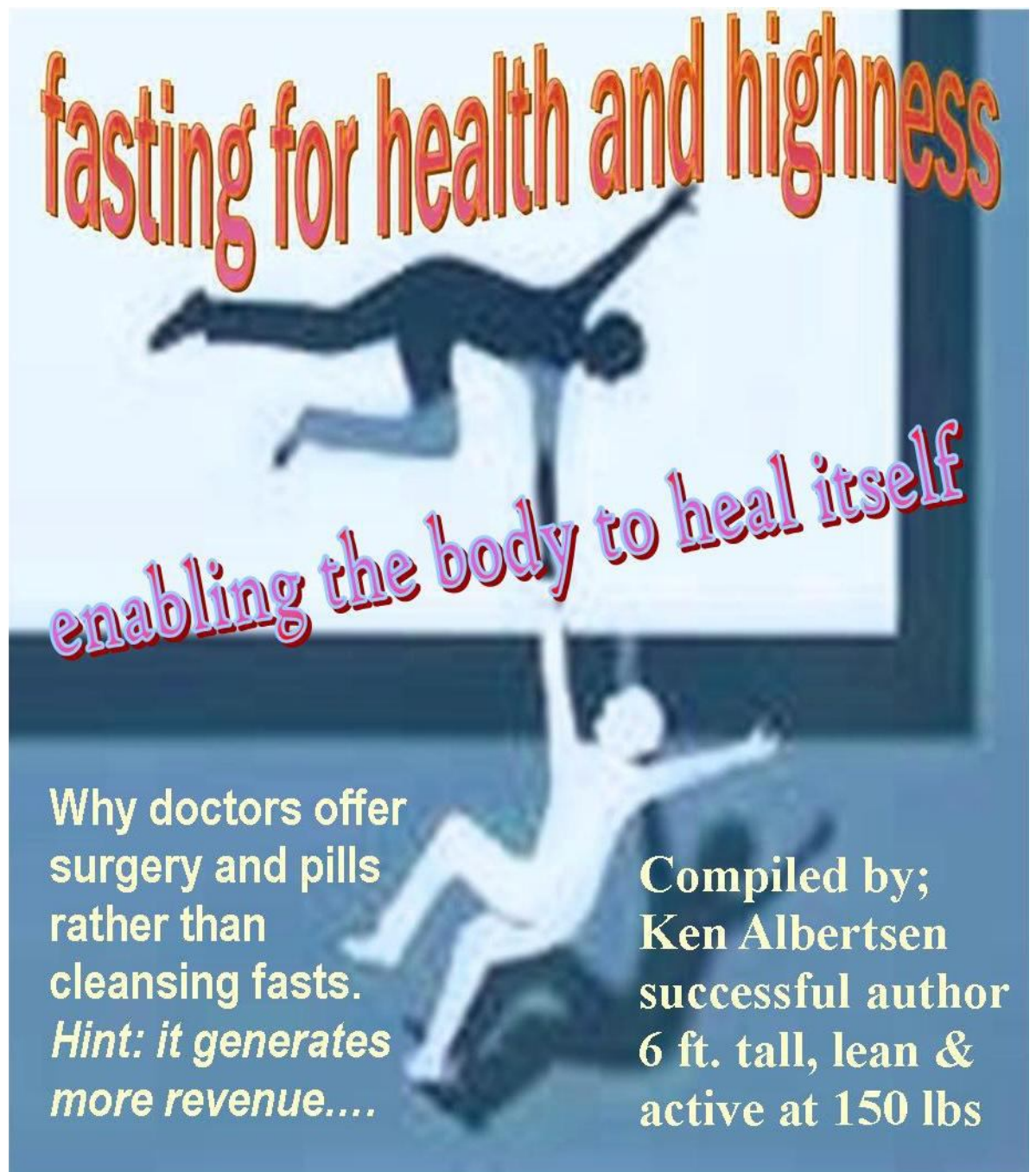




Fasting for Health *and Highness*

Written by Ken Albertsen

Published and copyright 2010 Adventure1 Publications, Chiang Rai, Thailand

ISBN 9781879338098

All rights reserved. No part of this text may be copied or transferred without written consent of author, other than a paragraph or two for the purpose of a (hopefully favorable) review. Dozens, maybe hundreds of dedicated hours go towards writing, researching and compiling such texts as this, so it is hoped that others may appreciate the info, but not unduly profiteer from someone else's work.

Contents

FOREWORD

[1. EVOLVING](#)

[2. MR. COLON RULES THE ELIMINATION BUSINESS](#)

[3. PREPARING FOR A FAST](#)

[4. TWO TYPES OF FASTS](#)

[5. LOSING EXCESS BODY WEIGHT](#)

[6. WILL THE TURKEY LEAVE US FOR THANKSGIVING?](#)

[7. HEAVY HEART / LIGHT HEART](#)

[8. DOCTOR, HELP US HEAL OURSELVES](#)

[9. NATURE'S CORNCOPIA](#)

[10. OVERLY SWEET 'N SOUR](#)

[11. THE BODY NATURALLY ADJUSTS TO FASTING MODE](#)

[12. VEGETABLE JUICES](#)

[13. FRUIT JUICES](#)

[14. INITIAL CHALLENGES](#)

[15. POTPOURRI OF NOTES](#)

[16. WHAT TO DO DURING A FAST](#)

[17. ENEMA](#)

[18. CLEAR MIND / AS WELL AS BODY](#)

[19. SPIRITUAL STORIES WHICH RELATE TO FASTING](#)

[20. BREAKIN' DA FAST](#)

[21. FAST FOR HOW MANY DAYS ?](#)

[22. MASSAGE YOURSELF](#)

[23. CAN BAD HABITS & ADDICTIONS BE CALLED DISEASES?](#)

[24. AIRPORT WORKOUT](#)

25. KEN'S MORNING STRETCH ROUTINE

26. SPECIOUS SPECIES

Other Books from Adventure1

"Fasting is the greatest remedy – the physician within."

Philippus Paracelsus, pioneering Swiss physician

* * * * *

FOREWORD

A person's body is continually trying to cleanse itself. One of the healthiest things a person can do is to facilitate that process. That's what a proper fast does.

A juice fast is different than a 'water-only' fast. As its name implies, a juice fast allows for some fruit and vegetable juices. A water-only fast is severe and possibly dangerous because it doesn't flush out toxins from the body as effectively as a juice fast. For a person without fasting experience, the release of too many toxins during a water-only fast could prove harmful. That's why, for all but experienced fasters, a juice fast is preferable.

You may wonder what the word 'highness' is doing in the book's title. It's a rarely used word that usually heard in relation to royalty, as in; 'your highness.' Though the analogy could apply to all people in an altruistic way, the word 'highness' in this context refers to 'a higher state of consciousness.' Latter parts of the text will elaborate on aspects of that, and show how 'getting high' need not involve drugs – and a properly done fast will induce a natural high.

When a person sleeps, he/she allows the body a respite from eating. During that 'down time' the body will try and deal with the excesses of the previous 15 hours' indulgences. That's why the first meal is called breakfast. The grim reality is that most of us eat copious amounts of food, and much of that is still undigested when we wake to start filling up again. The body tries valiantly to clean itself, but it's often a losing battle. The proof of that is the overweight and misshapen bodies we see everyday. Those bodies usually belong to people who eat more than their digestive tract can process. Granted, it's more complicated than that, but too-slowly digested foodstuff is a primary reason for obesity.

The average meat eater has about 15 pounds of partially digested meat in his or her gut at any one time. It's not a pretty picture, but this text is about telling it straight, and not beating around the bush. If you're squeamish, you can skip the next few sentences, but it needs to be said: The average gut has inert bits of stuff stuck in the colon. It's the consistency of soft plastic and it serves no good purpose at all. At times, it partially blocks the colon, forcing its walls to extend, and thereby slowing down bowel movements (BM) that should move faster – thereby increasing putrefaction and enabling toxins to get re-absorbed into the blood and body.

All people have toxins stored in the tissues of their bodies. It starts in the womb and, unless a person lives an astonishingly clean lifestyle, the build-up continues. Even breast milk contains measurable amounts of toxins. Trace amounts of toxins permeate much of the air we breathe, as well as the liquids and solids we ingest. The oceanographer Jacques Cousteau commented in his latter years that, of the thousands of underwater dives he had taken all over the world, no body of water was free of detectable pollution.

One major contributor is formaldehyde, a residual gas that we breathe from furniture and building materials. It's particularly prevalent in newly built or refurbished sites. After Hurricane

Katrina, many New Orleans residents were issued mobile homes by the U.S. Federal government. Many inhabitants got sick. A few years later, it was found that the mobile homes were emitting formaldehyde. The units got recalled, but not until residents had breathed foul air for many months.

+X+X+X+X+X+X+X+

Formaldehyde, you and the environment from greenlivingtips.com

While formaldehyde (also known as methyl aldehyde, methylene oxide, oxymethylene and oxomethane) is a natural occurring substance in the environment; mankind has pushed the presence of this toxic chemical to incredible levels; in fact, it's one of the most common indoor pollutants.

Formaldehyde is volatile organic compound (VOC), meaning that it becomes a gas at normal room temperatures.

