



Vaughn Lawrence

Naturopath & Herbalist

Partnering with God in Health and Wellness Series

Class Six

Fasting, Cleansing and Detoxification

I. CLEANSING IS CRITICAL

A. The human body is composed of trillions of cells and living bacteria. Our health is largely determined by how well our cells function; their ability to receive nutrients, take in oxygen, repair themselves, replicate healthy new cells and remove waste products.

B. The ability of cells to perform these functions is directly influenced by our choices. The life of God brings health to the cells (oxygen, water, minerals, probiotics, healthy fats, amino acids, sunshine, etc). The work of man's hands brings harm and death to the cells (antibiotics, pharmaceutical drugs of all kinds, vaccines, processed junk foods, heavy metals, petroleum based chemicals, pesticide, herbicides, pollution, factories, smog, etc.) Our daily decisions to choose things of God or choose things of man is crucial to ultimately choosing between life and death.

C. This is the most toxic time in human history. For thousands of years people lived off the land and God's provision. We only had the resources God provided to us on the earth to be used for food, fuel and medicine. Yet even throughout history we had various levels of sickness and disease. Today, the problems have skyrocketed, as the invention of synthetics, factories and man-made chemicals now dominate our world. As a result, we see levels of disease and pre-mature death as never seen before in human history.

D. There are now toxins going into the body on a daily basis that affect the ability of the cells, glands, organs and tissues to function the way God designed them to function. Therefore, we must not only stop putting toxins into our body but we must cleanse the contaminants out of the body. The more toxic the cells and their lack of ability to breathe and function properly, the more serious the "diagnosis" or "disease." What we call sickness and disease is mostly the manifestation of a symptom related to the toxic environment of the cells. We put thousands of names on disease, inventing new ones rapidly, yet all are a result of toxicity and the lack of function of the human vessel at the cellular level.

II. CLEANSING IS HISTORICAL

- A. Colon Cleansing has been around for thousands of years. The act of self-cleansing began with enemas, and gradually led to the invention of a colon cleansing machine that revolutionized the process.
- B. The Egyptians first used colon cleansing around 1500 BC. It is described in the ancient Egyptian medical document, the Ebers Papyrus. Hippocrates of 4th and 5th century BC, recorded using colon cleansing for treating fevers. The Edwin Smith Papyrus of c.1700 BC mentions enemas and gives directions for its use. Galen, of the 2nd century AD supported use of enemas. Back in ancient times, people gave themselves enemas in the river. They used a hollow reed to induce water to flow into the rectum.
- C. In the late 1400's, King Louis XI credited enemas with relieving his seizures. A later king, Louis XIII received over 200 enemas in one year. Another king, Louis XIV, had over 2000 enemas during his reign (as reported by William Lieberman.) Evidently, Louis XIV even received court functionaries and visitors during the procedure. In the 1600s, enemas were so popular that no home was without one. Many people did 3 to 4 enemas per day. Enemas were considered essential to well-being.
- D. Colon cleansing has fallen in and out of popularity. This was partially due to practitioners being untrained and unskilled. The other is that our medical profession has been intent upon "curing" symptoms with prescription drugs and surgeries, while moving further and further away from natural and non-invasive healing methods. Newfound respect for hydrotherapy came with the attention of many prominent physicians such as Dr. John Harvey Kellog, MD, Dr. James Wiltsie, MD, and Joseph Waddington, MD.
- E. In the 1917 Journal of American Medicine, Dr. Kellog reported that in the treatment of over 40,000 cases of gastrointestinal disease, only 20 cases had needed surgery. The rest improved with a treatment including colon cleansing, diet and exercise.
- F. Dr. Wiltsie stated, "As long as we continue to assume that the colon will take care of itself, just that long will we remain in complete ignorance of perhaps the most important source of ill health in the whole body."
- G. Dr. Waddington said, "Abnormal functioning of the intestinal canal is the precursor of much ill health, especially of chronic disease condition. Restoration of physiologic intestinal elimination is often the first, but too often ignored, important preliminary to eventual restoration of the health in general."
- H. In the 1800s, enemas were a commonly used to maintain health and prevent disease. Before the expedition of Lewis and Clarke, a physician encouraged them to use enemas for fever and illness. In the 1800s, enemas were a widely accepted procedure for reversing the onset of illness.
- I. In the 1920's, 30's and 40's, colon irrigation machines were commonly seen and regularly used as a standard practice in hospitals and Doctor's offices. By the early 1950s, Colon Cleansing was flourishing in America. In California, the Beverly Boulevard was known as "Colonics Row," because there were so many colonics places located there. Toward the mid 1960's, the use of colon irrigation and colon cleansing slowly dwindled. By 1972, most colon therapy instruments were removed from hospitals and nursing homes. Medical doctors tend to favor the use of laxatives or colostomy (surgical procedure for colon removal.)
- J. Today, conventional medicine seems to think that colon cleansing is no longer useful or beneficial. It's been said that the medical community uses the wrong end of the gastrointestinal tract to treat people. In other words, oral remedies and drugs are preferred over enemas and colon cleansing. It is hoped the grass roots movement towards personal health responsibility, using alternative health therapies to restore and maintain superior health, will be joined by traditional health care practitioners.

