

# *Why we should Fast?*

*Fasting is the single greatest natural healing therapy. It is nature's ancient, universal "remedy" for many problems. Despite the luxuries of the modern world and the abundance of food we have today, the human body is much the same as it was thousands of generations ago.*

## *Just what is Fasting?*

*Deliberately ceasing to ingest food is called fasting, this has been used throughout history by both people and animals to restore and maintain optimal health. When we stop eating, the body starts to purify itself and eliminate toxins.*

*When we stop eating, all of the energy that is normally directed into digestion is freed. The body then begins the process of trying to eliminate poisonous waste. Our organs start the elimination process. Bowel, urinary system and the skin start to eliminate toxins. During this process we start to experience mild to perhaps severe discomfort. Causes include caffeine withdrawal, nicotine withdrawal, alcohol withdrawal, and the sheer volume of toxins exiting the body at once, The level of toxins in the bloodstream can increase by as much as 1000%, meaning uncomfortable symptoms such as headaches may occur. In general, during a fast, the worse you feel the more it is working, because these unnatural substances take their toll one way or another, either by slow time-release or a quick purge.*

## What is happening during the fast?

*During the fast we give our organs a break.*

*"The organs in the human body are designed to survive for 150-200 years, but they are usually vastly overworked during our lives, mainly due to over consumption. It has been estimated that if humans went just one day per week without eating, they would live twice as long! This is because our bodies achieve balance by removing the toxins before they accumulate to high levels, and also because fasting gives our organs a well deserved rest. Fasting in the spring time is said to be the most effective, while fasting in the winter (when we tend to store more foods for hibernation) is the least effective. For optimal health we should fast at least one day per season.*

*After your fast you will likely experience an amazing feeling of calm, and whatever symptoms you experienced during the fast (such as headaches) will occur less often than they did before the fast."*

*The easiest and most effective way to fast is the water fast.*

- As soon as you get up, drink a glass of water. This will hydrate you from the night before.*
- For breakfast drink a cup of warm water and fresh lemon juice to cleanse your system.*
- Every time you go to the toilet, take 8 mouthfuls of water to replace the fluid lost.*
- Make sure you drink 2 liters of pure water per day.*

*Even when you are not fasting you can follow these rules and also - before lunch and dinner drink a glass of water. This will dampen your appetite, however avoid drinking with your food as it decreases absorption of nutrients.*

*Water is not only a cleanser, it is also internal healer. The human body is 75 per cent water (Blood is 92 percent water, Brain cells are 82per cent water, Muscles are 75 per cent water, and Bones are 22 per cent water). If our bodies maintain this percentage, they can operate quite healthy and efficiently.*

## *A great Cleansing recipe*



*4 whole lemons (peeled and blended)*

*Peel from 1 whole lemon (organic)*

*Pinch of cayenne pepper (optional)*

*Blend lemons with 2 litter of water and drink it slowly throughout the day.*

## *Skin Cleansing*

*During the fast it is wise to detoxify our skin, because our skin it one of our best eliminative organs. Heavy metals are actually released through the skin's pores when we sweat. Sauna baths and steam rooms are great for removing toxins from the skin and regenerating one's health and energy.*

*Dry skin brushing helps in removing the outer dead skin layers and keeps the pores open. Another good method of skin brushing is with vigorous toweling off after bathing. Towel roughly until the skin is slightly red; change towels often because they will contain toxins.*



## *Detoxification Baths*

*Use 1 cup of baking soda, 1 cup of Epsom salt, 1 cup of sea salt or Himalayan salt. You can add a few drops of ginger essential oils or 1 tsp of ginger powder (Ginger has detoxifying properties, acts as an anti-inflammatory and can also soothe cramps and headaches) and a pinch of cayenne pepper.*

*Mix all the ingredients together and place in a sealed jar. Fill the bathtub with water as hot as you can stand and add in 1/4 cup of the Epsom salts mixture. Relax in the bathtub for 30 minutes and then wrap yourself in a warm blanket for approximately 20 minutes more. This will draw out the toxins from your system and leave your body feeling refreshed.*

*By Elizabeth Najdovski*

### **References:**

Neil McLaughlin -*The Miracle of Fasting - Part 1 (Your First 36-Hour Fast)* for an introduction to fasting.

[www.quickfasting.com](http://www.quickfasting.com)

-Water detox by Jane Scrivner's

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