Avoiding formaldehyde-ridden products is very difficult. Formaldehyde is used in the creation of polymers (plastics) and other chemicals and is very common in adhesives. Many common items common in homes and offices contain at least trace amounts.

Formaldehyde - human and environmental poison

One of the problems of formaldehyde is that products containing it slowly give off toxic vapors over time. For humans, inhaling atmospheric concentrations above 0.1 mg/kg can cause eye and mucous membrane irritation, breathing difficulties and headaches. It's interesting to note that many new mobile homes, houses and offices contain levels above this.

When in contact with the skin, it can cause irritation, burns and dermatitis, In large doses, formaldehyde can be lethal. The chemical is listed as a known human carcinogen by the International Agency for Research on Cancer.

In many animals and birds, formaldehyde has the same effects as in humans when ingested or inhaled. It can also create reproductive problems such as low fertility. In an aquatic environment, formaldehyde is very and somewhat persistently toxic as it has a half life of between a day and ten days. Toxicity to plants remains unknown.

Avoiding Formaldehyde

There really is no way to totally avoid this chemical, especially in urban areas. On top of what man creates purposely, formaldehyde is also formed through sunlight interaction with smog; so driving your car less will also help decrease formaldehyde levels in the atmosphere. It's also present in cigarette smoke.

+X+X+X+X+X+X+X+

Similarly, it's no secret that many professions are compelled to deal with noxious fumes. Besides those who work routinely with internal combustion engines, such as mechanics, drivers, road crews, or commuters, there are other professions that involve other noxious chemicals, namely; woodworkers, painters, salespeople at carpet outlets, etc. Unhealthy fumes also affect workers at various types of manufacturing plants.

In my earlier adopted town of Grass Valley, California, there was an Army Surplus shop. Twin brothers ran the place, and both were big guys. Some of their best selling products were foam pads. One couldn't help but notice the twins' complexions getting worse. Their skin was slightly bloated and had pastel blotches – light pink, dark pink, and tan - mottled over their faces. Their eyes seemed bulbous and teary. Before their fiftieth birthdays, both guys died of cancer. Three things those fellows could have done to improve their health and extend their lives: 1. have all the foam pads individually sealed in plastic 2. have two big fans, one blowing in, and one blowing out, to keep a continual flow of air in the shop. 3. fast periodically.

Fasting wouldn't have been a magic bullet for them. Indeed, if they'd started with a water-only fast, it might have killed them. The reason; it would likely have released considerable amounts of toxins stored in their glands and tissues, while not being able to flush the stuff out effectively enough. So much toxins released into their blood and glands could have been fatal. There's a little known term for that toxic predicament; 'Herxheimer's Reaction,' which we'll elaborate upon later.

There's been much research in the past decades looking for direct cause and effect between the chemicals in our modern world and how and whether those chemicals trigger the growth of cancer and other diseases. Even if a person had not read the plethora of reports, it's clear that there's a connection between toxic chemicals and ensuing diseases. About the only people who may harbor doubts about the correlation may be those with vested interests in particular chemicals and name brands. For years there was denial by big tobacco companies that nicotine was addictive. However, even Big Tobacco's high priced lobbyists and top echelon lawyers couldn't stem the tide of common sense - which everyone else could see clearly.

Showing cause and effect between a chemical that someone may have ingested as a child, and a cancer that reveals itself years or decades later is nigh impossible. What is known, is that there are various types of cancer, and cancer can affect nearly every part of the body. Even with a biopsy of cancerous tissue, it's doubtful the origin can be revealed. This text is not an attempt to articulate different types of ailments and what sorts of chemical exposure may have caused them. Such a tome could be bigger than the Encyclopedia Britannica. Instead, this text asserts that a significant portion of chemicals in the average person's environment carry potential harm.

We'll never know whether some weird chemicals we sniffed 25 years ago, or some processed item we ate last month will trigger a life-threatening ailment in later years. Regardless, a sensible juice fast every so often could serve as a precaution against bad stuff happening later on. There's no guarantee, but just as you flush out the grimy fluids in your vehicle when you do an oil change, it can do no harm (and a lot of good) to flush out the ol' bod as well. One could go on and make comparisons to changing vehicle filters, or pouring new clean fluids to replace old, but you get the picture.

* * * * *

1. EVOLVING

Basically, a cleansing fast is a way to flush toxins out of the body. Let's take a look at how cleansing fasts can get rid of some of that build-up.

The human body is a product of tens of millions of years of development. Everyone has complaints once in awhile, but despite its flaws, it's an amazing compilation; a complex organism

that is self-powered and can reproduce. To do so, it needs energy sources, and it expels waste in the process. The energy input comes from the sun, from plants, from air and water, and from myriad complex molecules we ingest. All life on Earth is related.

People share a significant degree of genetic material even with simple viruses and bacteria. For that reason, it can be argued that all life stemmed from one self-replicating organism – probably similar to RNA, the precursor to DNA. Some people think that life is too amazing to have arisen as a product of natural phenomena. Most of those folks therefore attribute the creation and diversity of life to a God-like power a.k.a. Intelligent Design. Others, for similar reasons, believe life was ‘seeded’ here on Earth from another part of the universe – by comet or asteroid.

Still others (myself included) believe life arose on this planet by natural means. As amazing as life creation is, it is nevertheless possible that it started on this one little planet. One interesting theory proposes that replication first came about in a medium of bubbles in mud. Regardless, it didn’t need a God-like entity give the go ahead. As for being ‘seeded’ here from elsewhere, that’s a remote possibility – however improbable. Even if the ‘seeding’ theory were true, then life would have had to have been created at some earlier time and place.

Micro flora and fauna migrate on to and in to our bodies every day. Even after a shower, human skin plays host to millions of micro-organisms. The accumulated net weight of tiny flora and fauna within the body is several pounds. We’re about seventy percent water, the same percentage as water to land on the surface of the planet - and the water in our bodies has roughly the same degree of salinity as ocean water. Life is interconnected. Most micro-organisms are benign, some are helpful, and some can be harmful – especially if they get out of hand. Pathogenic organisms multiply where they can. They aren’t nefarious, and they don’t scheme to infect, they simply increase their numbers wherever conditions allow, and do so as unthinkingly as a rock tumbling down a hill.

A well-functioning immune system has specialized cells that find and disable pathogens. To back up a bit, the first thing immune system does, even during its fetal stage within the womb of its mother, is learn to discern between itself and all else – which we can call ‘non-self.’ This process can be called ‘self-recognition.’ Rare abnormalities in that process yield such debilitating ailments as ‘auto-immunity disorder’ – where a body’s immune system attacks its host body, i.e., itself.

The body’s immune system may seem to be a relatively new development, as far as bodily systems go, but it’s actually one of the most ancient developments of the body, at least as old as the vascular system. After all, as long as organisms have existed, there have always been other organisms trying to invade it. In some rare long-ago instances, those invaders became co-opted by the host organism. Sometimes this has led to symbiotic relationships, where a would-be invasive organism develops a permanent way to live and multiply within the host.

In line with that, there are organisms which are clearly not part of the host, but which the immune system does not attack. In a sense, the immune system tolerates them. A prime example are the many types of microorganisms which inhabit a healthy colon. It’s good the immune system doesn’t attack those, because it would be a ‘grave day’ for the host (a pun borrowed from Shakespeare’s Romeo and Juliet, which plays on the word ‘grave’ as it relates to where dead people are buried).

One of the most effective components of a well-functioning immune system are T-cells, which are part of the body’s white blood cells. T-cells continually bump in to other cells while flowing through the blood system. If they bump into something which is not part of their host’s body, they engulf it, and then the whole package gets flushed out – specialized cell and intruder together. The cell selflessly sacrifices itself to do its mindless duty. The so-called intruder may be bacteria, a virus, a fungi, a drug, or it may be something dead or inert. Regardless, the ‘search and destroy’ scenario goes on 24/7 within the body – eliminating non-familiar things, and getting them flushed out.

There are various ways with which the body expels toxins – and none of them are pretty. Phlegm, snot, bowel movement, urine, perspiration, gas (body odor), tears & eye crud, and saliva

are a partial list.

People shed. A partial list of people sheddings include; nail clippings, hair, scabs, dandruff, boogers, and dead skin. The major portion of sweepings from a house floor likely contain stuff people shed. Fasting accelerates that process and after a successful fast, shedding is lessened for a time – because the body is cleaner. Fasting also expels toxins by fluids. During the first few days of a fast, there will often be a greater-than-normal amount of the expectorate fluids (a.k.a. spit). It might be a bit yukky for the uninitiated, but it's a beneficial part of the process.

Another area of concern is the mouth. Bad breath and more-than-usual tooth scuzz is to be expected, as stuff gets eliminated. Fasting people like to spit. It's not an attractive habit, but it's better than swallowing. Since they don't make spittoons any more, one can have a bowl nearby when indoors (when outside, no big deal). Even alongside the bed, it's not a bad idea to have a spittoon. Society dictates that spitting is low-class, but it's a rather good way to get rid of phlegm. Nose blowing is another un-pretty but essential part of fasting. Best is first one nostril, then the other. Some Yogis have a method where they can run a cotton string through a nostril – and out through the mouth – sort of like flossing the nasal passages.

