

A person stands on a beach, their silhouette dark against the bright, shimmering water and the sun's glow on the horizon. Their arms are raised in a gesture of triumph or joy. The sun is positioned high in the sky, creating a lens flare effect. The overall scene is one of peace and vitality.

THE WHOLE HEALTH WARRIOR THERAPUETIC AND SPIRITUAL FASTING

Your guide to vibrant health through cellular rejuvenation

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THE WHOLE HEALTH WARRIOR'S SECRET WEAPON THERAPUETIC AND SPIRITUAL FASTING

“Fasting is not a fad but a definitive cure which must eventually establish itself in a permanent first place to the benefit of all mankind”

Arnold Ehret, *Rational Fasting*

In 1976 I was browsing through a health food store in Venice Beach, CA, when a small orange colored book caught my eye. On the cover of the book was a photo of a very distinguished man with a very unusual moustache that had a very special look about him. The look was of vibrancy and energy. The name of the book was *Rational Fasting for Physical, Mental, and Spiritual Rejuvenation* and the man in the picture was Professor Arnold Ehret, the author. The book cost a whopping dollar and twenty five cents. I was, at the time, intrigued and experimenting with what was termed “Health Foods” so I bought the book, read it from cover to cover and immediately went on a 10-day fast. The results were exciting, for at the end of the fast I became leaner, had greater energy, and overall had a greater feeling of health. I was hooked on fasting.

From that point forward I have been a strong believer in the power of fasting and, that it should be an integral part of any total mind – body – spirit health program. I now hold it as the secret health building weapon of the Whole Health Warrior. Additional books by Professor Ehret were immediately purchased and read. They each cost one dollar, *Physical Fitness thru a Superior Diet, Fasting, and Dietetics, Building Strength and Bodily Efficiency – Internal Cleanliness – My Road to Health, Mucousless Diet and Healing System, and Thus Speaketh the Stomach, The Tragedy of Nutrition*. To this day I still have possession of these small books which are all worn out, written on, with many of the pages folded over. I consider them amongst my most prized possessions and the best five dollars and twenty five cents ever spent. The messages that Prof. Ehret wrote in those books are as important today as ever, maybe more so. If you ever get a chance to buy or read these books do yourself a favor and “just do it”.

A few of Dr Ehret’s important messages from *Rational Fasting* include: “Disease is the fermentation and decay process or surplus of food materials in the digestive organs which makes its appearance in the form of mucus excretion (and disease)”, (p. 37). “Complete

fasting – followed by a decrease in the quantity of food eaten is the only check on overeating and a diet of non mucus forming foods (plant based foods) must be adopted”, (p. 25).

As you can see it is the “nerve energy” or “life energy” that carries out the functions of the human body. It is what gives us what we call “life force”. Fasting has long been known as the great nerve energy builder. It is the systemic rest that allows us to rebuild our nerve energy. Dr. Tilden in his book *Toxemia Explained* states, “Without nerve energy the functions of the various organs of the body cannot be carried on. The worn out tissue (toxins) must be removed, eliminated from the blood as fast as it is formed, or it accumulates and as it is toxic, the system will be poisoned. This is called enervation”, (p. 38). As we see Dr. Tilden is pleading for some process that will detoxify the body. Fasting is the best detoxifier known to man.

One final note, I felt that this chapter on fasting would be best written while undertaking a fast, with that, I am writing this chapter during the third day of a seven day green juice fast and I feel great.

The definition of fasting:

What is fasting? This is a very important question and a good place to start our discussion. Many authors and doctors will offer their own definition of fasting in their books and articles, such as a pure water fast, various juice fasts, eating only specific foods such as a fruit only fast, or a grapefruit fast, an elimination fast will pick one specific food and take it out of the diet such as a milk fast, possibly a cleansing fast allowing only one special drink during the fast. Some even offering up a dry fast which means no solids or liquids of any kinds are taken. Out of respect for all of these different types of fasts, while each may have its own benefits, and for the sake of this discussion I offer up my following definition of a fast.

Fasting is the refraining from solid foods as well as negative outside influences. It is a time for quiet, rest, and healing for the mind and body. During this fast only clean liquids, will be taken into the body. This means pure water or fresh squeezed live organic vegetable juices. Nothing should be added to these items, such as seasonings, and of course any solid foods.

Therapeutic and spiritual fasting:

For the purpose of this discussion I have chosen to break fasting into two major categories; therapeutic and spiritual. The reason for this is that I perceive these as the two major benefits of fasting, one for the mind body and one for the spirit. Of course there is little chance to really separate the two in practice but by doing so in this discussion we gain a greater insight and understanding to each of the benefits.