III. CLEANSING IS BIBLICAL

A. There are many scriptures in the Bible related to cleansing. We should cleanse ourselves at every level in mind body and spirit, sanctifying ourselves to the Lord Jesus Christ as our perfect example.

"Create in me a clean heart oh Lord, renew a steadfast spirit within me." Psalm 51:10

"Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; as obedient children, not conforming yourselves to the former lusts, as in your ignorance; but as He who called you is holy, you also be holy in all your conduct, because it is written, "Be holy, for I am holy." (1 Peter 1:13-16)

"Do you not know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles (destroys) the temple of God, God will destroy him. For the temple of God is holy, which temple you are." 1 Corinthians 3:16-17

"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and your spirit, which are God's." 1 Corinthians 6:19-20

"Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Corinthians 7:1

IV. WHAT IS FASTING?

A. Fasting is a period of abstinence from specific items. We can fast from television, video games, food or anything else that comes to our heart. The goal is always to connect to God at the heart level when fasting. This is why all the great men and women of God have fasted over the years.

B. Is fasting dangerous? There is an unwarranted fear of fasting in our society. It is claimed that fasting from all food is dangerous and will cause wasting of the muscles. This is entirely untrue and the science proves this. The **goal is fasting, not starvation**. There is a big difference. Starvation only occurs when the body is forced to use vital tissues for survival. Almost anyone in general good health can fast 40 days or more from all food without any possibility of loss of vitamins, minerals or proteins. Science shows us that even during long fasts, the number of muscle fibers remain exactly the same, ready to grow at a moment's notice.

C. When fasting from solid foods, there are also profound physical effects that take place within the body. When fasting, the body recovers and heals very quickly. Toxins are removed rapidly and the body is allowed to use its inherently designed intelligent wisdom to reorganize itself. As the toxic load is reduced, the functioning of every cell is enhanced.

D. The body has many ways to eliminate excess toxicity trapped within the body; liver, lungs, kidney, colon, lymphatic system, skin, mouth, etc. When the body is overloaded with toxicity, the body will attempt to remove toxins through these pathways. If elimination is impossible, toxins will be stored in joints, muscles, organs, nerves and other tissues. ***This is the root cause of almost all sickness and disease.***

E. During a fast, a large amount of waste begins to be eliminated from the body. This can be tough in the beginning, especially if you are new to the concept. The tongue becomes heavily coated and you could experience foul breath or body odor. The longer you fast, the more thorough the cleansing that takes place within the body. The body will cleanse old, dying and diseased cells, mucus, unwanted fatty tissues and other foreign contaminants from the system.

F. There are exceptions, but most people who fast notice that when they fast, they have no hunger and more energy than normal. It is liberating to let go and trust God that He is in charge. Fasting is a way to focus our minds on the fact that we are not self-sufficient and we must trust in our Creator. Fasting helps us to realize how truly fragile we all are. It sets us at the feet of Jesus in a place of complete humility.

“I humbled myself with fasting.” (Psalms 35:13)

G. Fasting is a way to practice self-control with our own bodies and our own health, connecting with and trusting God in the process.

V. WHY SHOULD WE FAST?

A. There has never been a more important time in history to live a lifestyle of prayer and fasting than in today’s world. Here is why:

1. We have never had so many distractions keeping us dull and entertained. Technology has been beneficial in many ways, yet a complete distraction at the same time. In a self-pleasure seeking society, it is easy to have our minds and eyes on the wrong things, separated from God.
2. Never before in human history has food been the #1 problem causing sickness and premature death. Throughout history, premature death came in the form of wars and dirty living conditions. Only in our modern society, are we allowing food to take our lives before God intended. Many of us are unaware that we are willingly contributing to the degeneration of our own body by our daily choices.
3. The toxicity levels in today’s world are worse than ever in human history and getting worse on a daily basis. Never before in history was mankind exposed to aspartame, MSG, synthetic pharmaceutical drugs, high fructose corn syrup, artificial flavors and colors, mercury, chlorine in water, fluoride, exhaust from vehicles, smog and pollution from factories, etc. This is a recent development within the last 200 years and disease statistics continue to grow more alarming.

B. Jesus made it clear that his disciples were called to fast and it is a common theme throughout both the old and new testament. Fasting is not radical, spiritually or physically.

“And Jesus said to them, “Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.” (Matthew 9:15)

C. The main physical reason to fast is because the body uses a lot of energy to digest food. It is estimated that approximately 80% of our body resources go towards digesting food, especially in a society where large portions and over-consumption is seen as normal. This leaves only 20% available for other functions. When fasting, the body is free to scour for dead cells, damaged tissues, fatty deposits, tumors, cysts, abscesses, etc. All of these will be eliminated during a fast before the body would ever resort to using healthy tissue for survival. The elimination of obstructions restores the immune system, proper metabolic function, digestion and elimination functions. The benefits are also amazing for mental and emotional health.

