

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 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 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, whether via a 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."

Easiest 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 mug 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 filtered 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 and stop drinking with your food which decreases absorption of nutrients.

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 liters of water and drink it slowly throughout the day.



Skin Cleansing

During the fast it is wise to detoxify our skin, because our skin is 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 towel drying after bathing. Towel roughly until the skin is slightly red. Change towels often because they will contain toxins.

Detoxification Baths

Use 1/2 cup of baking soda, 1/2 cup of Epsom salt or use 1/2 cup of sea salt or Himalayan salt. You can add a few drops of ginger essential oils or 1 tsp of ginger powder and a pinch of cayenne pepper. Soak for 15-20 minutes and then scrub the skin gently with soap on a natural fiber. Do this once a week.

References:

Neil McLaughlin -*The Miracle of Fasting - Part 1 (Your First 36-Hour Fast)* for an introduction to fasting, *The Encyclopedia of Medicinal Plants by Doris Kindersley, A practical reference guide to over 550 Key Herbs & their Medicinal Uses.*

-www.quickfasting.com

-Water detox by Jane Scrivner's

If we use heavy pharmaceutical use, the cleansing could be drastic. If your body is extremely toxic, the outpouring M.E.S.S. can cause serious harm

We think of the organs of elimination as only being the bowels (colon) and the urinary system. If we do not urinate it out or have a bowel movement (BM) we think that it does not come out. That's not true. There are other organs of elimination. "What others?", I hear you asking. "All I do is urinate and BM."

The largest organ in the body is also an organ of elimination. The skin is the largest organ in the body (yes, the skin is considered an organ) and it is an organ of elimination. The most usual form is perspiration (sweat). When the other organs of elimination can't handle the load or if they are somehow clogged and inefficient, then **Multiple Emissions of Systemic Sanitation or M.E.S.S.** for short, must come out through the skin.

**[http://www.quickfasting.com/
most_important_2_know.html](http://www.quickfasting.com/most_important_2_know.html)**

THIS IS IT!

**When you stop eating, the body starts to purify itself
and eliminate toxins!**

***Upon this law rest all the laws of the healing of the body
through fasting.***

This law sounds simple, it is. It has profound meaning and effect. It is because of this that the major medical benefit of fasting takes

place (besides the spiritual aspects). **When the body stops taking in food, it starts to eliminate the filth and the toxins.**

YOU MUST UNDERSTAND THIS!

It is because of this effect, that I shall call "**FAST FLUSH**", that we experience many of the so called "bad" effects of a fast. When **FAST FLUSH** starts to occur, we can feel terrible. Can you imagine how much undesirable residue builds up in your body over the years? Years of smoking or breathing in smoke and pollution-filled air carries pollutants to the lungs, then to the bloodstream, then to the tissues.

We have years of eating dead and diseased foods. Our foods are filled with chemical preservatives and additives, chemical perfumes, dyes and such, and all of this is housed in the tissues of our bodies. It is understandable that cancer is on a rampage when it was virtually unheard of 100 years ago.

It is understandable that our skin is drier than ever, needing moisture but unable to get it. Look at the lotion section in your drug or grocery store and see how many of the lotions are now for Extra Dry Skin. As our tissues become laden with chemical overload, we are drying from the inside out.

No one needs to point out the condition of our environment, the quality of our food supply, and the health crisis in the nation. What we need is help in cleansing ourselves of the filth. The **FAST FLUSH** is one such way. God's infinite intelligence designed a self-cleansing mechanism within us, all we have to do is turn on the self cleaning button. You can not cook in a self-cleaning oven while it is cleaning itself.

This is also true with the human body. You can not continue to stuff food into it while it is trying to purify itself.

Let me explain how the **FAST FLUSH** system works.

In a nutshell, "I don't know." No one else knows either, they just know that it works. When the body "fasts," it "flushes."

We all go through a mini **FAST FLUSH** each night. When we sleep, the body goes into **FAST FLUSH** mode and tries to detoxify itself and get rid of the poisons. When we wake up in the morning we notice it as "**Morning Breath.**" It is the **FAST FLUSH** process beginning.

**The more polluted your body,
the more the FAST FLUSH will bring out.**

This principle can not be overemphasized because it is so important and it is the basis of healthful fasting.