Therapeutic fasting is designed to rest and cleanse the entire body starting with the digestive system. The idea of resting the systems is to allow the body to build up its vital

energy reserves. This is done by giving it a vacation from having to digest food stuff, and complete the process of food breakdown and assimilation all of which takes valuable vital energy. Once there is no external food being taken in, the body has a chance to cleanse and heal itself internally. With almost no need for digestive enzymes the body's endogenous enzymes can do the much needed work of repair, cleansing and rebuilding energy reserves. Thus therapeutic fasting may also be considered a cleansing or healing fast.

Dr. Edward Howell comments on fasting and enzyme activity in his book *Enzyme Nutrition*, "As the true alchemists of the body, enzymes can convert protein into fat, or sugar and carbohydrates into fat. Conversely, during an animal's long winter hibernation, or a person's self imposed fast for weight loss, enzymes convert fats (and proteins) to carbohydrates for energy. It is important to keep in mind that enzymes perform thousands of metabolic tasks continuously even as we fast", (p. 34). It is for this reason fasting has been used as a cure for many of the diseases we have been suffering from for centuries. Paul Bragg states in his book *The Miracle of Fasting*, "Most people are sick or half sick most of the time, and in my opinion I believe that they enervate and exhaust themselves trying to burn up all the extra food they consume", (p. 47). Many of the world's great therapeutic fasting healers have developed their own fasting protocols, methodologies and formulas for executing the fast based on their desired outcomes and the individuality of their patients. Rudolf Breuss had a famous protocol for curing cancer as well as did Max Gerson. Arnold Ehret was famous for using fasting to clear the body of catarrh (mucous), while Dr. Shelton, Dr. Jensen, Paul Bragg, Dr. Tilden, and Arnold DeVries each had their own favorite protocols. Many of which you will read about later in this chapter.

Spiritual fasting is undertaken to gain a greater closeness and insight to the Universal Spirit. Dr. Cousens in *Conscious Eating* shares this with us, "Through repeated fasting, one becomes a clearer receptacle for the assimilation of God's energy into the system", (p. 229) By resting the body and allowing it to self cleanse we are in a sense purifying each and every cell in our bodies, opening it to the greater possibility of absorbing the less dense spiritual nutrients available to us. The less dense spiritual nutrients come in the form of sunlight, electromagnetic energies, oxygen, cosmic energies, all of which are delivered through different frequencies. Another form of energy called tachyon energy is available to us as a pure unstructured energy ready to be given form by our subtle organizing energy systems, SOEF's. Our ability to quiet the mind through meditation is heightened by spiritual fasting. The more pure we become, the more open our system becomes to accepting universal energies. As Jentezen Franklin states in his book entitled *Fasting*, "When you eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God", (p. 10).

Bogging down the body with the digestive process interferes with our ability to meditate and quiet the mind. Much of our vital energy is used during the process of digestion which may interfere with the ability to meditate. Dr. Cousens writes in his book *Spiritual Nutrition*, "Spiritual fasting begins with a sense of communion with the Universal Spirit

and usually ends with a deeper sense of that communion. The act of fasting, especially a long one such as a 40 day fast, is a mystical sacrifice of the body.”, (p. 150). The best opportunity for spiritual alignment is when the body is quiet and clear of energy blockages and drains. Fasting is the main way of accomplishing this end. Arnold DeVries quotes Dr. Tanner in the book *Therapeutic Fasting*, “ During a fast we develop some sort of psychic powers which explains why the old prophets and seers so often resorted to fasting as a means of spiritual illumination”, (p. 15). I recently asked my students at Carroll College (Fall 2010), “Why do most religions include fasting as part of their traditional practices? This is what the students said: To demonstrate “personal sacrifice” and to demonstrate “self discipline”. I was very impressed with their answers. The following quote from *The Essene Gospel of Peace* by Edmond Szekely tells us how Jesus looked at fasting, “Then Jesus turned to the sick folk and said; I speak to you in parables that you may better understand God’s word. The seven years of eating and drinking and riotous living are the sins of the past. Your Father allows you to pay in seven days the debts of seven years. But pay honestly and do not eat for the full seven days, and all your debts will be forgiven”, (p. 28).

Purpose of fasting:

David Wolfe in his book *The Sunfood Diet and Success System* writes this about fasting, “Fasting (resting the body from food) is part of life. People fast every night when they go to sleep, this abstinence from food and liquid may last eight to ten hours or longer. Now if humans lived in a normal and natural way, each nights repose would be adequate, but because humans live so far away from the natural state, the nightly nocturnal fast is not sufficient to completely rest or purify the body”, (p. 431). Fasting provides us and our bodies with an escape from everyday life. Most people start fasting for health or therapeutic purposes, and as they become more evolved they become more aware of the spiritual aspect and expand their purposes for fasting by including the spiritual component. At first I personally considered fasting simply as a health enhancer before I came to realize the spiritual aspect. This paradigm shift is considerable. Fasting is a very personal action and should be done in private, if necessary under the supervision of a physician practiced in fasting therapy. This is especially true for extended fasts, if you have specific medical issues or are on medications.