Since we're on the subject of flossing, here's a two cent's overview: Some think flossing is just running a piece of string floss between teeth. Flossing is more serious than that. One wants to get the string low in the gap between the teeth, and move it firmly up on either side of that gap, to dynamically scrape off the scuzz that's built up between the teeth.

Flossing once per day is good. Twice per day is better – each time followed by vigorous brushing. Gargling with salt water is good for the gums. Brushing not only gets teeth clean, it's at least as important for invigorating and strengthening the gums. There's a little tool that some dentists use to measure the depth of the gap – where gums meet the teeth. The shallower the gap, the better. A depth of 5 or 6 mm is not good. Deeper than that, and a person is risking serious dental trouble.

Try scrapping your tongue with something like a blunt butter knife. The residue isn't pretty, but it's indicative of the buildup that normally takes place in the mouth – whether fasting or not. It might even give you pause, next time your lover puckers up to plant a juicy French kiss on your pie hole.

During the first two or three days of a fast, it's not uncommon to have more than normal body odor. Again that's ok and not to be interpreted as something going wrong. Bad breath, body odor, smelly feet,all those things are part of the initial fasting process. Experienced fasters will likely have less of that – particularly if their earlier fasts were effective. However, it's all relative to the individual's situation. If, for example, a person has been smoking and doing an unhealthy diet for decades – then naturally that person is going to have a larger amount of toxins to flush out. Though that person may make considerable progress for their first fast, they will continue to eliminate old built-up stuff in subsequent fasts. Also, their first fast will likely be one of the toughest things they've ever done in their lives. The eating habit is tough to alter.

We all love the textures and flavors of food. Most people have been trained since infancy to expect food three or more times per day. People talk about addiction to sex as being tough to deal with. Try going without sex for a week versus going without food. For most people, going without sex would be less challenging. There's another basic reason, besides hunger, that fasting might be a tough row to hoe: The first two or three days you'll likely feel crummy. This is particular likely for first time fasters, though veteran fasters aren't inured from feeling ill-at-ease also. However, experienced fasters will know what to expect – and hopefully they've flushed out most of their toxins in earlier fasts – so the doldrums of those first few days won't be as acute.

* * * * *

2. Mr. Colon Rules the Elimination Business

The biggest trash remover for the body is the bowels. A proper cleansing fast does many things to improve the efficiency of the bowels.

There's an old story that's told in African villages: The various parts of the body were having an argument, each one insisting it, alone, was the most important part and should be declared the boss. The heart spoke up saying it pumps vital blood throughout and should therefore be the boss. The lungs made a good argument for bringing air in to the body and the brain stated its case of by insisting its preeminent place in directing the correct functioning of everything. The anus didn't say anything, but instead closed up tight. After a short time, as the digestive system backed up and compacted – the other body parts conceded defeat and declared the anus the boss of the body.

At any one time, even in healthy people, the lower bowels contain several pounds of former food in various stages of digestion. The bulk weight varies considerably from person to person. A person with a beer gut obviously carries a lot more baggage around. If that person is a heavy meat eater, then much of his gut is having to deal with putrefying meat. Since one of the functions of the colon is to transfer chemicals to the body, then it obviously does no good to have putrefaction going on in there.

Many of the glands in a body serve basically as filters. The kidneys are a prime example. They filter the blood and remove about 1% which is superfluous fluids. They also filter out waste and toxins and send it, along with fluids, to the bladder to get eliminated as urine.

Another incredible filter is the liver. The second largest gland in the body (the skin is the largest), it primarily filters fat out of the blood – much of those fat blobs harbor minute amounts of fat-soluble toxins. Tired old blood cells and other waste from the blood is also filtered in a well-functioning liver. The waste from the liver is channeled via the bile duct in to the colon. Needless to say, alcohol doesn't aid in the function of the liver. Indeed, cirrhosis of the liver is a disease that's directly linked to ingesting alcohol. The liver, like all glands, can also be adversely affected by an unclean diet. A good cleansing fast is the best way to get on the path toward cleaning glands and improving their function. A mixture of cayenne, maple syrup and lemon juice, highly diluted in water, is purported to be an effective cleanser for the liver – particularly when the drink is used on its own, as part of a juice fast.

Blood is as important for cleansing the body as it is for transferring oxygen to all its parts. It's main component, red blood cells, are formed in the marrow of bones – as are other components of blood. Blood circulates to nearly every part of the body except the hair and nails, cartilage and specialized parts of bones such as the teeth - yet even the tissues that form the cartilage, hair, nails and teeth are nourished by blood. With its iron component, it picks up oxygen in the lungs and transfers it by way of that amazing pump called the heart – to nearly every cell in the body.

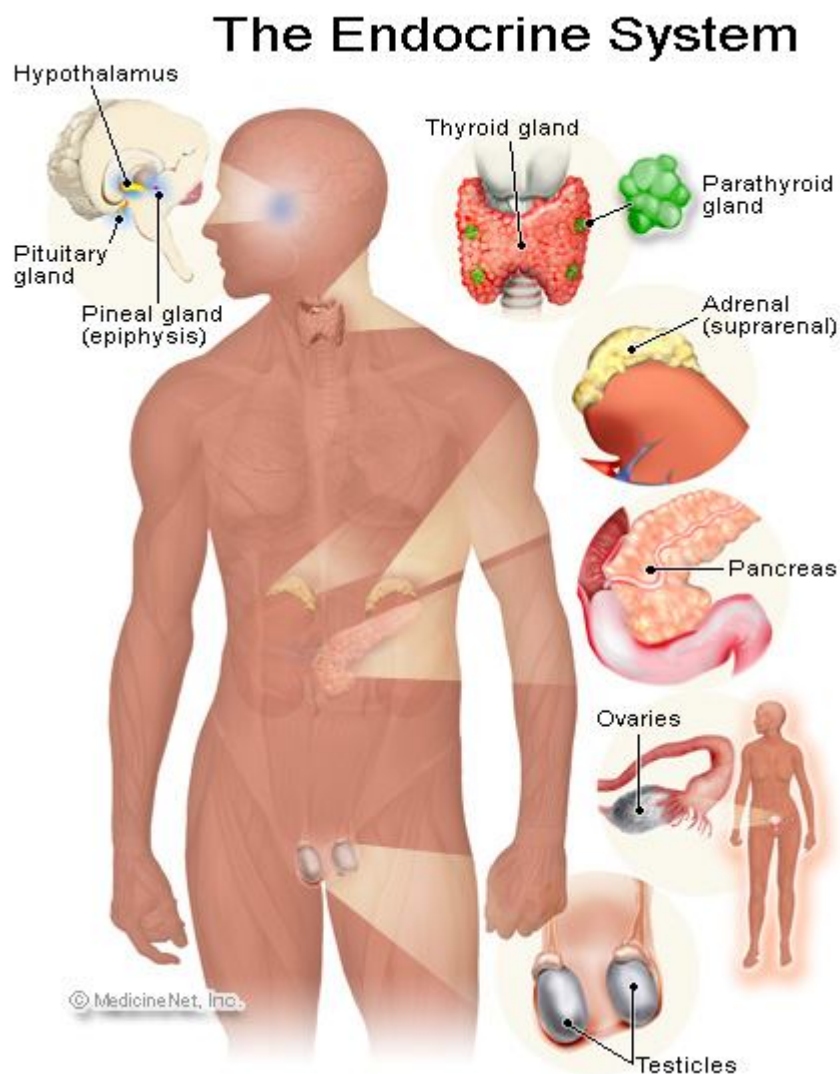
White blood cells are a mix of various specialized cells. They're among the most complicated components genetically. Indeed, white blood components are being updated on a day to day basis – in their attempt to ward off newfangled diseases. Diseases, in the form of pathogens, are themselves changing constantly. Bacteria are able to share genes and adapt to threats – whether that threat is a new type of anti-biotic or a newly configured type of white blood cell in a host body. All pathogens want to do is survive and replicate – they have no nefarious thoughts or plans. Similarly, white blood cells, which are one of the body's first lines of defense, mindlessly re-configure to try to meet those threats.

The under-appreciated lymph system produces infection-fighting lymphocytes and provides other immune functions. Major lymph glands are located at each side of the groin, in the neck, and near the armpits. The lymph system has vessels similar to blood veins and has nodes throughout the body. Like any other functional part of the body, the lymph system can get over-worked and/or infected. When a person has a cold or a serious infection, the lymph glands can become painful. Like all other glands in the body, lymph glands can become cancerous and/or be adversely affected

by Candida (yeast infection). They can also act as a conduit – unwittingly channeling infection to other parts of the body.

The major part of the endocrine system encompasses important glands which emit specialized hormones. A partial list of endocrine glands are; the pituitary gland, thyroid gland, adrenal glands, and pancreas. Other important glands are salivary glands, and the prostate. Fasting ‘tones up’ these glands in a number of ways. It detoxifies them, unloads non-useful fatty deposits, and helps them function better than they did before the fast.

Adrenal glands are relatively small glands located just above the kidneys. Their primary function is to produce adrenaline which has been called the ‘fight or flight’ hormone. In other words, adrenaline is the hormone that’s cranked into a person’s bloodstream during stressful situations. Few people do not have an overload of stress in their lives – in lieu of that, many people have adrenal glands that have been overworked and exhausted. To note just one example: former US President John F. Kennedy’s adrenals were so exhausted, as to be barely functional – and he had to get adrenalin injections daily. Fasting in a non-stress environment is a fine way to give the adrenals badly needed rest and recuperation.