D. Fasting increases self-awareness. People begin to see things more clearly. All of your senses of sight, sound, touch, hearing and taste become more acute. You become more aware of your body and you can evaluate your life more objectively. You often have more time as your every thought is not focused on food and preparing, eating, eliminating, and cleaning up. ***When you start to eat again, you will be very aware of what your body does and does not like. You also gain self-confidence in your ability to have self-control over your life.***

VI. BENEFITS OF FASTING

A. ***Enhanced mental acuity.*** Dr. Herbert Shelton (Book - The Science and Fine Art of Fasting) observed 40,000 people over the course of 50 years. His message is that the clearer the body is of toxic materials flowing through the blood and lymph, the clearer the ability to think. It takes a few days of waste removal during a fast to experience these benefits. Once the brain is being fed a much cleaner bloodstream, mental clarity increases. Many experience emotional stability during fasts. The reasons for this are from the elimination of the emotional dependence on food, and exclusion of false stimulants like caffeine and processed sugars, tobacco and bad fats. All of these have very detrimental effects on our emotions.

B. ***Total body healing.*** During a fast, the body undergoes a complete tearing down and rebuilding of materials at the cellular level. For this reason, fasting is famous for its ability to completely heal and rejuvenate the body, giving it a more youthful tone. How does fasting have this effect? Fasting dissolves diseased and sick cells, leaving only healthy tissue. The result is a thorough cleansing of the tubing that gets blocked, healing of glands and organs, even down to each individual cell. ***Each cell is a complete living entity with its own metabolism. The cells begin to breathe again as oxygen and water is restored.***

C. ***Redistribution of nutrients.*** The body will hang on to precious minerals and vitamins while catabolizing old tissue, toxins and inferior materials.

D. ***List of physical benefits from fasting:***

- Mental clarity improves and the fog lifts
- Rapid, safe weight loss without flabbiness (be careful how you eat after fasting)
- Balances nervous system
- Energy levels increase and all senses more acute. The longer the fast, the more increase in energy and vitality.
- Organs are revitalized and regenerated
- Cellular biochemistry reorganized and harmonized
- Skin becomes silky, soft and healthy
- Increased movement and range of motion with muscles, joint and ligaments
- Breathing becomes fuller and deeper
- The digestive system is rejuvenated and peristalsis becomes stronger
- Taste buds are restored and healthy food tastes good again
- Detox. As soon as the body realizes it is fasting, it will immediately begin to eliminate everything in the body causing sickness and disease.

- **Increased ability to have self confidence and control over our lives and appetite. We develop a deeper understanding that the body is a self-regulating and self-healing mechanism capable of healing and establishing balance when allowed to do so.**

VII. HOW TO FAST

A. One day fasting. A way to get started is to fast one day per week. You can always increase as you feel the Lord gives you the grace in which to do so. You can fast from all food, or only from solid food. Choose a one day fast with only:

- Water
- Fresh fruit and/or vegetable juices
- Raw fruits and vegetables

B. Water fasting. Drink at least 2 liters of water daily, and make sure you are drinking fresh spring water or clean, filtered water with minerals. Ten days on water is equivalent to a 30 day juice fast. Water fasting is extremely difficult, especially if you have a fast metabolism. **It is not recommended to water fast unless you pray and feel the grace in which to do so.** Water fasting cleanses the body much more aggressively. It demands mental preparation and ideally, you want no pressure or responsibility while water fasting. Consider drinking vegetable juices or mostly raw fruits and veggies leading up to your water fast so it isn't a complete shock to the system. Water fasting should always include at least 2-3 days of juice fasting before and after the water fast. This alternating is a very effective way to fast.

C. Juice fasting. This is much safer than a water fast and still allows the body to cleanse itself while greatly improving health conditions. Your energy will be higher from the sufficient nutrients received through the fresh juices. You should be able to carry out all normal activities during your day, except for excessive exercise or highly physically intensive job. A juice fast takes the burden off digestion while making nutrients available at the same time. Juices are easy to absorb and assimilate, allowing the body to put energy into healing. The calories are low enough to still allow the body to remove toxins. For healing, or for your first fast, most experts would agree that a juice fast is the best choice. Juicing is a stepping stone to future water fasting if desired.

D. A thirty day juice fast is a good standard. A few days on water in the middle of the fast can intensify the process and assist with a speedier detox. Most people can safely juice fast for 30 days. The less juice you drink, the faster you will detoxify.

E. A third option for beginners would be eating only raw fruits and vegetables. The fiber will keep you full, and makes for a slower detoxification of the body. This can be in the form of raw fruits and vegetables, salads or blended drinks. Be careful not to add oils, nuts, cheese or anything else to your salad that would hinder the detoxification process.