Although there are many reasons to fast, here are just a few: to cleanse the system which rids the body of toxins and waste, to eliminate mucous and disease from the body, to rest the digestive process, to lose weight, to open yourself to greater sources of energy, to eliminate certain sets of symptoms which are called diseases, to rejuvenate cells and even to reverse the aging process. According to *The Essene Science of Fasting* by Szekely “A great part of the energy of the organism is absorbed by the work of absorption (digestion)”, (p. 13). DeVries in his book *Therapeutic Fasting* agrees with Dr. Ehret when he states “During a fast, the necessary work done by the organs is reduced to the lowest possible minimum. Part of the energy which would normally be devoted to the work of assimilation may, during a fast, be used to expel the accumulations of waste and toxins”, (p. 13).

Many people call fasting a “miracle cure”, which is ludicrous. Fasting is not a cure at all it is simply a process of resting thus allowing the body to do what it is supposed to do, in other words it facilitates the curative process. No one, no process, nor any drug cures anything or any disease, only the body does the real curing. Herbert Shelton, one of the great fasting proponents states in his book, *Fasting for Renewal of Life*, “Fasting heals nothing. It is correct to say that it is a biological process which is often an integral part of the overall healing process, but it no more heals than does breathing or exercise. It is a period of greatly reduced activity during which the body can do for itself many things that it fails to do under conditions of stress and full activity”, (p. 112).

How fasting works:

Fasting is actually quite a simple process to understand. The body spends a lot of energy, effort, and resources to digest food and convert it to energy. During a fast the body is free to use all of these resources to rest, cleanse and repair itself. David Wolfe describes fasting in his book *The Sunfood Diet and Success System* in the following way, “As you begin to understand longer fasts you will recognize that the body first uses up the sugar in your system for fuel, then, after three days, clicks over to glycogen stored in the cells and liver. The body will eventually tap into fat and begin converting that into fuel until it is depleted. Protein breakdown is the last thing the body turns to for fuel“(p. 432). “Actually it uses up all glycogen in cells in 24-48 hours”, (Gabriel Cousens 2-12).

It is during this period some seemingly miraculous things can happen. While fasting the body does not need the energy to digest and absorb food, so it turns inward looking to find things to convert to fuel. During this process of searching for alternative sources of fuel and of cleansing, the body may come across things such as excess adipose (fat) or even a tumor or growth of some sort. The body simply sees this as something to consume, convert or cleanse from the body. I call these the three C’s of fasting. Fasting has been known to move fat into a usable carbohydrate for bodily energy (convert). It has been known to rid the colon of putrefied waste (cleanse), as well as gobbling up aberrant cells in the body and destroying them (consume).

The following statement by Rudolf Breuss in his book *The Breuss Cancer Cure* might open a lot of eyes, “During the fasting treatment for cancer, protein intake is stopped, since there is no protein in the daily diet. The organism is unable to live without protein, thus the protein starved blood cells (via enzyme action) attack everything non-essential, such as growths, waste matter and boils. This is akin to an operation without a knife. which the white blood cells accomplish meticulously” (p. 24). This is what Paul Bragg meant in his book *The Miracle of Fasting*, when he described fasting as “being on nature’s operating table”, (p. 66)

The many benefits of fasting:

Increase longevity in *Rational Fasting* by Ehret

“I have quoted the clogging up by mucus as being the reason for disease and aging. I have also proved the possibility of re-substitution of dead cells with new healthy cells. This process is completed by sun-foods and fasting”, (p. 40).

In the book *Therapeutic Fasting* by Devries we find that “fasting has significant benefit in reducing or eliminating the causes and symptoms involved in at least 50 diseases including, high blood pressure, arthritis, cancer, diabetes, kidney disease, hay fever, ulcers, colitis, psoriasis, varicose veins, and many more, (Pp. 17-30).. This goes back to the concept that diseases although categorized and named are all caused by the same systemic conditions within the body.

Bifurcation is the turning point of which some of a person’s cells, tissue or organs are either shifting to full degeneration, aging and disease or to regeneration, youthening and healing. It is sort of a fork in the health road between wellness and illness, between order and chaos. In the book *Tachyon Energy* by Dr Gabriel Cousens and David Wagner, the authors described bifurcation in this way, “In order to understand the order/chaos/order theory the term bifurcation point really helps elucidate whether we move toward health or toward illness at any particular point. This happens regardless of whether we actually choose it or our bodies go that direction without our conscious awareness”, (p. 21). Earlier in the book we discussed the theory of body consciousness. There are many bifurcation points within the journey called body consciousness. Fasting works to help the body to make the wellness decisions each time it comes to a bifurcation point.