The FAST FLUSH effect is also the dangerous part.

When a person fasts, it is not the lack of nutrition or STARVATION that is the danger. The danger is the elimination of toxins that can dump **DECADES** of accumulated poisons in the bloodstream and colon and could literally cause you to die of TOXIC SHOCK.

You will not die of starvation, not in America at least. Let me make clear the difference between fasting and starving, **THEY ARE NOT THE SAME!**

Fasting is the voluntary abstinence from food for a time while the body feeds upon its fat, waste, and stored energy in the form of glycogen. When that fat, waste, and stored energy are used up, then the body will begin to feed upon healthy lean tissue and that's when the body enters into the state called starvation.

Television shows pictures of children from impoverished countries with swollen bellies and bald heads. They are undergoing starvation, which is severe malnutrition.

I spent a week at the beach in Florida while fasting. Guess what I saw strolling up and down the beach day and night. I saw men, executive, well to do men, strolling in bathing suits with swollen bellies and bald heads. A different country, different circumstances, different extremes, but the same effect, **SEVERE MALNUTRITION!** Eating food with NO NUTRITION has similar results as having nothing to eat all.

A person who is fasting is **NOT STARVING**. If they continued until they used up all of their fat, wastes, and energy reserves they would enter into a state of starvation, but that rarely happens and that is not where the danger lies. The body will give signs when it is about to go into starvation. Most people have so much fat on them that they would have to fast over 40 days before their bodies even thought about going into starvation. **The real danger for the average faster is in the poisons that are released, not starvation.**

**FAST FLUSH is real.
FAST FLUSH happens
and it will happen to you when you fast.**

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.

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The largest organ in the body is also an organ of elimination. The skin is the largest organ in the body (yes, the skin is considered an organ) and it is an organ of elimination. The most usual form is perspiration (sweat). When the other organs of elimination can't handle the load or if they are somehow clogged and inefficient, then **Multiple Emissions of Systemic Sanitation or M.E.S.S.** for short, must come out through the skin.

M.E.S.S. causes pimples, zits, acne, blotches, blemishes, pustules, dryness, and a host of other skin problems. The M.E.S.S. comes out through the skin. When M.E.S.S. comes out on the skin, it not only causes the skin to look bad, yes, you guessed it, it causes the skin or the person in the skin to SMELL BAD, too. Now the bad smell is

actually caused by the bacteria that grows on the M.E.S.S. once it comes out on the skin, but it all boils down to the same thing.

One thing that you will likely notice during a fast is a marked increase in body odor of the offensive smelling kind. The body is trying to purify itself. **DO NOT BE ALARMED.** That is why it is vitally important to understand the main principle of fasting,

When you stop eating, the body starts to purify itself and eliminate toxins or M.E.S.S.!

The M.E.S.S. does not smell good coming out. You may find that your body odor increases drastically during the first phase of a fast. Mine started after only two days of the prefast preparation. Because I understood the **FAST FLUSH** phenomenon it did not concern me. In fact, I felt good about it because I knew this was only my body purifying itself and the odor was only M.E.S.S. poisons being eliminated from my body. I did not try to cover up the odor with deodorant. An antiperspirant would only slow down the process by blocking in the very M.E.S.S. I was trying to get rid of. Just keep your distance from people or at least have them informed of what is happening within your body.

Often the M.E.S.S. toxins coming out through your skin can cause a temporary rash as the body purges them from your system. The M.E.S.S. toxins do not look good coming out either.

The story of the M.E.S.S. toxins coming out gets worse, or better, depending on how you look at it.

Not only can the M.E.S.S. toxins come out through your skin but they also come out through another organ of elimination, the lungs. When a person drinks alcohol or eats garlic, both have one thing in common. Both alcohol and garlic enter the bloodstream.

When they enter the bloodstream, each releases its chemical directly from the bloodstream into the lungs. Then it goes from the lungs straight to your breath. That's why mouthwash and breath mints do not help much with alcohol or garlic.

The chemicals from the alcohol and the garlic are in the bloodstream and it is not a matter of deodorizing, it is a matter of getting them out of the bloodstream.

When the body stops eating, the M.E.S.S. toxins are literally squeezed from the tissues and into the bloodstream.