VIII. PREPARING FOR A FAST AND THINGS TO CONSIDER

A. **Inform yourself about fasting and do your own investigation.** Read all you can about this process, including both the benefits and the potential hazards. Also read about the various types of fasting. It is important to be in prayer regarding the type and length of fast you feel called to perform.

B. **Determine the duration and time period for your fast.** Fasting for one week to 10 days is a good length of time. You want to fast long enough to reach a level of accelerated detoxification. Try to arrange a time when you have minimal activity or responsibility. Avoid heavy work or exercise if possible. Several short fasts are wonderful if a long fast cannot be endured.

C. **Fast at a frequency comfortable for you.** Ideally, fast at least once or twice per year, or more frequently if you feel called to do so. People traditionally fast in spring or fall, during mild weather. Fasting in the winter can be challenging.

D. **Determine your activity level during your fast.** It is good to have mild exercise and movement such as walking or rebounding to keep lymphatic fluid moving and keep the cardiovascular system flowing. The amount of exercise will depend on your fasting choices. Pay attention to your body and do not overdo it! Fasting is a time of rest and relaxation. If water fasting, you may be very weak. If juice fasting, you may have an incredible abundance of energy that makes exercise very easy. If you have low energy, focus on walking, stretching and deep breathing practices.

E. **Assist the fast if desired or necessary.** **Enemas** are an option to speed detoxification, especially if you are not having natural bowel movements or have a history of constipation. An enema can be taken daily in the beginning and every other day, or even less often, as the fast continues. You can use a **neti pot** or sinus spray to clear the sinuses if they are blocked during the fast. Lemon juice with water also helps to clear mucus. Plan on **showering or bathing** to keep pores clean and open. **Dry skin brushing** will remove dead skin cells and speed detoxification efforts. **Magnesium oil** foot soaks will open every detoxification pathway in the body. **Herbs** can accelerate cleansing and detoxification efforts.

F. **Prepare for reactions from fasting.** The healing reactions depend on your current state of health and the toxic load within your body. The first three days are the most difficult until your appetite goes away. Many people experience headaches, joint pain, and other discomfort for the first few days. Your tongue becomes coated, your breath may be foul and body odor may very well increase. These are normal and expected reactions as the body begins to eliminate toxins from your body. You may also feel flu-like symptoms such as sore throat and lots of mucus. At times you may feel weak and tired, so listen to your body and rest. Periods of high energy and total mental clarity is also common. Strong emotional reactions may also be experienced. Have patience while these symptoms pass. However, if they are unreasonably strong, consider assisting the fast using methods described above. If symptoms persist, use discretion and consider altering the fast if necessary.

G. **Possible effects of detoxification:**

1. **Weight Loss** - Weight loss can initially be as high as three to four pounds per day, but as the fast continues, the average loss will be one pound per day. If you are juice fasting and not losing weight, the juice is supplying all the calories you need. You may have to cut down on the juices or alternate between water fasting and juice fasting if losing weight is part of your goal. The slower your metabolism the slower the weight loss. If you are thin or average weight and you fast for 30 days on juice or 10 days on water, you will become thin. Ribs will show, the face will become gaunt, and friends and family may display concern. But the body will quickly normalize its weight in 5 to 10 days after the fast. If you are thin to start with, fasting may allow you to gain additional weight after the fast. Metabolism is normalized due to the cleansing process. It is very important not to try to gain weight too quickly. The body can rebuild only at a set rate. Overeating will burden the body and undermine the rebuilding process.

2. **Dizziness** - You may experience dizziness, if you do get down on one knee the dizziness should stop immediately.

3. **Backache** - Back pain may increase due to toxins in the lower intestine. The blood vessels that draw nutrients from the colon are very close to the nerves of the spine. Back pain often decreases after elimination of the toxins. Back exercises also can relieve some pain. A cold pack also will help. An enema may be in order.

4. **Bad Breath** - Waste passes through the lungs which are an eliminative organ. Brushing the tongue with a tooth brush, using dental floss and rinsing with mouthwash will reduce bad breath.

5. Canker Sores - These may develop from a toxic buildup in the mouth. Unhealthy bacteria increases between the teeth. The tongue becomes coated with waste. To stop cankers, gargle with sea salt mixed with water several times daily. Dabbing the sore with tea tree oil or vitamin E quickens the healing process.

6. Cold Virus - Toxins weaken the immune system. When large quantities of toxins and mucus are in the blood due to a fast, they can cause a susceptibility to colds. To fight a cold, continue fasting to eliminate the mucus. Drink lemon juice.

7. Blackouts - During fasting the body conserves energy. The heart pumps slower and blood pressure lowers. Standing or moving quickly from a resting position will cause the blood to flow to the legs. For a few seconds, the brain may not get enough oxygen, causing blackouts and dizziness. To stop a blackout, get down on one knee or sit. Lowering your center of gravity will instantly stop a blackout. Blackouts are more frequent during water fasting.

8. Diarrhea - Using psyllium husk during diarrhea will help regulate the system.

9. Headaches - Toxins can cause muscle tightness in the neck and shoulders. This can result in tension headaches. Massaging the neck and shoulders will help relieve the tension. Magnesium oil will also help.

