, eat whole foods, and try not to overeat

**\*\*\*\* PLEASE CONSULT WITH YOUR NATUROPATHIC DOCTOR FOR FULL DETAILS AND MODIFICATIONS TO THE CLEANSSES**

Burroughs, Stanley. The Master Cleanse. Available: [www.curezone.com](http://www.curezone.com). 2002  
Cleansing and Alternative Health Care Online. Available: [www.hps-online.com](http://www.hps-online.com). 2002  
Fasting Centre International. Available: [www.fasting.com](http://www.fasting.com). 2002  
Murray, M & Pizzorno, J. Textbook of Natural Medicine. Churchill Livingstone. NY. 1999  
Murray, M & Pizzorno, J. Encyclopedia of Natural Medicine Second Ed. Prima Publishing. CA. 1998