It is my opinion that therapeutic fasting has considerable influence on which way the body will go in regards to health and wellness or disease and illness. All of the conditions set in motion by the fasting process lead me to believe that the body, when given the opportunity, will move to healing. Many healers, scientists, doctors and researchers agree with this position as stated in the following quotes:

To give you an example of how fasting may stimulate the youthening process we may note that fasting has an effect on Human Growth Hormone (HGH), long known as the youthening hormone. Durk Pearson and Sandy Shaw share with us in their book *Life Extension*, “HGH is released by the pituitary gland in the brain in response to factors such as exercise and fasting. HGH has many functions in the body including maintaining the immune system, stimulating muscle growth, and burning fat. Exercise must have a briefly sustained muscular peak to release HGH in the body.”, (p. 229).

Dr. Edward Howell, *Enzyme Nutrition* states, “Fasting has been popular among certain groups as a method of treatment for ailments since the nineteenth century. During a fast the stress on the organism for the digestion and assimilation of food and elimination of its waste is drastically reduced. The manufacture of digestive enzymes is cut down to a trickle, so the body has a better chance to supply what is needed to overhaul what is often

a neglected and run down piece of machinery. The enzyme potential helps to remodel the body at an accelerated pace”, (p. 130).

Dr Ehret states in *Rational Fasting* “Life is a tragedy of nutrition – the more waste that a man accumulates the more he must eat to stop the eliminations of toxins”, (p. 56). This quote sums up why we may seem hungry shortly after we eat. Bad food stimulates toxins which make us feel bad so to slow this process down we must add more food into the system to slow the release of toxins. This is how we end up with what may be considered a toxic dumpsite.

Dr. Joel Fuhrman in his book *Eat to Live* says this about fasting, “Therapeutic fasting can be an extremely effective adjunct to control the autoimmune response and reset the hyperactive immune system to a more normal (lower) level of activity. Do not fast patients who are on immunosuppressant drugs”, (p. 171)

Dr. J. Rancourt from the introduction of *The Bruess Cancer Cure* states, “Since attitude influences the whole metabolism, people who fast are truly taking their health into their own hands. The fast is often the beginning of physical and spiritual awakening, compelling people to ensure their future health by turning their lives around., adopting positive habits and living closer to nature, (p. x).

Arnold DeVries in his book *Therapeutic Fasting* extols the virtue of fasting when he writes, “Fasting serves many purposes in terms of physiology and chemistry. It produces rejuvenation of tissues, induces autolysis of abnormal growths, improves the powers of digestion and assimilation, re-establishes normal chemistry and secretion, affords the organs of the body a physiological rest, increases elimination, promotes nerve energy recuperation, strengthens the mind, and perhaps improves metabolic functioning in various ways which we do not yet understand. These factors may mean the difference between strength and weakness, health and disease, and perhaps even life and death”, (p. 14).

Once again from Dr. Howell in *Enzyme Nutrition*, “Perhaps when the organism is relieved of its usual chores for an extended period, it accumulates enough enzyme power to autolyze (dissolve) some pathological conditions by virtue of being able to concentrate more intense enzyme activity on them”, (p. 132). This of course is why some people have had wonderful results in using fasts as a cancer treatment.

Dr Bernard Jensen tells us this about fasting in his book *Breath Again Naturally*, “Fasting is the most direct way to get toxic materials out of the body. This is done along with complete rest physical, psychological and psychic. I don’t believe any particular juice will cure anything, but I believe the rest you give your body allows it the opportunity to reverse the disease process and to recover your health”, (p. 52).

Preparing to fast:

Jumping right into a fast from the standard American diet (SAD) is probably not the best of all scenarios. Your body is most likely overloaded with toxins and impacted with significant waste. Although not imperative, it is best to spend some time prior to your fast eating a diet consisting of fresh fruits and vegetables which are high in fiber. Eating this way will help prepare your body for the cleansing process of the fast in a more manageable way. Let it be known it is probably better to jump right in than not to fast at all. It would be wise to employ the assistance of a doctor who understands both your personal health and the process of fasting.

How long to fast:

Edmond Szekely offers a bit of good advice in his book *The Essene Science of Fasting* when he writes “The physiology of the fast is that the organism first eliminates those parts within the organism which are unhealthy (excesses and superfluities, toxins and dead cells) and only when unhealthy tissues have disappeared does it begin to consume healthy cells and tissues”, (p. 15). The conclusion is that the fast should be stopped when the bad tissue is gone and the before healthy tissue is consumed. Paul Bragg in *The Miracle of Fasting* discusses the tongue as an indicator in toxicity and cleansing, “The tongue is a magic mirror. Your tongue can reveal how much toxic materials are stored in the cells and organs.” He further states, “A few days of fasting will coat your tongue with a thick white, rancid, toxic material. This tongue coating is an accurate indication of the amount of putrefied material being eliminated by your body”, (p.84). The cleansing effects of fasting seem to start in earnest at or around the third day of the fast and will continue until the organism is cleansed of toxins. A word of caution do not go on an extended fast without proper supervision. These are just rules of thumb comments.