Endocrine System Intro

The endocrine system is made up of glands that produce and secrete hormones. These hormones regulate the body's growth, metabolism (the physical and chemical processes of the body), and sexual development and function. Hormones are released into the bloodstream and may affect organs throughout the body.

Hormones are chemical messengers created by the body. They transfer information from

one set of cells to another to coordinate the functions of different parts of the body.

The major glands of the endocrine system are the hypothalamus, pituitary, thyroid, parathyroids, adrenals, pineal body, and the reproductive organs (ovaries and testes). The pancreas is also a part of this system; it has a role in hormone production as well as in digestion.

The endocrine system is regulated by feedback in much the same way that a thermostat regulates the temperature in a room. For hormones regulated by the pituitary gland, a signal is sent from the hypothalamus to the pituitary gland in the form of a "releasing hormone," which stimulates the pituitary to secrete a "stimulating hormone" into the circulation system. The stimulating hormone then signals the target gland to secrete its hormone. As the level of this hormone rises in the circulation, the hypothalamus and the pituitary gland shut down secretion of the releasing hormone and the stimulating hormone, which in turn slows the secretion by the target gland. This system results in stable blood concentrations of the hormones that are regulated by the pituitary gland.

Hormones Regulated by the Hypothalamic/Pituitary System:

- Hormone Pituitary Stimulating Hormone
- Hypothalamic Releasing Hormone
- Thyroid hormones T4, T3
- Thyroid-stimulating hormone (TSH)
- Thyrotropin-releasing hormone (TRH)
- Cortisol
- Adrenocorticotropin hormone (ACTH)
- Corticotropin-releasing factor (CRF)
- Estrogen or testosterone
- Follicle-stimulating hormone (FSH), luteinizing hormone (LH)
- Luteinizing hormone-releasing hormone (LHRH) or gonadotropin-releasing hormone (GnRH)
- Insulinlike growth factor-I (IGF-I)
- Growth hormone-releasing hormone (GHRH)

A few words about Candida: Everyone has a bunch of potentially toxic microorganisms in their body and on their skin. That statement is not meant to be alarmist, but is said as a matter of fact. Even so, most of us have reasonably well-functioning immune systems, so we get by from day to day. Nearly all of us get sick from time to time, but we muddle through back to relative health. Candida is one of those microorganisms that lingers. Indeed it probably never completely leaves a body once it's gained a foothold. It's rarely toxic enough to kill a person, but it can be mildly or wildly debilitating depending on various factors. Those factors include an individual's (a) metabolism and ability to ward off its effects, (b) how long the Candida has been hosted and how fast it's spreading (c) a person's diet, and (d) a person's lifestyle.

It's commonly believed that Candida affects only women. This belief primarily stems from the fact that Candida manifests noticeably in a woman's privates. Candida affects men also. Candida is a white colored yeast which smells like rotten fish. For both men and women, Candida exacerbates body odor, peeling skin on fingers and toes, increased sensitivity and smelliness of penis or vagina, dandruff, skin shedding, and those are just some of the physiological indications. Other symptoms are aching joints, dull-headedness, fatigue, tongue residue, and sinus inflammation. Candida is widespread, it's debilitating, yet it's generally relegated to the 'No Big Deal' department by the medical community. Cleansing fasts are probably the best way to keep it at bay without drugs.

* * * * *

3. PREPARING FOR A FAST

The longest journey begins with the first step. But even before that first step, there must be an intention to embark. We don't intend to get started like a drunk going to take a pee in a back alley by some dockside bordello, and then – wham – a trap door opens and he drops to a rowboat where he's knocked out – later waking on a Chinese junk with a the bright morning sun shining in his eyes and a chipped-toothed man shouting in his face, “You belong to me now – start swabbing the decks or I'll throw you overboard!” No, we want to start with more conscious intention than that.

It might sound like your kindly grandma's advice, but it rings true; ‘No one is going to help you as much as you are willing to help yourself.’ Many kids grow up over-pampered. In my adopted town in northern Thailand, it's not uncommon to see Chinese baby boys being smothered in protectiveness. It's known that Chinese parents prefer boys to girls – and the proof is watching Chinese mothers with their ilk. There are more than a few boys whose feet never touch a floor for the first five years of their existence. There's always a mother or a nanny to hold him – for every waking moment. There's a restaurant in my town with a boy's crib. Every time the boy is snoozing in his there, there are between one and five female staff members standing quietly by, staring at him. As soon as the child stirs, the closest nanny reaches in to gently lift him up and hold him to her breast.

The same boys grow up and become as big as alpha orangutans. They have puffy white skin, sleepy eyes and they seem to never wander more than a Km from their family's shop front. They've never had to make (and learn from) their own mistakes, so they're perfectly groomed to do what they're supposed to do, which is; mind the store, marry the woman who's been chosen for them, and have at least one fat grandson for the grandparents to dote over.

Not us. We grab the bull by the horns, we step sprightly from the frying pan to the fire while riding on the horns of a dilemma, all the while trying not to make mountains out of molehills. I'm full of idioms. Some might say I'm full of bullshit, but rather, I'm full of BM – and so are we all – which is as good a reason as any to embark on a cleansing fast.

Mental Preparation - If you're the type of person who, when embarking on a new adventure, is inclined to garner every bit of possible info, then that's fine. You can read piles of books, search the internet until your eyes sag out on optic nerves, ...go to seminars, and interview every person who's ever had an opinion on fasting. Or, if you're the impulsive type, you can get the gist of it, then go off the deep end. Perhaps a reasonable middle path is in order: Some research, and then off on an adventure.

Two stories from the Buddha's life that shed some light on people starting new ventures:

A. As the Buddha was about to address a gathering, a man came and asked to be initiated. None of the Buddha's inner circle had seen the man before. After a moment, the Buddha bestowed his blessing. Right after the man left, the Buddha commented, “there goes an enlightened man.” The Buddha's right hand man, Ananda, commented, “how can you say he's enlightened when he hasn't yet heard the teachings?” The Buddha grinned and said, “A great race horse gallops at just the shadow of the whip.”

B. One rainy night, the Buddha chose to sit by the side of a muddy path to rest. In the morning, he found shelter in a lean-to. A young seeker showed up, who was pleasantly surprised to find the person he'd been seeking. The Buddha gave him a synopsis of the teachings and both realized that the seeker was ready. The seeker asked, ‘what do I need for initiation?’ The Buddha said, ‘all you need is a begging bowl.’ There was no bowl in the little shelter, so the seeker decided

to run to a nearby village to get one. As he was running across a rice paddy, a bull saw him, charged, and the young man was killed. Hopefully, no one will get gored in a wet rice paddy while getting prepared for their first fast.

Environment - It's best to get away from your usual space. As much as anything else, this applies to the refrigerator. People get so accustomed to mindlessly going to the fridge any old time. That's not conducive to fasting. If you can't feasibly get away from your fridge, then do the next best thing: arrange to have your fridge emptied of all but the essentials for fasting, such as juices and fresh veges and fruits. Same for the larder, a.k.a. the shelves where you keep all non-perishables, snacks, and non-refrigerated foods. If it's your first fast and you can't get away to a foodless environment, it's suggested you move all non-essential foods out of your living space. That's right, get some cardboard boxes and physically load 'em up and move them far away.

It can't be over-emphasized that eating is a deeply ingrained habit. We not only love food (and there's no shame in that), we enjoy eating and the textures and wonderful flavors of food. If you're going to fast for the first time, make it easy on yourself. Similarly, if you love comedy movies, but felt you had to quit watching them for a few days, you wouldn't choose to cold-turkey in a room with a giant TV, a video player, and a big stack of great comedy DVD's.

So, if you can give yourself a vacation from your regular pad, that could be cool. Hopefully it would be a place which, again, doesn't offer readily available temptations. A hotel room might be ok, but nearly every hotel has food outlets nearby. If you can find a truly secluded spot, with at least basic comforts, then that would be optimum. Granted, we don't all have the luxury of being able to go stay in a darling Irish seaside cottage – or a comfy cabin in Yosemite – but there's no harm in dreaming about it.

Influences - This has mainly to do with other people and their opinions. Probably the #2 reason people aren't able to get started with fasting (the #1 reason is yearning for food), is nay-sayers. Before embarking on a fast, it's fine to have lively conversations with people who are categorically against fasting. Usually, they'll be people who claim to care so much for you. Some of the arguments against fasting go something like this;

>>>> “The body already has ways of cleaning itself out, so why so you need to starve yourself to do the same?”
>>>> “You look healthy already, why fast?”
>>>> “If you're constipated, take a pill.”
>>>> “You're already thin, why fast?”
>>>> “If God had meant us to fast, He would not have given us so much food.”
>>>> “If you want to get healthy, sign up for this great MLM I just found out about.”
>>>> “You're crazy to starve yourself. You wanna be anorexic? Do you know how Karen Carpenter died?!”
>>>> “Look, I'll just make us some bacon and cheese burgers with Doritos, and you'll get off that silly notion.”

