

# Heal Your Body Sooner by Fasting and Juicing

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For those of you who have been feeling sick, weak, sluggish, run-down or if you are suffering from some type of chronic or debilitating illness, then pay close attention to this article.

You can heal your body and get the energy you need sooner by fasting and juicing.

Every night when you sleep, you are fasting. When you are sick you fast because most of the time you lose your appetite.

The 'common sense' definition of fasting is "the abstinence of food and substance, or a reduction in normal consumption." This goes on around the clock, for 24-hour periods. A dictionary definition is "to keep from eating all or certain foods; to eat very little or nothing."

Reasons for fasting are as varied as the types of fasts:

- to lose weight
- to grow spiritually
- to enhance prayer
- to cleanse the body
- to purge the mind
- to heal the body
- to recover from some debilitating state

However, the main reasons to fast include:

1. Fasting can remove unnecessary weight the natural way, plus learning how to keep it off for the rest of your life.
2. Prolonged fasting can remove toxic waste dump now polluting the average adult's cell, tissue and organ storage areas such as chemical toxins, heavy metals, pesticides, drugs, intestinal parasites, etc.
3. Fasting can help you regain the energy you use to have, perhaps when you were younger or more athletic.
4. Fasting can elevate you out of a clouded consciousness, while heightening your mental clarity and all of your senses, allowing you to see your life's options in a clearer perspective, and then act upon them wisely.

5. Fasting can move you back toward your life's birthright potential of optimal health, increasing your happiness and healing power as you reset your body's odometer and greatly enhance your quality of life.

Fasting doesn't mean you totally starve yourself for days. What you need to understand is that overtime, toxins build up in your body as a result of the air we breathe, the water we drink and the food we eat. These toxins continue to sink into your system causing a low and high cycle. During this time you will suffer from headaches, diarrhea, and even depression. Fasting is a safe and effective method of helping the body detoxify itself and move through the low cycle with greater speed and fewer symptoms. Fasting is recommended for any illness because it gives the body the rest it needs to recover.

Acute diseases such as colon disorders, allergies and respiratory diseases are most responsive to fasting.

By fasting regularly you give your body time to rest but it's not just recommended in times of poor health.

Fasting can help you heal with greater speed while cleansing your liver, kidneys, colon, purifying your blood; help you lose excess weight and water; flush out toxins; clear the eyes and tongue; and cleanse the breathe.

Depending on the length of the fast, it accomplishes different things:

- 1) A three day fast helps your body rid itself of toxins and cleanse the blood.
- 2) A five day fast begins the process of healing and rebuilding the immune system.
- 3) A ten day fast can take care of many problems before they arise and help to fight off illness, including the degenerative diseases.

Fasting for a day or two probably won't hurt people who are generally healthy, provided they maintain an adequate fluid intake. However, fasting entirely for long periods of time can be harmful. Your body needs a variety of vitamins, minerals, and other nutrients from food to stay healthy. Not getting enough of these nutrients during fasting diets can lead to symptoms such as fatigue, dizziness, constipation, dehydration, gallstones, and cold intolerance. It is possible to die if you fast too long!

Even short-term fasting is not recommended for people with diabetes, because it can lead to dangerous dips and spikes in blood sugar. Women who are pregnant or breastfeeding, or anyone with a chronic disease, should not fast.

Certain precautions should be taken during fasts. First do not fast on water alone. An all-water fast releases toxins too quickly, causing headaches and worse. Instead follow a live juice diet which provides the body with vitamins, minerals and enzymes.

Whenever you fast for longer than three days, do so under the supervision of a doctor. Remember it takes years for the average body to wear down, therefore, it will take you some time to build it back up. So whenever you start to feel unwell, fast and feel better.

To prepare for a fast, eat only raw vegetables and fruits for two days. When on the fast, consume at least 8 ounce glasses of distilled water a day, plus pure juices and up to 2 cups of herbal tea a day. Dilute all juices with the water, adding about 1 part water to 3 parts juice. Do not drink orange or tomato juice, and avoid all juices made with sweeteners or other additives.

The best juice to use during a fast is fresh lemon juice. Add the juice of one lemon to a cup of warm water. Fresh apple, beet, cabbage, carrot, celery, and grape juice are also good.

Green drinks which are made from green leafy vegetables are excellent detoxifiers. Raw cabbage juice is especially good for ulcers, cancers and all colon problems. Just be sure to drink the cabbage juice as soon as it is prepared.

Green drinks are especially good for your body and have a rejuvenating effect. These drinks can be made with alfalfa sprouts, barley grass, cabbage, kale, dandelion greens, spinach, wheat grass and other green vegetables. Broccoli, celery, onions, parsley, radishes, rutabaga, and turnips should be used in small amounts only.

To sweeten and dilute green juices, try adding fresh carrot and apple juice. As a general rule, you should not combine fruit and vegetable juice. Apples are the only fruit that should be added to vegetable juice. The first meals after a fast should be frequent and small.

If you are over 65, or if you need daily supplements, continue taking your vitamin and mineral supplements during the fast.

During a fast, as toxins are released from your body, you may experience the following symptoms: fatigue; body odor; dry, scaly skin; skin eruptions; headaches; dizziness; irritability; anxiety; confusion; nausea; coughing; diarrhea; dark urine; dark, foul smelling stools; body aches; insomnia; sinus and bronchial mucus discharge; and/or visual and hearing problems. These symptoms are not serious and will pass. To alleviate any of these symptoms, use a daily lemon juice enema to cleanse the colon and a daily coffee enema to rid the liver of impurities.

During a fast be sure to get plenty of rest including napping during the daytime.

Fasting might also improve longevity by delaying the onset of age-related diseases including Alzheimer's, heart disease, and diabetes.

### **Why Juicing Will Rejuvenate You Sooner**

Fruits and vegetables are excellent sources of a wide range of vitamins, minerals, and enzymes, and other nutrients but many people have trouble eating fruits and vegetables. Therefore, you should juice to get these vital nutrients into your system.

Juicing is an excellent means of adding fruits and vegetables to your diet. Since fruit contains the whole fruit and vegetables, it contains all your health-promoting components. Because fresh juices are made from raw fruits and vegetables, all of the components remain intact.

Remember, no one pill can contain all the nutrients in these fruits and vegetables. It is suggested that you chose a wide assortment of fruits and vegetables. For health maintenance it is recommended you consume at least two glasses of live juices a day. Four glasses a day is recommended if you want to speed healing and recovery from illness.

Vitamin C and other water-soluble vitamins can be damaged by overprocessing or overcooking. Enzymes, which are proteins needed for digestion and other important functions, can be damaged by cooking. Fresh juices, however, provide all of the healthful ingredients in a form that is easy to digest and absorb. In fact, it has been estimated that fruit and vegetable juices can be absorbed in 20 or 30 minutes. Ideally, these fruits and vegetables should be made fresh in your kitchen and consumed immediately. Many commercial juices are heat-treated to lengthen shelf life but will destroy important nutrients.

Remember to rotate vegetables and fruits so you get a variety of nutrients.

By buying the best produce available especially organic foods and processing it in your own juicer; you will produce the most healthful, nutrient-rich drinks available.

Fresh vegetable juices are restorers and builders. They boost the immune system and balance the metabolism. They also aid in the control of obesity by removing excess body fat.

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