The bloodstream then struggles to get rid of them any way it can and the first available avenue is often the lungs.

When M.E.S.S. toxins come out through the lungs, simply put. . . your breath will stink. With any fast over three days, I can just about guarantee this will occur. There are ways to minimize the unpleasant body odor social effects of fasting. I will discuss that in the chapter on what to do during the fast.

When FAST FLUSH happens, stuff we never even knew was in our bodies starts to be flushed out. We start to FLUSH out drugs (legal and illegal), nicotine, caffeine, pesticides, preservatives, etc. These chemicals can lie stored in our tissues for longer than we would dare imagine. Many of these toxins have been in our bodies since childhood. None of this M.E.S.S. looks or smells good coming out. It's a blessing that we are getting it out of our bodies before it makes us sick or sicker.

As unpleasant as the body odor and bad breath may sound, that is not the difficult part. "What is worse than that?" I hear you screaming.

How the M.E.S.S. makes you feel is worse than that.

As the M.E.S.S. toxins impact your bloodstream and flood from your tissues, they can make you feel terrible. You will feel drained, you may be weak, tired, listless, rundown, beat down, and only fit to lie down.

YOU MUST UNDERSTAND WHY! It is still because of FAST FLUSH.

Your body is going through a massive cleansing. You now have more FREED M.E.S.S. toxins floating in your bloodstream than ever before. Your body is now diverting all available energy to cleansing your system. Yes, you may feel tired. The more toxic your system, the more exhausted you will feel. It is **NOT LACK OF FOOD** that has you weak and exhausted, it is the toxins.

The minute you eat the cleaning process will stop. The M.E.S.S. toxins will stop pouring out. Your breath and body odor will clear up, and things will go back to the toxic condition that you were in before. When this happens people mistakenly believe that "THE FOOD" gave them energy and the fast was draining their energy due to no nourishment. Long term fasters will tell you that the energy usually increases after the 15th day to beyond what it was before the fast began. **ENERGY INCREASES AFTER THEY HAVE GOTTEN THE BULK OF THE M.E.S.S. OUT.**

The temptation to eat due to the effects of M.E.S.S. coming out is great. Eating will eliminate the negative feeling, but enduring to the end of the fast will have a greater positive impact on your health.

Each person's reaction to M.E.S.S. coming out may be different. I tasted metallic chemicals in my mouth for five days during my last fast. I knew what it was. I was tasting chemicals which had been stored in my body for ages. Even though I have never taken any quantity of medicines or drugs in my life, I had untold poisonous pesticide and pollution residues in my tissues. This was because of the environment and contaminated food I had consumed all my life.

If you have a history of heavy pharmaceutical use, the cleansing could be drastic. If your body is extremely toxic, the outpouring M.E.S.S. can cause serious harm. The next chapter deals with simple ways to tell how toxic you are before you begin to fast.

Give Your 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 MIRACLE OF FASTING PART 1

The human stomach is a muscular, elastic, pear-shaped bag, lying crosswise in the abdominal cavity beneath the diaphragm. It changes size and shape according to its position of the body and the amount of food inside. The stomach is about 12 inches (30.5 cm) long and is 6 inches (15.2 cm) wide at its widest point. The stomach's capacity is about 1 qt (0.94 liters) in an adult. An average human **stomach** is about the size of a closed adult fist

NaturalNews) Despite the luxuries of the modern world and the perceived abundance of food, the human body is much the same as it was 10,000 generations ago. During that time, known as the *Paleolithic Period*, humans did not have welfare, food stamps or discount grocers. As a result, men and women did not eat nearly as regularly as we do now, and on average about one day per week they would go without any food at all. Obesity was unheard of as anyone who managed to become overweight was quickly devoured by wild predators due to their sluggishness. During this period (which covers *Pliocene* and the *Pleistocene epochs*) our bodies developed powerful [detoxification](#) methods that were triggered by the rhythm of food consumption of the era. Nearly 99% of humans existence was during this period. The last two centuries of the Industrial Revolution are a mere instant compared to our entire history on Earth, which is not nearly enough time to evolve or even adjust to our modern diets of processed food.

Just what is Fasting?