Again, it's ok to discuss such things before the fast. The important thing is to try and avoid confrontations during a fast. So, similar to finding a physical environment that's food-free, it's incumbent upon a first-time faster to find a hassle-free environment. Some wonder whether it's ok to go to work. The answer is a qualified 'yes.' The qualifier is how physically demanding the work, and how stressful the environment. If either of those conditions are close to 10 (i.e. if you're a high-altitude rescue climber, or a boxer instructed to take a dive by your mafia handlers), then arrange to take time off from work.

For people who are planning their first fast, it's recommended to start with one or more one-day fasts – with intervals of at least a few days between each. After at least one initial one-day fast, you're ready to try a three day. Again, with a minimum interval of a few days, you could be ready for a one week fast.

It's important to gauge how you've fared in your earlier fasts – before going on to a longer duration. If, for example, your three day fast was tough (extended headaches and/or irritableness), it would be best to do some additional three day fasts, with intervals, before progressing to a five or seven day fast. For the average adult with no fasting experience, to start with a one week fast would not be smart. Too much stuff will get released too soon. This is particularly true for a person who has had an unhealthy lifestyle and/or is seriously overweight.



* * * * *

4. Two Types of Fasts

Water-Only Fast is rather severe and should only be tried by people who have done several relatively recent juice fasts prior. Some people insist this is the only true type of fast. In the strictest sense of the word, that's probably true. But that's akin to saying 'if you're going to play tennis, then you must wear a starched white tennis outfit, otherwise it's not really tennis.' A water-only fast is severe, in the sense of compelling the body to resort to emergency adaptations. It may be effective for protesting a prison sentence, but the body thinks it is starving (which it is) so it will resort to survival mode. This will result in giving less prajna (energy) to less essential parts of the body (extremities such as arms and legs) in order to keep the most important organs functional. Fat reserves are burned relatively fast, but that can have health-threatening effects.

Juice Fast is the best way to cleanse the body. Fresh fruit and fresh

vegetable juices are used. Care should be taken not to take too much fruit juice as most are sweet, and you don't want to ingest too much sugar, even if they're natural sugars. Vegetable juices contain less sugars and are more alkaline, and don't need to be diluted – as fruit juices. Juice fasting cleanses the body while increasing its intake of vitamins, digestive enzymes and minerals. Vegetable and fruit juices are living foods that put no digestive strain on the body, allowing the body to focus on rejuvenation. Vegetable and fruit juices have a wealth of natural vitamins, enzymes, minerals, and antioxidants. They work together to extract and move wastes which get expelled from all parts of the body. Though it's preferable to not mix fruit and vegetable juices, it's not a serious 'hard-and-fast' rule. Apples are an exception, and can be mixed with veges.

The body knows how to heal itself, it just needs to be allowed to do so. By continually encumbering the digestive system with normally too-heavy diets, the body is continually having to deal with the stuff that comes down the tubes – thereby not having enough time and resources to properly cleanse and heal itself.

* * * * *

5. Losing Excess Body Weight

With so many advances in genetics, it's become fashionable to attribute all sorts of things to genes. Though there may be some veracity to attributing bad habits to 'the hand that's been dealt' in regard to one's particular mix of chromosomes, it can also be a way for individuals to avoid taking responsibility for themselves.

It seems like every week there's a new 'finding' that asserts something like homosexuality or drunkenness or excess flab can be attributed to inheriting a few oddball gene combinations.'

Ok, the topic here is overweight people, so we'll try to stay on topic. Sure, weight issues have to do with a person's individual metabolism, but that's only part of the equation. More to the point; being overweight has mostly to do with lax eating habits and lack of exercise. Secondly, being overweight has to do with body type and metabolism, which relates to genetics.

Using the excuse that being overweight is solely attributable to having a warped sequence of genes is a cop-out. It's too easy to say, "Yea, I'm fat, but that's just the hand I was dealt when God was dealing out genes. My genes keep me from fitting into smaller jeans."

Attitude and lifestyle adjustments can make a big difference for anyone wanting to lose excess body baggage. If asked, obese people might assert they're eating a healthy diet. Dig a bit deeper, and they might then come around to admit they could do a lot better. Deep down, they know they could be doing more to avoid carbs/sugars, unhealthy fats, processed pseudo foods, and snacks. Same applies for just about everyone to various degrees.

Many common foods can possibly cause allergic reactions, such as swelling – internally and/or externally. Some of our most popular basic foods are potential culprits, such as soy, corn, dairy, wheat and some other grains. Ironically, the people who suffer allergic reactions often crave the very foods that cause such reactions.

There are basically two types of body fat. There's the hard or visceral fat, the type that gathers around a person's mid-range and covers organs. It lodges in spaces between organs in the abdominal cavity. Hard fat is brownish and is harder to lose than 'soft fat.' Soft or subcutaneous fat

is light yellow, and can accumulate at various parts of the body – though most often is located close to the skin's surface. Soft fat is the type that 'rolls' and jiggles.

When doing a cleansing fast, soft fat will disappear at a quicker rate than hard fat. As soft fat is released, the skin may get looser. That's another reason why moderate exercise is recommended, as it will tone up muscles and skin. Where does the fat go? Some may get sweated out through the skin, but most gets absorbed into the blood and flushed out of the body.

+X+X+X+X+X+X+X+

Here's a blurb from Rasayana Retreat in Thailand.....

I'm really big on juice fasting. Both fresh vegetable and fresh fruit juices are great, but I would definitely recommend emphasizing the vegetable juices as they are less acidic and carry less sugar. Most juice fasting cleanses the body while supplying a dramatic increase in vitamins, minerals and enzymes. Vegetable and fruit juices are a living fuel that takes no digestive energies from the body, allowing the body's entire focus to be on healing and rejuvenation. It is packed with vitamins, minerals, living enzymes, antioxidants, phytochemicals, yet low enough in calories to force the body to cannibalize its own residual waste, propelling you to vigorous physical health and clarity of mind.

Fruit and vegetable juices are the cleansers, energizers, builders, and regenerators of the human system. A combination of either fresh, raw fruit or vegetable juices will supply all the enzymes, vitamins, minerals, protein, and fats critical to increased vitality! By adding live juices to one's diet as a daily routine, you supply the body with easily absorbed nutrients, while the body is cleansing itself in the fasting state.

Rasayana's recommended juice fasting protocol:

- * Fast one day a week on juice and one of the super foods (chlorella, spirulina, stabilized rice bran, Aktivated barley, etc.).
- * Once a month, do a 3 day juice/super food fast.
- * And twice a year, as part of your bi-annual liver detox, do a 5-6 day juice/superfood fast.

Here's an interesting thought to keep in mind. If all you do is fast just one day a week, it adds up spectacularly. In seven years, you will have fasted for one entire year. For the average person, that represents 1.5 pounds saved every two weeks—39 lbs in body weight at the end of the seven years! What do you think a year of fasting every seven years would do to optimize your health—let alone slow down any weight gain you might otherwise have experienced?

Detoxing: If you are not experiencing regular bowel movements, then fermentation of carbohydrates and putrefaction of proteins (toxemia) found in fecal material occurs. Autointoxication is the result which is best defined as the process in which the body is poisoned through reabsorption its own waste that would normally be excreted.

Not eliminating properly or being constipated is like having your city garbage collector go on strike for days on end. What happens? The garbage piles up, rots, putrefies or ferments, begins to smell, and affects the surrounding area in many ways. The same thing happens in our own sewage system.

Not only is detoxing beneficial for your overall health, it: . . .

- * Optimizes your absorption of nutrition so you need less food to get the same level of satisfaction and nutrition.
- * Potentially can clean pounds of waste from your colon.
- * Can help to purge pounds of accumulated water (edema) stored as an allergic response to the presence of uneliminated and highly toxic waste.
- * Flushes fat from the liver and other internal organs—making you internally thin, as well as externally beautiful.



crayon drawing by author

6. Will The Turkey Leave *US* For Thanksgiving

The average American eats over 50 pounds (110 kilos) of animal fat per year – that’s roughly one pound per week. If we discount for the % of vegetarians in the survey, then the average amount of fat eaten per meat-eater goes up substantially. Much has been said about whether eating vegetarian is preferable to including meat. We’re not going to attempt to find closure to the arguments in this brief mention. Which diet suits which particular person has much to do with that person’s body type, metabolism, and lifestyle.

There are some who say vegetarian diet is not suited for people in general because of our heritage. In other words, up until a couple thousand years ago, people were hunter-gatherers, who would gladly supplement their diets with meat, anytime they could get hold of some.

Our predecessors, whose male members hunted nearly daily for hundreds of thousands of years up until the near present time, ate mostly meat. In lieu of that, peoples’ teeth, their metabolism, and their digestive tract are rather well suited for processing meat from wild game. We come from a long tradition of omnivore hunter-gatherers, our ancestors having subsisting mostly on meat and fish. The ‘gathering’ part of hunter-gatherer refers to grains, fruits, tubers, insects, and whatever else could be found to aid in survival. Humans, before farming, had diets similar to a bears.

Up until the first organized farming, believed to have been in the Tigris-Euphrates region (a.k.a. Mesopotamia or modern-day Iraq), people didn’t eat large portion of grains. In contrast, contemporary people eat large portions of bread and/or rice, or some sort of starchy carbohydrate with every meal. To exacerbate the disproportional amounts of grains eaten today, most grains are processed and/or refined so that their most nutritious part is taken out. Namely; the germ or bran is considered low class or otherwise superfluous, so grain products today are whiter, starchier, and less nutritious than the grains our ancestors ate.