There are several common types of fasts that you may wish to experiment with. The one day per week fast is a perfect way to give your body a well earned rest one day per week. It will help generate life energy. It will help build self discipline as well. The one day per week fast does little to cleanse the system, but is worth undertaking. One day fasting per week will give you a total of 52 days per year without food which is great for controlling weight.

The seven to ten day fast seems to be the most manageable for the average person. Cleansing will occur, organs will rest, and spirituality will be heightened. Most studies indicate many common ailments such as asthma, arthritis, gout and others respond extremely well to the seven to ten day fast. Longer fasts, two weeks, twenty one days or more should be undertaken under the direct supervision of a physician who has experience with fasting patients. Finally the mystical 40 days as undertaken by Moses, Jesus and many of the great spiritual leaders, did so to become as pure as possible with the intent to become as open to the Universal Spirit as possible.

Liquids during your fast:

Certainly during your fast you should drink clean, pure water. The water will assist in flushing the toxins out of the body. It will also consistently serve as the conductor of the electrical charges at the cellular level. This is of course what provides that vital electrical energy for the body. Sufficient water will aid in the evacuation of solids from the colon during your fast which is critical, so as to clear toxic buildup. Paul Bragg suggests in his book *The Miracle of Fasting* that “Distilled water is the best choice for fasts”, (p. 51). He claims that distilled water contains no inorganic minerals. I agree with Paul in as much as we drink green vegetable juices as well, for the water in vegetable juices is distilled by the plant and structured for maximum absorption. The vegetable juices contain significant minerals. Distilled water should be re structured and mineralized if that is all you choose to drink.

Dr. Anthony Cichoke tells us in his book *Enzymes, Enzyme Therapy*, “The natural nutrients in fresh vegetable juices aid tremendously in the detoxification process. Consider parsley, celery, and carrot juice (in small quantity) They contain chlorophyll, Vitamins A,C,E and the minerals selenium, and zinc as well as SOD (superoxide dismutase) and other enzymes great for detoxifying”, (p. 104) If you choose to include other liquids you might try fresh organic vegetable juices. Fresh green juices will provide the body with essential minerals, chlorophyll and other key nutrients used by the body.

I like to suggest wheatgrass as part of your fasting protocol. It provides the best in live liquid nutrition. It will help cleanse the system as well as provide it with a high level of chlorophyll and additional minerals. Arnold Ehret in *Rational Fasting* warns us, “Be extremely careful with fruit juices because they may cause the toxins to become loosened too rapidly without causing a bowel movement”, (p.55). He further states, “As a change vegetable juice from boiled non starchy vegetables is good during a longer fast. It provides a high level of minerals”, (p. 54).

Brian Clement in his book *Living Foods for Optimal Health*, makes a good point regarding juice vs. water fasts, “Drinking only water greatly accelerates the cleansing process, causing massive amounts of toxins to be released from the body. This puts unnecessary stress on the organs of elimination. Juice fasting, while just as effective, causes less trauma and discomfort. And more important, on a juice fast you are nourished and strengthened instead of being depleted and weakened”, (p. 130).

The question at this point is how much juice to consume during your fast. Ann Wigmore in her book entitled *The Wheatgrass Book* suggests the following, “Drink 1-4 ounces of wheatgrass juice straight 3 times per day. Follow the wheatgrass drinks with 8-12 ounce green juice about 30 minutes later. In between you may drink as much lemon water as you wish”, (p. 100). I believe you can consume as much as you feel comfortable drinking. This is true for the water you will be drinking as well. The key is not to force anything. Your body will respond accordingly and tell you what the right quantity is. Norman Walker in his book *Vegetable Juices* says this about the quantity of juices, “Just as much as one can drink comfortably without forcing oneself. As a general rule one pint

daily is the least that will show any perceptible results and preferably two to eight pints or more. We must bear in mind the more juice we drink the quicker will be the results”, (p. 24).

Juices unlike green smoothies pull out the structured water and essential nutrients from the vegetable to help the body cleanse. A green smoothie is a whole liquefied food in a glass Even though it is a liquid it contains all of the solids in the veggies including the fiber. This will slow down the process of elimination you are looking for in a water or juice fast. Just a note of caution, due to the high sugar content I suggest you do not include very much fruit juice in your fast. Organic salads are best used to break fasts.

My personal favorite fast:

My personal favorite fast is a green juice fast, with several ounces of wheatgrass juice per day and as much water as I wish to drink. As a supplement I like to drink some lemon-lime water and herbal teas. This is very cleansing but maintains a high mineral intake, good blood builders and plenty of fluids. This allows me to maintain a very high level of energy while fasting. I will consume about two to three quarts of liquids each day.

When to fast

I will start with my favorite schedule. I like to think that fasting four times per year for seven days, at the end of the old season and start of the new one is optimal. Combine this with one day per week if you are over weight and you are good to go. Add to this a day or so whenever you feel low energy or you are coming down with some type of illness.