Deliberately ceasing to ingest food is called [fasting](#) and has been used throughout history by both people and animals to restore and maintain optimal health. Animals that become ill instinctively know to heal themselves properly by resting near a source of clean [water](#) and refraining from eating. For this reason your veterinarian will often ask whether your pet has been eating when trying to diagnose an illness. You may also have noticed that when you are very ill you lose your appetite. This was your body forcing you to fast against your will, but it should never come to

that point.

When living creatures stop eating, they reserve energy normally used for [digestion](#) and they experience the miracle of fasting. Many dismiss fasting and say "*but I can't go without food... I need my [nutrition](#)*". Ironically those who use this as an excuse are usually munching away on a fast food burger that not only provides zero nutrition, but actually taxes the body of energy for digestion and strips away nutrients while leaving toxic residues. While humans can only go a few minutes without oxygen and a few days without water, we can go up to 70 days without food! In fact, a 30 or 40 day fast is considered by many to be the key to physical and spiritual enlightenment.

While our bodies are extremely efficient and store most substances "for a rainy day", there are many unnatural and unfortunate [toxins](#) in our environment that should not be stored, and the only way to release many of them is through fasting. The [enzymes](#) in our blood are normally preoccupied with digestion, however after we go for 24 hours without food digestion ceases and detoxification begins. Those same enzymes (never wanting to take a break) move from the gut into the bloodstream where they immediately begin purifying the body, neutralizing toxins, dissolving cysts, destroying cancer cells and releasing stored toxins from cells where they are eliminated from the body

During a fast, 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, whether via a slow time-release or a quick purge. Subsequent fasts will feature less uncomfortable symptoms as our bodies have less accumulated toxins.

If you have never fasted, chances are there are substances in your body that have been there your entire life and which do not belong there. Thus, the first fast is the toughest.

In a nutshell, fasting means you cease ingestion while continuing (or increasing) excretion, resulting in a net reduction in toxins. There are a handful of essential products that will assist the detoxification process and reduce some of the uncomfortable symptoms. If you tend to have excess mucous and allergies, you will likely find your sinuses totally clear by day 2 of the fast (however the symptoms are typically worse during the first day as the toxins are being released in higher than normal quantities).

Types of Fasts

1) *Total fast* – A total fast means not consuming any food *or* water. While it may be that when we become severely dehydrated our cells are able to squeeze out toxins that would otherwise remain in the water (and thus in the cells), and while plants often bounce back stronger after they are dehydrated, pure fasting is generally not recommended as water is essential to eliminate toxins.

2) *Water fast* – A water fast means consuming only water. While safer than total fasting, there are some beneficial substances that are alright to consume during a fast so this fast is also not recommended, especially for beginners.

3) *Juice fast* - A juice fast means consuming only liquids like freshly squeezed juice, with no solid foods. You must also refrain from consuming any caffeine, nicotine, [alcohol](#) or prescription drugs. This is the most common type of fasting and the one we will explore in this article.

Next we'll explore the five key substances that you should have in stock to support periodic fasting.

Top Five Fasting Products

1) Distilled Water - (H₂O)

Distilled water is pure, condensed steam, as nature intended. While spring water companies pretend that non-distilled water contains essential [minerals](#), the reality is that humans do not absorb required minerals from water. Only chelated minerals (produced by vegetables) can be absorbed. Reverse osmosis is the next purest form of water.

2) Bentonite Clay - Aluminium Phyllosilicate (Montmorillonite)

Bentonite [clay](#) (available in two forms called [sodium](#) bentonite and calcium bentonite) is a form of volcanic ash that is a natural adsorbent and which has the remarkable ability to physically remove 25 times its weight in impurities from the body, including mercury, viruses and pesticide residues. Bentonite contains high levels of Iron, Magnesium and Silicon. Bentonite has laxative action and is also used in cement, ceramics, [acne medication](#), cat litter, and to clarify white wine.

3) Psyllium (seed husks) – *Plantago spp.* (Plantaginaceae)

Psyllium [seeds](#) husks, available in powdered or capsule form, contain fiber along with the amazing ability to absorb massive amounts of water. One teaspoon of psyllium, when added to a ½ cup of water will create a mixture that becomes so thick within the first minute that it is the consistency of pudding. Psyllium acts as a laxative and provides soothing moisture to areas that are commonly chapped due to digestive acids. For this reason it is used to treat stomach ulcers and hemorrhoids.