Then there are the issues of metabolism and lifestyle. Though related to each other,

metabolism has more to do with genes and how an individual processes food. It's no mystery that most thin people can generally process food more efficiently than overweight people. There are also myriad variations on individual metabolisms, such as sensitivity to particular foods, allergies, etc. Indeed, much of those sensitivities and allergies appear to be 'modern' occurrences, having much to do with processed foods, and the challenges they afford for digestive tracts used to unprocessed foods.

When comparing the attributes of vegetarianism vs. meat-eating, an individual's lifestyle is a big factor. Most has to do with how active a person is. A sedentary person should eat less altogether, and less bulky foods, including meats, carbs, fats and snacks. Of course, the opposite is more often the case, and sedentary people are most often the most apt to be overweight. The benefits of moderate exercise, for everyone, cannot be over-emphasized.

People with more active lifestyles, such as framing carpenters or trekking guides, can eat just about anything, and will likely burn it off. At the extreme of active lifestyles, are athletes, martial arts enthusiasts and extreme sports participants, among others. They could eat fatty meats, six eggs a day, and gobs of butter and not worry about getting fat, though their arteries might get impacted over time. High altitude mountain climbers are renowned for eating fistfuls of fatty foods and chocolates on a tough climb, yet they need those mega calories to power their extreme lifestyles.

Though there are those who espouse strong beliefs about 'what people should eat' in a tidy 'black & white' package, the reality is there are gray areas. Much depends on a person's individual lifestyle and metabolism. Plus, genetics play a role in the equation, though less of a factor than tabloid headline writers would have us believe.

Some people cannot gain weight even if they try. I'm a 56 year old guy, 6 feet tall, and haven't strayed more than a few ounces from 150 pounds for forty years. I'm thinner than I should be for my height. That's mentioned because, no matter what or how much I've stuffed my face at any given time, my weight stays about the same.

Recently, I took a ten day trip to Burma. I visited Shan State, which is Burma's largest and one of its most remote territories. It's tucked up in the NE corner, bordering Thailand on its south, Laos to the east, and China to its north. Just prior to that trip, I had traveled to California and Nevada – so, besides the obvious contrasts between a 'first world' and 'third world' countries, one couldn't help notice the general difference in body types. As is well known, Americans in general are becoming fatter with each passing month. Chunky and bulbous are considered normal – for males as well as females. In contrast, I didn't see one fat person – of any age – during ten days of traveling around Burma. People there don't diet – at least not by choice. Indeed, a considerable proportion don't have enough to eat. Though I saw many dirt-poor people, there wasn't a sense that starvation was an issue – as it is in too many other parts of the world.

Two main reasons why Burmese people are slim and trim;

>>>> They're active. All ages seem to be engaged in physical activity of one sort or another. That's not to say people don't relax, but it's doubtful there are Burmese flopping in front of a TV or computer for hours.

>>>> There were no fast food outlets in the regions visited. Trans fats are not on the menu, except perhaps in some little snack items sold at sundry stores. Burmese cuisine is not, in itself, particularly healthy, as their foods are often deep-fried, and little in their diet is served fresh. Plus, there's heavy emphasis on meats, for those who can afford it. Yet, it's doubtful the average Burmese person eats a fifth of what the average American eats, pound for pound. Plus, their diet is simpler, without the variety of processed foods, cheeses and butter, which are taken for granted in regular western diets.

There are many factors that contribute to weight gain, not least of which is stress. Stress can also lead to weight loss, but more often it leads to a person taking on one or more addictions. A lot can be said about stress, but in a nutshell: Stress is a mental condition that affects one's physical and mental condition. Muscles tense more than usual, and thoughts zip around the brain in a sort of 'tape-loop.' It's no surprise that all sorts of mental and physical drawbacks can stem from stress. It's tempting to wax eloquent on psychiatric conditions like 'obsessive-compulsive disorder (OCD)', but the editor suggests we try and stick with the topic at hand.

When looking to lose weight, don't be too quick to believe in a program that's 'too good to be true, because it probably isn't true. Look at losing weight regimen as a campaign – much as a sportsperson or movie star would need to get in good shape for an upcoming event. Don't just do one or two weight-loss things in isolation, but rather do as many concurrently as you can. In other words, do the diet, the exercise, reducing stress, and swearing off addictions at the same time.

Here's a story that's probably been told in one form or another a thousand times: Between my 17th and 21st years, I was addicted to smoking cigarettes. I even switched between black tobacco and toasted tobacco a few times, thinking black was better for the throat. I had coughing spells, and developed a slumming habit of often 'bumming' smokes from others – even going so far as to 'bum' a toke from a smoking stranger, or picking up and re-lighting butts that weren't 'smoked out.' I rarely smoked in private, but always wanted to puff away in social situations. In my early twenties, I tried several times to quit. I had slightly lesser bad habits, such as ice cream binges, beer and coffee, and often the cigarettes went hand in hand with the beer and coffee.

Several times, I tried quitting smoking, but started-up again just as often. At the age of 22, after reading the excellent health book 'Back to Eden,' I decided to change to a cleaner diet. I stopped eating meat and stopped doing an excess of sweet snacks. To my great relief, the other addictions were a breeze to quit at the same time. The key was to quit all unhealthy habits concurrently. Looking back, it's clear my blood started getting cleaner, my taste buds became more sensitive. Surely, several other physiological improvements took place in that transitional time.

Soon after that, my mind and thinking became clearer and more positive also, so to augment the new energy surge, I exercised more – and therefore got more oxygen in the lungs and muscles got toned-up. One particularly hot day in Washington D.C., I was jogging – and a suburban woman ran out of her house and frantically shouted at me to stop, saying it was too hot for anyone to be out jogging. I breezed on by with a wave and a smile.

* * * * *

7. Heavy Heart / Light Heart

Among the many idioms with the word 'heart' are the two; 'heavy heart' and 'light-hearted.' Those idioms gain a literal application when applied to fasting. A successful cleansing fast will result in a light heart in the sense the heart physically feels lighter.

Among other good things, serum fats in the blood are reduced during a fast. This thins the blood and allows more oxygen to get to the tissues. Whatever toxic molecules have been stored in the fat are thereby more able to get released and flushed out. It brings about the realization that a heart beating in normal mode, for a person eating three regular meals a day with snacks in between, has the feeling of a physically heavy heart.

The heart is an organic pump primarily composed of thousands of muscle cells, any one of which would jerk individually on its own. The blood it pumps is composed mostly of red cells, but also contains a host of other types of cells, plus plasma, fat molecules and fluids.

The first few days of a fast will likely thicken the blood, as impurities and fats get released.

As a fast progresses, the blood should thin, as those impurities get released and flushed out. The entire circulatory system will lose fatty deposits, so the thinner blood will move easier throughout. All these things contribute to a reduced burden on the heart – and the effects last beyond the breaking of the fast. Such improvements affect all parts of the body. The heart is mentioned here because it's particularly noticeable in this regard.

During the first three days, it's possible the heartbeat will feel pronounced in an unpleasant way. That's because a lot is happening in those first few days – mainly; toxins are getting released and the blood is getting overloaded. It's that time period that gives fasting a bad rap in the view of some people. Getting beyond those first days is what yields the 'light heart' mentioned in the preceding paragraphs. Indeed, if a person can tough it out through the uncomfortable initial phase of a cleansing fast, heart pressure will go down and beats per minute will lessen – for sure. Similar to the old saying, "you don't miss your water 'til the well runs dry," you won't know how hard your heart works until it's given a vacation.

+X+X+X+X+X+X+X+

A note which came to the author's email address: "I am a professional massage therapist who one day faced muscle spasms in my left shoulder. I did everything I knew from a massage perspective to alleviate the spasms - massage (at least 6), hot packs, biofreeze, stretching, rest, etc. - all to no avail. I realized something else was happening besides the normal tension spasm. The problem was very uncomfortable, went on for several weeks, and made working difficult, so I had to do something. Friends suggested liver/gall bladder problems, and as I prepared to do a liver flush, I started my first vegetable juice fast. After 3 days, the shoulder spasms were gone and have never returned."

*Submitted by Jan DeCourtney, co-author of 'Recapture Your Health' -
available at SunriseHealthCoach.com*

+X+X+X+X+X+X+X+

If people cared for their inner physiology nearly as much as they cared for their car or their pet animal, we'd all be more contented. People who neglect their inner workings are adversely affecting more than just themselves. Medical bills for everyone go up. Insurance bills for everyone go up. Less medical resources are left over for others. The liver, in particular, is unwittingly abused by many. Most people with liver problems are people who have abused themselves – whether through drugs such as alcohol – or a variety of other indulgences. Such people could be called Weak-Willed Abusers Who Make Life Tougher For Themselves And Everyone Else, or if you like acronyms; WWAWMLTFTAEE's - or let's just call them Wamtuftaes.

Needless to say, fasting is great therapy for the liver. No matter what condition it's in when you start, a cleansing fast will improve it. Same dynamic applies to other filters and glands in the body: pancreas, kidneys, lungs, lymph glands, thyroid, adrenals, gonads,you name it. A good fast allows the body to clean and 'tone up' those filters and glands.