10. Mucus - Drink lemon juice with water, combine with Neti Pot.

11. Muscle Tightness - The muscles may become tight and sore due to toxin irritation. The legs can be the worst affected as toxins accumulate in the legs. A self massage, magnesium oil soaks, hot baths, stretching and exercising will help to release the toxins.

12. Nausea - When waste is released too quickly by the lymph glands, some of the toxic overload is taken by the liver. This may cause nausea. Drinking water or carrot juice will dilute the bile and toxin mixture helping to flush it from the system.

13. Nervousness - The elimination of toxins can irritate damaged nerves. Exercise will relieve tension. Use quarter slices of avocado to slow the fast or drink fruit juice if on a water fast. However, you should note that any food intake may cause one's hunger to return and make it more difficult to stay on the fast, just do the best that you can.

14. Skin disturbances - The skin may become oily as rancid oils are purged from the body. People with problem free skin may have a few days of pimples or boils. A pale complexion is also a sign of waste in the blood. When cleansed of mucus and toxins, the skin will be healthy, soft and unblemished.

15. Tiredness - Tiredness is normal during water or restricted juice fasting. If the tiredness is too much, increase the quantity of sweet juices like melon and carrot juice.

16. Pre-existing Conditions -

Heart Disease

Include bananas and avocados when juice fasting to balance the blood sugar level. Toxins in the blood and reduced blood sugar levels may cause a weak heart to labor.

Hypoglycemia

Do not juice fast unless you use bananas and avocados to balance the blood sugar level.

Kidney problems

Fasting can irritate damaged kidneys due to the amount of toxins they filter. Try short juice fasts of 3 to 5 days before progressing to longer fasts.

Liver Disease

The liver can become toxic due to abuse. If the liver is badly degenerated, cleansing must be done in stages. Start with short juice fasts of 1-2 days and increase to fasts over five days. Avoid heavy proteins, refined flours and fatty foods at all times. Focus on meals high in fruits or vegetables between the fasts.

IX. FASTING CONCERNS

A. It is not advisable to water fast with pre-existing conditions such as pregnancy, heart conditions, hypoglycemia (low blood sugars), hyperglycemia (high blood sugars), or schizophrenia. If you choose to do so, you should be monitored by a doctor. You also should not fast if you have kidney disease or liver disease. It also not recommended for small children to fast. Be careful with dizziness and/or blackouts.

B. Many people with health conditions may be able to fast by adding bananas and/or avocados to balance blood sugars. Psyllium or other bulking fibers can also help regulate blood sugars during the fast. Modifying the fast in this way is a great idea for those with diabetes or other blood sugar disorders. The high calorie content of bananas and avocados will slow the intensity of the fast, yet still allow the body to cleanse.

C. Proceed slowly and carefully. Here is a general guideline for fasting options. You want to start where you feel most comfortable.

1. Fast one meal for a day
2. Fast for one entire day eating raw fruits and vegetables only
3. Fast for one day drinking only vegetable or fruit juices
4. Fast for one day drinking only water
5. Fast for three days drinking only vegetable or fruit juices
6. Fast for three days eating only raw fruits and vegetables only
7. Fast for three days drinking only water
8. Fast for seven days drinking only vegetable or fruit juices
9. Fast for seven days eating only raw fruits and vegetables only
10. Fast for seven days drinking only water

Advanced fasting options:

1. Fast for twenty-one, thirty or forty days drinking only vegetable or fruit juices
2. Fast for 40 days trying the following schedule:
 - 5 days vegetable and fruit juices only
 - 2 days water only
 - Continue to alternate

D. Know when you are finished. You can use your tongue as a guide. When the tongue is no longer coated, but instead restored to a healthy pink, your body should be mostly cleansed and healed. If you feel unpleasantly hungry or emotional at the later stages of the cleanse, it may be time to finish. You must listen to your body.

E. Go into the fast with the right spirit. Many people gorge themselves with fast food, ice cream, candy and junk food just before their fast begins. This defeats the purpose of the fast and is the wrong approach. You will enter into your fast, which is supposed to be a sacred time, with thoughts of cravings, guilt and gluttony.

F. Ending the fast. This is absolutely critical. Many individuals fast and cannot wait until it is finished to again eat junk food. This is out of line with the reasons behind fasting and out of line with God's purpose and intention behind how we care for our holy temples. Ending a fast by eating fast food, processed foods or junk food of any kind again involves a spirit of gluttony and a lack of self-control. The goal is to grow in the fruit of the spirit of self-control.