4) Milk Thistle (seed) - *Silybum marianum* (Compositae)

Milk thistle is a flower whose seeds offer the antioxidant Silymarin, one of the most powerful liver tonics available. It is so potent that it serves as the antidote to poison Death Cap mushrooms, one of the most deadly natural substances known and one that would otherwise cause death within 24 hours. Milk thistle is used to treat cirrhosis of the liver and even promotes healing in those who continue to drink alcohol. It also promotes lactation and is a natural antidepressant.

5) Cascara Sagrada (bark) - *Rhamnus purshiana* (Rhamnaceae)

Cascara Sagrada (or "sacred bark") is one of the only safe herbal laxatives besides psyllium. Used for over 1000 years, Cascara Sagrada bark promotes peristaltic action within 12 hours (the rule of thumb being "take in the PM for an AM BM [Bowel Movement]). Normally when we ingest meals the current meal helps move out the previous meals. However, during a fast it is essential to assist the elimination process in order to effectively remove the large amount of impurities that are trying to make a simultaneous exit.

Instructions for your first (36 hour) Fast

* On a weeknight of your choice, consume a [vegetarian](#) meal as your final meal. Popcorn is a good final snack to have before the fast. Consuming meat or dairy as the final meal will complicate the fasting process due to the high content of protein and possibly dangerous substances like sodium nitrate. Note, your first fast should occur on a non-work day as you will likely not feel so well.

* For the entire next day, from sunset to bedtime, consume only freshly squeezed (non bottled) juice, along with the substances listed above (see labels for correct amounts to consume). Drink a big glass of (1 Tbsp) Psyllium with (1 Tbsp) Bentonite Clay and water, and an hour later take any other [herbs](#) that are part of your fast. Taking them together is less effective since one removes the other. You will feel hungry and may eat out of habit so be careful. Getting to sleep that night can be tricky.

* On the morning after your first full day without food, enjoy a healthy vegetarian "break" fast. Again, you may be surprised to find that by the 36 hour point you are no longer hungry and you will have increased energy. For this reason you may decide to go longer periods as you gain experience with fasting.

For more information about fasting along with some herbs that help alleviate the symptoms of detoxification, please see the sequel to this article: *The Miracle of Fasting Part 2: (Reducing Discomfort)*. Note: although fasting is generally extremely safe, if you have medical problems or are taking medication you should consult your doctor first.

References:

The Encyclopedia of Medicinal Plants by Doris Kindersley, A practical reference guide to over 550 Key Herbs & their Medicinal Uses.

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THE MIRACLE OF FASTING PART 2

(NaturalNews) During a fast you are likely 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. If these substances make you feel ill in large quantities, they will still have subtle undesirable effects in small quantities. For that reason the following natural products are recommended. These will assist the fasting process and reduce the symptoms such as headaches and nausea that often result as so many poisons are trying to exit the body at the same time.

Top Five Products to Assist Detoxification

1) Burdock Root - *Arctium lappa* (Compositae)

One of the most powerful blood purifiers, Burdock root helps remove heavy metals and other toxins from the body. Burdock contains up to 45% Inulin along with Arctiopicrin, Arctiin, Tannins and Volatile oil. Powerful enough to draw mercury through the blood brain barrier, burdock root is one of the most important herbs to consume on a regular basis. Burdock is used to treat acne and other skin conditions as it purifies the liver. For this reason it is one of the most important substances used in the natural treatment of cancer. Burdock has antibacterial, antifungal and anti-tumor effects.

2) Dandelion – *Taraxacum officinale* (Compositae)

Dandelion is a bitter herb with diuretic and detoxifying properties. Dandelion contains Sesquiterpene lactones, Coumarins, Taraxacoside and minerals such as Potassium and Calcium. Dandelion can help alleviate the symptoms of fasting such as headaches, which are caused from both caffeine withdrawal and the high level of toxins in the blood found during fasting. **Note that dandelion should not be taken long term or it may cause organ damage.** Dandelion is used to treat blood pressure, coughing, constipation, hangovers and gallbladder problems.