An experienced faster told me, after the first few days, he starts feeling lighter – almost like walking on air – and it's not just from losing a few pounds. Rather, it's the body and all its components get to functioning easier – much like changing the oil in a motor – draining out the gummy black stuff, and replacing it with clean lightweight oil.

* * * * *

8. DOCTOR, HELP US HEAL OURSELVES

Medical doctors may know about the advantages of fasting, but they also know it's a lot easier to simply prescribe drugs for patients, than to deal with the intricacies of fasting. Granted, they'll recommend patients stop smoking, drinking, and other bad habits we learn about from childhood. Dietary improvements will also be mentioned, but as a rule, doctors don't recommend cleansing fasts, and below are listed some of the reasons:

>>> Fasting may involve monitoring individuals' progression which is time consuming. Monitoring may involve a test of wills.

>>> Because a fast can be done by the patient himself at his home, the doctor will have to rely upon the patient's frankness regarding whether the regimen is being adhered to. Also, a patient not confined to a hospital generates less revenue.

>>> Pills are cash on the barrelhead. If one set of medicines prove to be ineffective, then another set can be prescribed. If problems stem from the medicine, the drug company shares responsibility. Incidentally, drug companies allot roughly 50% of their gross expenditures on marketing. Much of those hundreds of millions of dollars are earmarked for enticing those in the medical industry to peddle their pills.

>>> Some doctors are either unfamiliar with fasting, or think it's dangerous.

>>> An additional reason why doctors rarely recommend a cleansing fast is it relies on a patient's determination and discipline to see the process through successfully. In fairness, it should be mentioned that doctors sometimes do recommend detox centers like the Betty Ford Center in southern California. However, such recommendations come at the most severe stages of a person's illness – when symptoms become life-threatening and are about to destroy that person's family or career. Even those expensive 'centers' often prescribe drugs as part of the process.

Better by far, is if people were to fast periodically during their adult years. That would preclude much of the scenarios that compel a seriously sick or addicted person from having to get committed to an expensive detox center later in their lives. Of course this will never be an ideal world where people do right about taking care of their health, but it's a sad commentary on modernity, when the only time a person is directed by a doctor to seriously clean up their act, is when that person has one foot in the grave.

+X+X+X+X+X+X+X+

Perhaps that's another reason why the establishment doesn't much care for fasting: they don't particularly care for people getting high if those people are not taking pharmaceutical drugs to do so.

Consider: all drugs that are legal are drugs that can be controlled and taxed. Prime examples are alcoholic drinks, without a doubt the most dangerous drug making the rounds (pun intended). The booze market is multibillion dollars strong. Its health-deteriorating effects are legendary, not just for the imbibers themselves, but for their families and the people they maim while driving. Alcohol abuse is a great revenue generator for the medical establishment, for drug companies, for retailers, for farmers/bottlers, for the taxman, and a host of other industries (insurance, nightclubs, caterers, restaurants, advertising agencies, lawyers, auto mechanics who get to fix the millions of damaged vehicles)the list goes on.

How many of the aforementioned industries benefit from people smoking pot? Nearly no one, except clandestine farmers. After alcohol, the #2 abused drug is actually a group of drugs, namely: prescription drugs (PD). PD's are also a multi-billion dollar phenomena (it's bigger than an industry, so we'll call it a phenomena). The list of beneficiaries include all the aforementioned

industries, plus other types of specialists, who have parts to play in PD's before, during and after the products come to market. Some additional special players include; psychiatrists, lab technicians, FDA and other government oversight committees, and underwriters.

It's clear why some less-harmful drugs are kept illegal, while more harmful drugs are kept legal. It has less to do with the effects of the drugs, and a lot to do with multi-billion dollar industries that have wed themselves to particular drugs. It also has a lot to do with authority's ability to control the money trail (and taxability) of certain drugs more easily.

It's a sad irony that at least two of the biggest pop icons in recorded musical history died, not from illegal drugs, but from abuse of pharmaceutical PD drugs. Somewhere up there, Elvis and Michael Jackson are jamming.

+X+X+X+X+X+X+X+

Fasting rests on the premise that the body can heal itself if allowed to do so. There may indeed be diseases that are too virulent for the body's natural functions to heal. Yet, it's also a matter of degrees. Take for example a person who has the beginnings of cancer. Except for a rare scenario, that person won't even know that cancer cells have started to grow. Anyone walking around today who says they don't have cancer, cannot really know for sure. If they've had all the tests, they can be rather certain, but cancer is so insidious that it's nearly impossible to detect in its earliest stages.

A thorough cleansing fast would likely banish such initial cancer cells. In contrast, by the time those cells have grown to a mass large enough to be detected by hospital tests, the effectiveness of a cleansing fast to fix things will lessen.

+X+X+X+X+X+X+X+

People worldwide think anything can be cured by the right pill. That's not to infer that drugs in themselves are bad. Probably a significant proportion of prescribed drugs can be beneficial in the right circumstances. The point here is that there is too much general reliance on the healing power of pills and other drugs. It's already known that placebos are effective for curing ailments. Having someone in a white lab coat administer the placebo adds to its effectiveness.

To take it a step further, there have been experiments where only placebos were given to groups of test subjects. One group was given inert sugar pills – the other group given inert starch pills. The people administering the pills were medical doctors, or at least they were garbed as such. The patients all had the same medical condition. Nearly all members of each group reported improvements in their conditions – all stemming from the belief that the pills were beneficial. Indeed, the pills were beneficial, insofar as getting them to believe their conditions were genuinely improving.

+X+X+X+X+X+X+X+

Fasting rests squarely in the 'preventative healing' category – along with exercise, deep breathing and eating smart. Just as a small brush fire is easier to extinguish than a forest fire, so too are ailments more treatable in their early stages than later on. Lance Armstrong, besides being a superb athlete, was diagnosed with testicular cancer early in his professional bicycle racing career. He himself admits that if he'd been 'listening' better to the dire symptoms of his body (acute pain in his pelvic area, and severe headaches) he would have gone to get tests – and therefore found out earlier.

It's not known whether Lance knew about the effectiveness of fasting in his earlier days, but had he done sporadic cleansing fasts, it might well have wiped it out before it became a scourge. It's not hard to imagine such a scenario where the cancer came and went without the host ever having known about it. Furthermore, neither Lance nor anyone else can know for sure what initially triggered the cancer. It may have been something he was exposed to as a child, or some weird additives in something he ate earlier on. Such things are near impossible to gauge.

+X+X+X+X+X+X+X+

The following is an article culled from the
April/May 2008 edition of Mother Earth News

A study by Britain's Food Standards Agency has reported what many parents have long suspected: artificial food colorings and preservatives can make kids hyperactive. Published in the prestigious medical journal *The Lancet*, the study is a landmark, in that it demonstrated the impact of artificial food additives on children in general, not just in those previously diagnosed with attention deficit hyperactivity disorder (ADHD), as earlier studies had indicated.

In a rigorous double-blind protocol in which about 300 children, half 3-year-olds and half 8- and 9-year olds, were given one of two 'test' drinks or a placebo over a six week period. The levels of artificial colorings and preservatives in the test drinks were based on daily average consumption of off-the-shelf food items. Parents, teachers and an independent group of observers then rated the children's behavior in terms of interrupting, restlessness and switching activities.

Although individual responses varied among the children, overall the findings "lend strong support for the case that food additives exacerbate hyperactive behaviors (inattention, impulsivity, and over-activity) in children," the authors concluded. Because hyperactive behavior interferes with learning, especially reading skills, food additives have an impact on children's educational development. Artificial colorings and additives were found not just in candy, but in a variety of breakfast cereals, soft drinks, and all sorts of processed foods, as well as in vitamins, toothpaste and medications. Though the study focused on children, such additives could also affect adults in similar ways.

* * * * *

9. Nature's Corncopia

Freshly juiced vegetables and fruits are natural sources for minerals, vitamins, and enzymes. In contrast, most juices in a grocery store are pasteurized, which tends to lessen or deplete the amounts of natural vitamins. Additionally, most juices in the store lack the natural pulp of the fruit or vegetable, which is often good for gently moving things through the intestines.

There are herbs that, when taken in moderate amounts, help move things through the intestines. BlessedHerbs.com is a website run by a woman who has a wealth of experience with fasting, both for herself and assisting others. Over the years, she's put together a mix of herbs – which she sells online.

Her site also has a section with color photos showing the stuff that can come out of a person's colon. It's the opposite of pretty, but neither is cancer pretty, yet it's good to know what goes on within the body. Such photos (of crud in the colon) show how even healthy looking young people can have large amounts of stuff lodged in their respective colons. There's no word in the English language for it, so we'll just call it 'stuff' or 'crud.' Such stuff could have been lodged in the colon for decades, had they not flushed it out with a cleansing fast. It's unlikely a person would ever know they've got the misshapen crud in there, had they not fasted and flushed it out with an enema (there's a chapter about enemas later in this text).