G. How to end a fast. Eating causes a cycle of hunger. When we fast, we lose the sensation for hunger after about three days. When hunger returns, usually very strongly, that often means it is time to end the fast. Here we should resume eating very lightly, and very gradually, in exact relationship to the duration of the fast. Your stomach is only the size of your fist, but can stretch to many times that size. After an extended fast, your stomach will again be the size of your fist, and unable to handle large amounts of food. The body only needs quality nutrition, not quantity. Resume slowly and consider the following guidelines:

1. If water fasting, break with small amounts of fruit and vegetable juices for a few days before moving to any solid foods. Then move to solid raw fruits and vegetables or blended drinks for a few days.
2. If juice fasting, break with small amounts of whole fruits and vegetables, soups, or broths for a few days. Be gentle with your system and the benefits of the fast will last much longer. After about three days, introduce heavier items such as avocado, corn, potatoes, etc. Transition slowly for at least 5-6 days before eating full meals again.
3. This should be a period of transition to understand and listen to your body. If you have a reaction to any food, understand your body does not want it. This is a good time to determine exactly what your body does and does not want. Practice discipline and self-control. Eating will be a brand new experience and you will delight in how amazing everything tastes.
4. Eat only God designed foods after breaking the fast. Many people make themselves sick after a fast by over-eating and eating the wrong foods. God designed you and He designed fruits, vegetables, nuts, seeds, whole grains, beans, rice, healthy fats and lean quality meats. If you decide to break a fast with fast food, junk food, chips, soda, fatty unhealthy meats or other man-made substances, you can expect to get sick. Unfortunately, this will also negate a huge portion of the physical benefits you were attempting to receive from fasting as you just violently interrupted the very delicate process of healing and restoration.
5. Understanding weight control. Many are also frustrated because they lose weight when fasting, then gain it all back and more. This only happens when you return to eating man-made foods and not God created foods. God's foods do not cause excessive weight gain. Change of lifestyle in regards to eating is always wise after a period of fasting.

Famous quotes on fasting:

"Fasting and natural diet, though essentially unknown as a therapy, should be the first treatment when someone discovers that he or she has a medical problem. It should not be applied only to the most advanced cases, as is present practice. Whether the patient has a cardiac condition, hypertension, autoimmune disease, fibroids, or asthma, he or she must be informed that fasting and natural, plant-based diets are a viable alternative to conventional therapy, and an effective one. There are hundreds of journal articles in the medical literature documenting the value of fasting in improving the function of the entire body, including the brain. The time may come when not offering this substantially more effective nutritional approach will be considered malpractice."--Joel Fuhrman, M.D. ("Fasting And Eating For Health")

"A little starvation can really do more for the average sick man than can the best medicines and the best doctors. I do not mean a restricted diet; I mean total abstinence from food. I speak from experience; starvation has been my cold and fever doctor for 15 years, and has accomplished a cure in all instances."--Mark Twain (1835-1910; American author and humorist)

Why Your Body Needs to "Cleanse"

(and the Surprising Signs that it is Cleansing): Part I

Would you like to look younger, have more energy, lose weight and prevent disease? Then Body Ecology's Principle of Cleansing is essential to understand, practice and master. Cleansing (often called detoxification or "detox") is a necessary and much misunderstood way to improve your health, your appearance, and your immunity.

Toxins, Toxins Everywhere

While we may not even know it, we face an onslaught of toxins every day. In the past 60 years, we've seen more toxins enter our environment than ever before. Toxins lodge in cells, tissues and muscles until your body is completely overwhelmed.

Of particular concern for us here at Body Ecology is the effect of decades of toxins that have been accumulating in each successive generation.

In other words, many of the toxins in our body were inherited from toxins that were stored in the cells of our parents. This has been happening for many decades now. Tragically, today the body of almost every tiny fetus (human and animal) is formed with inherited toxins accumulated in the egg and sperm cells of its mother and father.

In July 2005 a new study shattered the long-held belief that fetuses in the womb were protected from the dangerous chemicals and poisons that the mother was exposed to. Samples of blood taken from the umbilical cord of newborns contained an average of 200 chemicals that can cause cancer, brain damage, birth defects and other serious illness.

Many of these problems will not show up until years after birth. The CDC has stated that the generation of parents having babies today will outlive their offspring. Unless we make quick changes to our lifestyle and diet, there is a great deal of tragedy ahead for millions.

The American Chemistry Council quickly spoke out against the study arguing that chemicals are often found in blood and should not be a concern. So you can decide for yourself on this one.

From our own work with autism here at Body Ecology, we know that a fetus is not magically protected by the placenta from these toxins. We also know that a fetus inherits the infections (systemic yeast and viral infections) found in his/her mother's blood and helps set the stage for autism.

Because each successive generation is inheriting the toxins of the previous generations, we are seeing earlier and earlier cases of diabetes, obesity, ADD, autism, cancers, and early pre-term labor.

Toxic parents have toxic children, and the pattern continues until we make the choice to stop it.