3) Licorice Root – *Glycyrrhiza glabra* (Leguminosae)

Licorice root is another herb commonly used during fasting to help reduce discomfort. Licorice contains Glycyrrhizic acid which is 50 times sweeter than sugar, yet licorice is not thought of as sweet. A powerful anti-inflammatory, licorice is used to treat arthritis and is also used as an expectorant, demulcent and adrenal agent.

4) Blue Green Algae - *Anabaena sphaerica* (Cyanophata)

Blue Green Algae is a type of bacteria that offers powerful cleansing properties. Blue green algae, also known as Cyanobacteria, contains chlorophyll, a deep green antioxidant that is an important addition to your fasting products. "Bad" bacteria such as fecal coliforms simply cannot coexist in the presence of chlorophyll. It is this algae that naturally keeps fresh water ponds clean and clear. It also provides enormous amounts of nutrition. Algae reduces nitrogen and carbon while increasing oxygen.

5) Grapefruit (Juice) - *Citrus paradisi* (Rutaceae)

Freshly squeezed grapefruit juice is one of the only foods (besides Melons) that does not require stomach acid for digestion. The stomach acid normally kills most of the enzymes, but with grapefruit juice the enzymes are delivered deep into the intestines. A hybrid of pomelo (*Citrus maxima*) and sweet orange

(Citrus sinensis), Grapefruit is perhaps the healthiest food to consume for breakfast (or for breaking your fast). Grapefruit juice is highly alkalizing (only when fresh, not bottled) and is a natural cleaning agent that has antiseptic, antibacterial and antifungal properties.

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NaturalNews) The classic method of detoxification is to travel to a health spa, most of which have one thing in common: a source of clean water. They basically provide a really expensive bath. These are helpful, and during a fast, you may feel bored because you can't eat. Hence there is no better time for a great bath than during a fast. This article will explore the details of creating an affordable and revitalizing bath at home.

For detoxification, a bath is preferable to a shower since you wash toxins off instead of absorbing them in. When we wash ourselves with tap water (especially when it is vaporized in the shower), we are ingesting chlorine, fluoride and other bad things through our pores and lungs. Not to mentioned the scented, toxic detergents and pharmaceutical

residues. We can't possibly get any cleaner than our water.

With the right combination of ingredients however we can turn ordinary bath water into a detoxifying liquid solution, but first consider things that may be contaminating the water to begin with.

1) **Plumbing Materials**

Older pipes may rust, or contain lead. There are three main options for pipes:

* **Copper** - the most expensive pipe fits into tight areas, increases property value and is less likely to leak unless reaching 180 degrees. Be sure to use quality lead-free solder for the pipes.

* **Galvanized Steel** - This zinc coated steel prevents rust, but contains lead and corrodes quickly, lasting only 40 years. Suitable mainly for large projects.

* **PCV pipes (plastic)** - The lightest, cheapest and fastest to install is also bulky in size, may add plastic residue to water, and is most likely to fail.

2) **Water Source**

While the best spas have some natural spring providing water to bathe in, ideally you can have equally [clean water](#) in your house.

* **Reverse Osmosis** - The best way is to have a Reverse Osmosis unit on the main water line coming into the house. These are expensive and require maintenance, but will filter everything in the house.

* **Well Water** - Ideally your main pipes will be pumping your own well water from underground, also using a polishing filter.

* **Chlorine Filter (for shower head)** - If you have a shower chlorine filter (that only work for a limited time) you can remove the nozzle and fill the tub through the filter, but heat is wasted as the water cools on the way out.

* **Sacred Water** - Some water, especially in the ocean or near volcanic springs, is said to have magic healing properties. This is worth seeking and is tough to recreate at home.

3) **Water Enhancement**

Ok, so the water and pipes aren't perfect... we did our best. Next, how do we purge the bad ingredients that are still there and also fortify the solution with the best ingredients? Add the following:

* **Sea Salt** - *Sodium Chloride*

Sea salt contains many [trace minerals](#). Sea salt stabilizes the heartbeat and blood sugar level. Sea [salt](#) helps generate hydroelectric energy, improves absorption and nerve cell communication. Sea salt relieves the lungs and sinuses. Sea salt neutralizes chlorine in the water.