If you cannot or do not want to keep this type of schedule then a number of short three day fasts whenever you can fit them in would do you some good as well.

Paul Bragg in his book *The Miracle of Fasting* tells us, “I do four 7-10 day fasts per year, with a weekly 24-36 hour fast. At the beginning of each year I mark my fasting days on a calendar. So by the end of the year I have fasted around 75 days per year, imagine what that does for my entire body”, (Pp. 69-70).

Fasting tips and advice:

The best time to fast is when it is warmer outside, which will allow you to be outside and yet retain body heat which is at a premium during the fast.

Before you fast it is best to eat a cleansing diet for a month or so. This diet should be of mostly high fiber fruits and vegetables. Even a few days on this diet will be useful. Drink lots of water prior to your fast to hydrate and clean the system as best as possible. Rest as much as possible and needed when you fast. Give the body the opportunity to use its energy to cleanse. Be sure to stay warm during your fast. Get as much fresh air as possible.

Full body dry skin brushing will help you detoxify with less effort. Use vegetable bristle skin brush available at most health food stores. Skin brushing cleanses your skin allowing toxins to pass through the pores easier thus taking stress off the kidneys.

If you have access to a sauna it will also help detoxify through the process of perspiration.

Deep breathing exercises give the body much needed oxygen, a non dense form of energy, to carry on its cleansing functions and oxidation of toxins. Short sunbathing sessions are advised when fasting, but be sure not to overdo it.

Avoid emotional upheaval of any kind. Remove yourself from stressful situations during your fast.

Walking will help keep the blood circulating. Dry skin brushing with a vegetable bristle brush will assist the kidneys in the elimination process. Sun baths assist in this process by introducing ultra violet energy which provides anti bacterial benefits. Water bathing and cleansing showers help keep the skin's elimination channels working effectively.

Working under the supervision of a "fasting" doctor and getting checkups is quite important for longer fasts, especially if you have special medical issues.

Of course take in no toxic substances such as alcohol, caffeine, drugs, or even medications. If you are on medications be sure to check with your doctor.

During a fast we are in a cleansing mode where toxins tend to be released faster and build up in the body quicker. The common wisdom is to assist in ridding the body of these toxins by incorporating an enema or colema into the program. Dr Szekely in *The Essene Science of Fasting* believes enemas are a very important part of the fast and states, "At the beginning of a fast, the enema may be taken morning or evening, but not less than eight hours after the last meal. After only a few days there will be an improvement in the complexion, indicating the cleansing process within", (p. 19). A contrary opinion is expressed by Arnold DeVries in his book *Therapeutic Fasting* when he writes, "The colon is not an organ from which much absorption occurs. The use of an enema to some degree is a drain on the patient's vitality. It also washes away the mucous which normally protects the lining of the colon, and it may break some of the smaller muscles in the intestinal wall thus laying the groundwork for future constipation. It has further been noticed that bowel action is usually restored more rapidly after the fast when the enema has not been used", (p. 60). With these two divergent opinions it seems to me that each person should make their own decision based on the conditions at the time and on a case by case basis.

Breaking your fast;

Probably the most important part of the fast is when you decide to break it. The body has been resting and cleansing and is at this time ready to absorb what is about to be put into it. This adjustment to solid foods should be undertaken slowly. Foods that are hard to digest, full of toxins, or even too high in insoluble fiber will cause serious problems. The first foods introduced into the body should be very easy to digest, clean, fresh squeezed, organic, unpolluted foods. I like to start with small quantities of soft fruits or a small sprout salad for the first day off the fast. Juices should be room temperature, diluted, and should be taken. Arnold Ehret in *Rational Fasting* suggests, “Break the fast with raw and cooked starch less vegetables such as stewed spinach, (p. 53). Limit the fruit juices for they are so high in sugar. After the first day vegetable juices and sprout salads with some watery vegetables, can continue on the same schedule and then the introduction of small quantities of smoothies. The diet you follow after a good fast should be plant based, organic and as much raw as possible. If you are diabetic keep the sugar content down by skipping the fruits and go straight to vegetables.

Your diet and life after fasting:

The benefits of a fast are significant and long lasting only if you follow the fast with the proper diet and lifestyle. Imagine washing your car then driving straight through a mud puddle. Remember upon the completion of a fast your body will be absorbing nutrients at its highest level. That goes for bad as well as good. A diet high in raw vegan foods is going to extend the benefits of your fast over a long period of time. The nutrients, enzymes, and life force will be absorbed into the cells of your body to be used to build healthy new cells and tissues. By fasting you have gotten to the base of the degenerative problem and hopefully eliminated most of it. By following up with a low quality, low nutrition diet you will undo all the good and be back on the road to ill health.