[Important editorial note: Electrosmog, a term given to environmental electromagnetic radiation being created from our technological advancements (including radar, microwave ovens, cell phones, cell towers, cordless phones, Wi-Fi, etc.), is creating cellular damage in all biological life forms. It has been discovered that this damage is passed along to children and future generations in the DNA. It has also been discovered that the body CANNOT DETOXIFY in the presence of these harmful pulsed frequencies. The body's cells also age much more rapidly. So it is essential that if you plan to detoxify,

you eliminate all sources of electromagnetic radiation to the utmost extent possible during the time of your cleansing and then minimize any future exposure for life, or face the possibility of becoming electrohypersensitive at some future date when your body's immune system collapses.]

There is an interesting phenomenon with toxins. Usually when you add one plus one you equal two. With toxins, however, the combination of two or more toxins is often as much as ten times more dangerous.

All this being said, I feel certain you will agree with me that focusing on removal of toxins is essential to your goal of becoming healthier. And if you are planning on creating a baby someday, it is essential to the survival of the human race.

Here are just a few examples of the toxins in our world today:

- Pollution – in the air and water
- Non-stick chemicals – non-stick cookware, stain resistant fabrics
- Xenoestrogens – insecticides, lubricants, adhesives, paints, personal care products (red dye no. 3), weed killer, sunscreen lotion
- Human growth hormones fed to cows to increase milk production
- Plastics – containers, water bottles, baggies
- Food – pesticides on fruit and vegetables, processed foods, refined oils
- Drinking water – fluoride, chlorine, heavy metals, chloroform, etc.
- Personal care products – anti-bacterial soap, perfumes, creams, shampoos, lotions and other similar products have a range of toxins like artificial fragrance, Benzaldehyde, benzalkonium chloride and sodium laureth sulfate
- Amalgam dental fillings (source of mercury) and dental sealants [Editorial Note: Amalgams can act as electromagnetic antenna that rebroadcast harmful radiofrequency microwaves from cell phones up to 100 times their power into the tissues while causing the release of mercury]
- Household cleansers
- Prescription, recreational and over-the-counter drugs
- Dry cleaned clothing

Is it possible to escape these toxins? While you certainly can greatly reduce your exposure by making conscientious choices – example about avoiding non-stick cookware and using non-toxic home cleaning methods – can't really escape them. Everywhere we go in this day and age we will encounter toxins. Staying healthy takes more planning and commitment to removing these poisons than ever before.

The good news is that you CAN increase your immunity so that you are not as sensitive to toxins. By making the right diet and lifestyle changes, you have a better chance of surviving these difficult times until we can clean up our environment and can live safely in the world once again.

Even more good news: when all life was created, the ability to discharge these toxins in an attempt to remain pure was embedded inside us. We humans must cleanse, Nature has no choice but to cleanse. Animals, too, must cleanse if they are to stay alive. In other words, all life has this ability to push out toxins and this is something to be very grateful for. In fact, stopping the cleansing when it happens inside your body is a serious mistake... a mistake that far too many people are making.

Suppressing the Ability to Cleanse Can Lead to Disease

Cleansing is your body's natural process of detoxifying. Your lungs, liver, colon, kidneys and skin all help to purge your body of toxins through your breath, bile, urination, elimination and pores.

Most of the time, your body goes quietly about its cleansing process, but other times, you may feel uncomfortable symptoms of an illness, like a fever, cold, rash, the flu – even emotional releases of anger, sadness and fear.

When toxins build up over time, your body resorts to more extreme measures to force those impurities out of the cells and organs in an effort to remain healthy.

As these symptoms manifest, many people jump to the conclusion that they have caught a 'bug' and take medicines or antibiotics to stop the uncomfortable symptoms of detoxifying. But medicines that stop the natural cleansing process actually suppress your immune system and drive toxins further into your body.

After years and years of toxic overload and then suppressing your body's own natural cleansing cycle, your major organs will simply give up the struggle and become "diseased". Your body, lacking the life-force to fight, will then succumb to illnesses like cancer, chronic fatigue or acute candidiasis that can kill you.

Why Your Body Needs to "Cleanse"

(and the Surprising Signs that it is Cleansing):

Part II: The 14 Key Steps to Cleansing Your Body

So, you're tired of feeling lethargic and fuzzy-headed? You want to regain your health and are ready to make the changes to make it happen? Cleansing is your first step and will occur naturally when you change your diet and lifestyle to take in fewer toxins than you did previously.

Any time you take in healthy foods and beverages your body will become stronger. When it does, expect it to use some of the newfound energy to cleanse. In fact, cleansing is unavoidable. Expect it, and welcome it.

Whether you are already healthy and just want to live a longer, more vibrant life or if you are trying to heal a chronic condition, cleansing is essential to health and longevity. In fact, it is one of the most important of the 7 healing principles of the Body Ecology program.

Benefits of Cleansing

Focus on cleansing and you will be rewarded with many health rewards:

- More energy!
- Healthier hair, skin and nails.
- Less frequent colds and flu.
- Reduced risk for chronic disease.
- Mental clarity and a sense of wellbeing.
- Freedom from food cravings.
- Freedom from joint and muscle pain, headaches, etc.