* **Apple Cider Vinegar** - *Malus Domestica (Rosaceae)*

Raw, unfiltered [apple cider vinegar](#) contains the Mother, an enzyme chain long regarded as a cure-all and taken by Hippocrates (Father of medicine). Apple cider [vinegar](#) helps relieve gout, acid reflux and arthritis symptoms. Adding cider vinegar to a bath is an age old remedy for many skin ailments and generally is used to keep the water free of harmful [bacteria](#).

* **Baking Soda** – *Sodium Bicarbonate*

Adding 1/2 cup of [baking soda](#) helps neutralize acids and softens skin. Baking [soda](#) can also be used to make bubbles

by adding a slight amount of Tartar and Corn starch (example: .6 cups baking powder, .5 cups tartar, 2 tbsp [corn starch](#)). Baking soda also helps to remove electronic radiation that may be buzzing about you like static cling.

* **Bentonite Clay** - *Aluminium Phyllosilicate (Montmorillonite)*

In Part 1 of the series Bentonite was discussed as an internal [cleansing](#) product. In a bath it is used for its external cleansing properties, similar to a mud bath. For that reason it is not necessary to have the same grade of quality. Bentonite [clay](#) (available in two forms called [sodium](#) bentonite and calcium bentonite) is a form of volcanic ash that is a natural adsorbent and which has the remarkable ability to physically remove 25 times its weight in impurities from the body, including mercury, viruses and pesticide residues. Bentonite contains high levels of Iron, Magnesium and Silicon. Clay has soothing properties for the skin and provides essential trace [minerals](#).

* **Blue Green Algae** - *Anabaena sphaerica (Cyanophata)*

In Part 2 of the series we discussed the internal cleansing properties of green drinks. Blue Green Algae also has external uses as the bacteria offers powerful cleansing properties. Also known as Cyanobacteria, Blue [green algae](#) contains chlorophyll, a deep green antioxidant that is an important addition to your [fasting](#) products. "Bad" bacteria such as fecal coliforms simply cannot coexist in the presence of [chlorophyll](#). It is this algae that naturally keeps fresh water ponds (and baths) clean and clear.

* **Essential Oils** - Choose three from the collection you should have -- each having its own mood altering properties through aromatherapy. Add about three drops of each. Popular ones include Tea tree, Peppermint, Lavender, Sandalwood, and Eucalyptus. Note: gender specific scents (no Geranium or Rose oil for men).

* **Natural Soap (unscented)** - A small amount of [soap](#) will prevent the oils from coating you or the tub directly. Choose soap that does not contain fragrance or sodium laurel sulfate.

Recipe for Detox Spa

Ingredients:

- * 1/3 cup Baking Soda
- * 1/4 cup Tartar
- * 1 Tbsp Cornstarch
- * 1/2 cup Sea Salt
- * 1/4 cup Powdered Green Clay
- * 1 Tbsp Blue green Algae
- * 1 Tbsp Vinegar
- * 1 Tbsp Liquid Soap
- * 9 drops of Essential oil (3 drops each of 3 types)

Instructions:

- * Mix Baking Soda, Tartar and Cornstarch
- * Mix [essential oils](#) directly with sea salt.
- * Mix soap with chlorophyll, vinegar and clay powder.
- * Blend above mixture into final blend (it can be dried and reused later).
- * Use about 1 cup of combined mixture to bath.

References:

Types of Plumbing

(([http://home-improvement.savvy-cafe.com/...](http://home-improvement.savvy-cafe.com/))

Here's the recipe for making the Master Cleanse lemonade:

- * 2 Tablespoons of organic lemon juice
- * 2 Tablespoons of organic grade B maple syrup
- * 1/10 Teaspoon ground cayenne pepper
- * 10 oz of filtered water

That recipe is for a single serving of lemonade, and you should drink 6-12 servings a day. You can also make up a big batch by multiplying that recipe by however many servings you plan on drinking which is what I like to do. Just make sure you keep it refrigerated, and don't make more than one days supply because you want the lemonade to be as fresh as possible when you drink it.

You might be wondering about how the lemonade tastes. The cayenne pepper is a real concern for some people, but the lemonade is surprisingly tasty. The cayenne pepper gives the lemonade a nice kick.

What if you don't like spicy drinks? Here's a tip: Take two cayenne pepper capsules with each glass of lemonade instead of mixing the ground cayenne pepper into the drink. You can find cayenne pepper capsules at most health food and vitamin stores for around \$5 a bottle.