A high quality follow-up diet will maintain the benefits of your fast. Szekely writes in *The Essene Science of Fasting*, “The organism absorbs everything after a fast, so he reconstructs his organism with whatever he eats”, (p. 28) and “New cells should be constructed with only the finest building materials from nature’s table of wholesome raw foods”, (p. 24)., This is true with your lifestyle choices as well. Remember the seven pillars of the Whole Health Warrior. They should be built into your “post fast” lifestyle. They include walking, absorbing vital life energy, giving, enlightened education, physical activity, and a quiet mind. Build these into your life after the fast so as to maintain vibrant health.

A final point to be made here is to reduce the amount of food you eat to as little as you feel comfortable with. The key to longevity and most disease prevention is to eat as little as possible in order to keep the system clean. Eating the minimal quantity with the maximum quality should be our ultimate dietary goal. Gary Null in his book *Fasting, Biofeedback, and Meditation* states, “It is a sad commentary on modern civilization with its superior technology that today we are divorced from our bodies. Paradoxically, it is the scientists who are now exploring , once logically inexplicable, of the human body and

mind and explaining in twentieth century terms why practices like fasting actually work”, (p. 73).

Religious connections to fasting:

Of course religion and spirituality are separate items but they are in fact first cousins. Through the millennium the great spiritual leaders and founders of the world’s great religions have known and understood the power of fasting. They have understood the healing aspects as well as the spiritual aspects. Most built fasting into their lives as a way to connect with the Universal Spirit. Most major religions in the world include fasting as part of their spiritual connection. The great commonality of all these religions has led me to a simple conclusion and that is “there is truly only one religion and that might be summed up simply as “The religion of natural law”. Living in harmony with natural law shifts us to a resonance with the Universal Spirit”. Although sometimes it is hard to uncover, all of the great religions in the world have a fundamentally common belief in this concept.

From *Fasting* by Jentezen Franklin,
In the Beatitudes, Mathew 6 –

“Jesus provided the pattern by which each of us should live as a child of God. Three specific duties of a Christian – giving, praying and fasting” (p. 11)

Exodus 34:27-28

“It was during a forty day fast that Moses received the Ten Commandments”, (p. 31).

“Muslims – old, young, even children, fast from sunrise to sunset for thirty days. At the end they all come together to break the fast and pray.. It is a spiritual thing for them”, (p. 65) (This is not technically fasting, but rather refraining from food).

From *Biofeedback, fasting and Meditation* by Gary Null.

“Judaism sets aside several days per year for fasting and purification. Christian lent is set aside when only certain foods may be eaten. Islamic days of Ramadan fasting is done everyday but they eat in the evening. Hindu yogic practice includes spiritual fasting. Coptic Christian practices in Ethiopia fast 110 days per year.

From the Sermon on the Mount – The Bible (p. 580)

“When you fast don’t make it obvious as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will ever notice you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you”. (p. 580).

(2007) *Holy Bible- new living translation*. Carol Steam, IL: Tyndale House.

From Edmond Szekely’s *The Essene Science of Fasting*

Fasting and sobriety according to the *Essene Gospel of Peace* states “Many sick fasted and prayed with God’s angels for seven days and seven nights, and great was their

reward, because they followed Jesus words. And with the passing of the seventh day, all their sickness left them” (p 7).

Written By Paul Bragg in *The Miracle of Fasting*,

“Jesus proceeded to divide all actions into three major categories. These were: doing good for others – alms giving, intimate relationship with God – prayer, and personal discipline – fasting. Jesus taught that life in his kingdom required the right balance among these three areas of involvement.

“But for me, when they were sick, my clothing was sackcloth: I afflicted myself with fasting, and I prayed with head bowed on my breast”, (p. 73).

So we see a common link between most religions in the form of fasting and spirituality. No matter what the doctrines of each religion there is a common thread between them and that is that fasting helps make us, as Dr Cousens states in *Spiritual Fasting*, “A superconductor to the Divine Spirit” (p. 156).

Fasting and society today:

Fasting is very much underrated by the current medical profession. I believe this to be the case because fasting takes the power away from the doctor and places it where it should be which is with the patient and his or her body. Although most modern day drugs may alleviate symptoms they do not cure the source of the problem. Most allopathic physicians prescribe medications rather than fasting which allows the body to heal itself. In my opinion there are a lot of different reasons for this; the main one is that fasting is not a great business model. Fasting is not what is taught in current medical schools. Many of patients want a quick fix, so they can get “back in the game” as quickly as possible. Many people simply won’t fast so the blame is spread out.