- Sound and restful sleep.
- No more digestive distress.
- Enhanced libido.
- A much younger and more energetic body

Cleansing is not just for those who are sick! Even when you consume the healthiest foods and make the best lifestyle choices possible, your body still needs to cleanse regularly.

Body Ecology's Cleansing Guidelines

Start by incorporating the principles of the Body Ecology system for health and healing into your daily life. For an overview of the principles read [An Overview of the 7 Key Healthy Eating Principles](#).

Body Ecology's sugar-free, gluten-free and casein-free program for detoxification provides a roadmap of healing superfoods and principles that make cleansing a natural part of your life, rather than a once in awhile event.

On the Body Ecology program, you will realize that natural, wholesome food can be your best (and most satisfying) medicine.

Here are some **key food and lifestyle recommendations** for making cleansing a part of your life:

- **Clean your colon** via home enemas or colon hydrotherapy in order to help your body eliminate toxins during your cleanse.
- **Drink plenty of water!** You want to move toxins through your body and out through the normal systems of elimination. Clean water is a must!
- **Include plenty of fermented foods and drinks.** Fermented foods and drinks build a healthy inner ecosystem. The healthy microflora (also known as probiotics) in your intestines work hard to keep their environment clean. In other words, health begins with clean intestines. Disease begins in a toxic colon. It is essential that you eat fermented foods which provide you probiotics, and these are two of the BEST ways of adding them to your diet:
 - **Cultured vegetables** – full of vitamins and minerals, cultured vegetables are nutrient-dense, easily digested and are a great cleansing superfood.
 - **Young Coconut Kefir** – can stop your sugar cravings and help cleanse your liver. As your liver becomes healthier you may soon notice an improvement in your eyes (vision), joints (arthritis pain) and skin (prettier, finer pores and less wrinkles). Make your own Young Coconut Kefir at home or for delicious convenience, try Body Ecology's delicious new Coco-Biotic probiotic drink!
- **Assist your Liver to Cleanse on an on-going basis.** You can do this quite easily. LivAmend supports your main organs of elimination (liver and bowels) in toxin removal and is a great way to encourage your body to cleanse.
- **Eat alkaline foods** during a cleanse. During a cleanse your body will naturally become more acidic. So avoid acidic foods at this time and eat alkaline-forming foods instead.
- **Choose warming foods** like broths and soups that are easy for the body to digest.
- **Do not overeat at mealtime.** You want to leave room in your stomach and intestines for proper digestion. Follow the 80/20 Rule. Eat until your stomach is 80% full but leave 20% empty so there is room for digestion. Overeating suppresses immunity. Once your body is well-nourished you'll find the desire to overeat disappearing.

- **Eat leafy greens** like turnip greens, kale, collards, and beet greens that are rich in chlorophyll because chlorophyll is an excellent cleanser.
- **Drink at least one glass of water that has a tablespoon of apple cider vinegar added to it.** You can also add a few drops of stevia to this mixture if you dislike the sour taste of vinegar. This will help stimulate peristaltic action and is very alkalizing.
- **Eliminate sugar** and use stevia instead of sugar if you crave sweets. Your cravings for sweet should go away if you follow the diet and eat and drink fermented beverages and foods.
- **Rest.** Cleansing takes energy, and you might be more tired in the first few days.
- **Get encouragement from others** who also understand the Principle of Cleansing. Sharing your experience with someone who understands can keep you from going back to toxic habits.
- **Be patient.** Cleansing takes time, and you'll be cleansing for the rest of your life! Take it step by step.
- **Avoid stress and negative emotions.** Pent up emotions are just as toxic as processed foods and pollutants. Let go of anger, guilt and shame to cleanse thoroughly.

Extreme Clean!

When you first start to cleanse, you might feel like you have a cold or the flu... or the symptoms you are trying to eliminate may become more severe. This is temporary, but follow the recommendations above. They will assist your body to cleanse more efficiently.

Be grateful that your body still has the vitality to eliminate the toxins built up over your lifetime. Hang in there! These symptoms are normal. Remember millions of people have chronic, systemic yeast and viral infections. As you starve out these pathogenic organisms in your body, they and the toxic waste they secrete must exit somehow. Your body will try to get them out as quickly as possible, often in the form of diarrhea, blemishes, or mucous.

Celebrate Your Cleanse

So the next time you feel a little sluggish, feel a cold coming on, or perhaps you feel especially tired yet you know you've been eating well, getting plenty of sleep and have minimized stress, you just may be starting to cleanse. Your body may simply be telling you that it's time to slow down and give it time to cleanse.

After your cleanse, you'll have more energy, have fewer toxins and will enjoy an enhanced immune system. Isn't that reason to celebrate? Perhaps you will even begin to welcome cleansing as your body's way of protecting your health.

Remember, even when you consume the healthiest foods and make the best lifestyle choices possible, your body still needs to cleanse regularly. And it will whether you want it to or not! So accept and be grateful for the ability to push out those dangerous toxins. Body Ecology can jumpstart your new lifestyle, helping you build your immunity and support your body's natural cycle of cleansing... for life!