Many of the modern world’s great healing centers use fasting as an integral part of their therapies. Brian Clement author of *LifeForce* and director of the Hippocrates Institute has this to say about fasting, “Green juices and wheatgrass juice are the fasting nourishments of choice at Hippocrates. These vital juices offer the body complete protein, which regulate blood sugar, and provide enzymes, which provoke emulsification of particulate matter in the organs of the body. They also supply oxygen, which acts as an antiseptic, and metabolism regulator. Fasting is one of our keys to success in curing disease and restoring health at Hippocrates”, (p. 39). I would much rather spend time at Hippocrates or the Tree of Life Rejuvenation Center drinking green juice and walking in nature than spend time in a hospital being injected with poisons and being cut open to have a “look around”. How about you?

If you are interested in a higher level of permanent health consider including fasting into your schedule. By including fasting in your preventative health care schedule many of today’s lifestyle diseases may not even exist. Regular fasting along with an evolved lifestyle may provide you with the permanent “cure” for many of the diseases that you may be faced with. As Dr. Cousens states in *Conscious Eating*, “Aging occurs when we have more cells die than are being built. Youthing happens when more new cells are

produced than are dying. After fasting the experience of youthing abounds”, (p. 234) As stated earlier in this chapter, you may undertake your first fast for health purposes, but don’t be surprised if the energetic and spiritual aspect creeps into the process. Stay open to it for the rewards are great. Fasting is an integral part of the Whole Health Warrior lifestyle.

Seven day green juice fast protocol

Almost any fast will be beneficial in some way or another but the seven day green juice fast seems to provide us with a series of benefits and advantages. It is easily doable in today's society where most of us have to carry on our daily lives. The green juice recipe provided offers you maximum mineralization and nutrition yet affording you the benefits of a significant fast. It is reasonably easy to prepare for, carry out and provides serious short and long term health benefits. The following is a simple protocol designed for you to execute.

Eating before and after the fast.

For seven days before the fast eat a vegan (no animal products) diet if you can. Eat as much of the food raw, and the final two days 100% raw, (limit onions and garlic). This will help prepare your body for the fast and will make the entire process easier for you. After the fast do the reverse of what is suggested for before the fast. Two days raw, add lots of ground flax seed in your diet, mostly small salads, no more than a few small slices of fruit here and there. Stay away from fats the first 2 days, add them in during the third day. Stay vegan for the final days of the first week after the fast. Notice the difference.

Basic green juice recipe (consume about 64 oz. per day)

80% base juice – celery, cucumber, leafy greens(kale, chard, spinach, collard, parsley, cabbage, bok choy and any other greens of your choice). Tip: Juice the greens with the celery or cucumber to make it easier on your juicer.

20% add ins - tomato, red, yellow, orange bell pepper, green apple, carrot, ginger, lemon w/ peel..

Condiment – cayenne pepper, tumeric, lime juice, pink salt,

Other liquids

Herbal teas and water may be consumed whenever you wish. A potassium broth may be consumed during the fast as well.

Potassium broth recipe

Potato peelings
Parsley
Pink salt

Put ingredients in a soup pot. Cover with water. Put cover on pot. Bring to a boil, then turn down and let simmer for 30 minutes. Let cool, strain out the solids and drink the broth whenever you wish.

10 Tasks to carry out

1. Walk 20 minutes every morning
2. Meditate once or twice daily
3. After the third day you will notice a shift in what is going on and in yourself, enjoy it.
4. Rest when you feel like you should.
5. Go to bed as early as reasonable as you can.
6. Reduce exposure to electronics, ie. TV, computers, as much as possible.
7. Commune with nature as much as you can.
8. Remember this is a gift from the Divine, express gratitude for this gift.
9. Stay clean and well groomed.
10. Stay humble do not complain to friends or others, remember it is a blessing.

A few other notes

1. If you don't have a juicer find a local juice bar and buy the juice from them. (64 oz.)
2. You may do enemas or colonics if you wish.
3. Carry on your normal life if you can, if not, take some time off.
4. Massage is good.
5. Exercise as much as you want, if you feel woozy, cut back.
6. Listen to your body, remember it is doing serious repair work. Give it the best chance possible to succeed.
7. The Divine will always send you the right messages, be open to all of them.

“If the medical professionals courageously popularized the fast among their patients, there would be infinitely less suffering than there is now. That many would be saved who now die through the drug and feeding treatment is a certainty”

Gandhi
1946

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The whole health warrior's secret weapon therapeutic and spiritual fasting. Uploaded by. jn323i. Fasting gives birth to prophets and strengthens the powerful; fasting makes lawgivers wise. Fasting is a good safeguard for the soul, a steadfast companion for the body, a weapon for the valiant, and a gymnasium for athletes. Fasting repels temptations, anoints unto piety; it is the comrade of watchfulness and the artificer of chastity. In war it fights bravely, in peace it teaches stillness. " St. Basil the Great. If you want to put to energize your spiritual life, if you want to slay a sin that has you in bondage, if you want to grow in union with God, take up the holy weapon of fasting. For as Jesus said, there are some demons that "cannot be driven out by anything but prayer and fasting." Let's examine this powerful weapon and its use in the spiritual life. What's the point?