Jethro Kloss, in his epic book about natural health, 'Back To Eden' mentions autopsies where cadavers opened up. Apparently it's not uncommon for people to have colons with some sections grossly extended, often with small constrictive sections between. The semi-permanent

build-ups of crud that most people have, are the consistency of soft plastic and can be as long as two or three feet (60 to 90 cm). The photos make them look like something produced in a rubber snake factory whose machinery went haywire, producing shapes that were alternately thin as a pencil and bulbous as a stuffed sock. There are basically two ways that such crud can get eliminated from a body. One is through surgery, the other is by way of an effective cleansing fast with enemas, or perhaps colonic hydrotherapy alone. It won't get eliminated just by pills or by herbs alone.

Except on rare occasions, the crud won't completely block the colon. Regardless of how bulbous it gets, the colon walls will simply stretch – so ordinary waste can move around – albeit ever so slowly. As for its constitution, that's an open question. Most likely the stuff is benign, especially if it's been lodged in the colon for many years. On the other hand, if it contains toxins, it could be leaching out bits of such toxins in to a person's gut. In a similar way, people who had metallic tooth fillings may suffer discomfort from the minute leachings of those metals in to their bodies. For anyone (mostly middle aged, by now) who still has metal fillings, it's recommended they have them replaced with non-metallic fillings. Plus, non-metal fillings are ivory-colored.

For anyone who gets colon cancer, and a subsequent surgery, it probably won't be surprising for the surgeon to find a whole heck of a lot of the aforementioned 'crud' in the patient's colon. Similarly, when a person finds out they have colon cancer, it's usually at an advanced stage. That's because when the colon cancer, (or any cancer, for that matter), is in its formative stages, it's nearly impossible to detect.

That's yet another reason why cleansing and juice fasts are such a good preventative step toward good health: When the body is able to relax, as it does during a fast, it is able to devote its energies toward doing what it's so good at, namely; cleansing and healing itself – on all levels; from macro to sub-cellular levels. For example, a person doing a five day cleansing fast might be eliminating tiny buds of cancer cells without ever knowing it. For couples in their child-producing years, fasting may quite possibly tone up reproductive processes – which would enhance chances of having healthy offspring.

Indeed, so much of the macrocosmic (large scale) world, is overshadowed by microcosmic (small scale) things. Take, for example, the concern about CO₂ carbon sinks. A macrocosmic solution might be to eliminate most internal combustion engines. Though such an effort would be noble, it would wind up being less effective (in lessening CO₂ build-up) when compared to boosting the cumulative effect of zillions of tiny algae floating in the sea. Trying to maintain a livable balance of nature will take a mix of methods, both micro- and macrocosmic. A construction crew can build a big berm to protect a city from flooding – an example of a macrocosmic project, for New Orleans. Natural forces, on the other hand, can combine the effects of bazillions of tiny water droplets into a hurricane, and dash man's best laid plans – an example of the cumulative effects of microcosmic forces.

People do lots of macrocosmic things to try and improve their appearances. Much of those things are vanity oriented. Skin, for example, is whitened, darkened, moisturized, injected with poison (botox), shaved, waxed and tattooed. Skin is also stretched/face lifted, tucked/sewn, garlanded, plus painted and burnished with colorings, a.k.a. make-up. All such outward methods have dubious value effectiveness and all could be termed macrocosmic. Fasting, on the other hand, would effect a microcosmic rejuvenation of the skin – rendering it more youthful and vital from within. For a variety of reasons, not least is its underlayment of veins and the way light play upon it, skin is multi-toned. For that reason, only the best painters in history have been able to do justice to its subtlety on canvas. For similar reasons, it's also proved challenging to represent skin tones on computer graphics. In a similar vein, the terms 'black' and 'white' are obtuse when used to categorize people. The darkest person is not truly 'black', any more than the lightest person is really 'white.'

Thai people, young females in particular, spend considerable time and money endeavoring to be as white-toned as possible. Photo booths tune their cameras to blanch a customer's skin. A young Thai man would not even consider bringing a prospective bride to meet his parents, if the girl

was a shade darker than him, knowing the parents would disapprove. Many Thai women avoid leaving buildings during the day, out of concern for getting a ray of sun on their skin. For the same reason, Thai people will suffer while wearing jackets and long sleeved shirts on hot days, in order to avoid the sun. A typical Thai fashion magazine will have nearly over half its pages devoted to skin-whitener creams featuring photos of models with snow white skin. If it's a choice between blanched or café-au-lait colored skin, the typical Thai will choose the snow white option.

Besides myriad vanity fixes, people eat all sorts of food with 'non-fattening' on the label – many of which are of dubious weight-losing veracity. Nearly all items with 'non-fattening' or just 'non-fat' on the labels are processed, and likely contain unhealthy additives.

SOME AILMENTS LESSENED WITH JUICE FASTS

list compiled by Dr. Denice Moffat / NaturalHealthTechniques.com

Allergies ||| Alzheimer's disease ||| Skin diseases ||| Asthma ||| Back pain ||| Benign ovarian and breast tumors ||| Atherosclerosis (arterial blood vessels inflamed due to internal plaque build-up) ||| Bronchitis ||| Bulimia (binge eating) ||| Cardiovascular disorders ||| Chronic constipation ||| Cold, flu and fever ||| Coronary artery disease ||| Crohn's disease (restricted and inefficient intestinal tract) ||| Sinusitis ||| Diseases ||| affecting balance and locomotion ||| Irritable bowel syndrome ||| Diseases of liver and gallbladder ||| Disorders of stomach and intestines ||| Eczema (skin disorder) ||| Epilepsy ||| Fibroid tumors ||| Glaucoma ||| Heart attack prevention and recovery ||| High blood pressure ||| Insomnia ||| Insulin resistance ||| Joint and vertebral degeneration ||| Lipomas (benign fatty tumors usually just under the skin) ||| Low blood pressure ||| Lagging libido (sex drive) ||| Migraines ||| Mental illness (incl. schizophrenia) ||| Rheumatoid arthritis ||| Muscle and connective tissue disorders ||| Nasal polyps ||| Obesity |||

Post-treatment for malignant disease (the residue of a dying cancer cells can be highly toxic. A fast does more than detoxify noxious by-products of malignancy; it degrades abnormal cells and tumors, releasing cellular toxins and by-products into the circulation for elimination.)

Some more ailments which can be lessened or possibly even eradicated with a regimen of proper cleansing fasts: Psoriasis ||| Psychosomatic disease ||| Respiratory diseases ||| Tonsillitis ||| Ulcerative colitis (disorder in the bowels).

+X+X+X+X+X+X+X+

Cells are living organisms, and as such, get created, live and die. It's estimated there are more than 200 types of cells in a body. If the average cell were blown up to the size of a baseball, it would have the consistency of mucous. Each cell has its little bit of metabolism, and as such, emits waste. Some cells absorb toxic molecules. When a cell dies, it and the toxins it carries get either absorbed by, or flushed out of the body. Toxins build up and concentrate within parts of the body. Humans are at the top of our food chain, so it's no surprise that many of us have concentrations of toxins. Those that eat carnivore meat, (including carnivore fish) are particularly in that category, though nearly anything that can be ingested – can harbor trace amounts of toxins.

Westerners don't usually eat carnivore meat (dogs, big cats, bears, etc). Yet even meat from herbivores is suspect, particularly if the meat is production grown – compared to field-grown. Field grown meat animals, such as cows, are becoming a rarity in western countries. Nearly all the beef and pork and chicken meat found in grocery stores are from animals fed ready-made mixes of feed. Those mixes are a far cry from the sweet grasses, seeds, and tubers those animals naturally feed upon. Some feed mixes fed to such herbivores contain processed animals parts, and some even contain manure. As if that weren't enough to get a person to swear off eating feed-lot animals – there's also the all too often occurrence of additives and injections for such animals. Antibiotics are liberally injected, often right before slaughter, so some residual chemicals get passed to the meat

that's marketed. Also, the antibiotics need to be made stronger and doses increased, as farm animal pathogens become more resistant. Some of those additives and injections may be carcinogenic - even lab tests can't tell for sure. Certainly such compounds are not in the animal's natural diet.

Milk cows, are given hormones to increase their milk production. Those hormones get passed on. Cow's milk, in its unadulterated form, is fine for calves, that's what it was intended for. Similarly, unadulterated mother's milk is great for baby children. Children who drink lots of cow's milk, might fare reasonably well - though it can arguably lead to large bodies and heads. Some parents may like having their kids be large-bodied. It might even be advantageous to have large-bodied sons - particularly if those sons went on to achieve success sports in which it was advantageous to be large, such as American football.

Adults, however, don't need to drink cow's milk. Most adults don't have a key enzyme in their gut which is needed to digest cow's milk effectively - so drinking it often causes constipation. Most American adults drink milk, and most are constipated. Yet, there are other causes of constipation, besides drinking milk, so it's not so elementary an issue of cause and effect. Goat's milk has been shown to be better for people. Yet it's the residual hormones passed on from dairy cow injections - which is of greater concern.

+X+X+X+X+X+X+X+

The following is a personal observation, and has scant scientific credence, but here goes: Guys notice young women, even if their wives or society dictate they should keep eyes straight ahead as if wearing blinders. Indeed, it's fair to say that all people appreciate a lovely woman's beautiful shape. Nowadays there are fewer shapely women.

The time between her mid-teens and forties is, for most women, the time when they're at the zenith of their shapeliness. Instead, many women seem to getting frumpy before they're out of their teens. Breasts get big and soft, butts get rotund and soft, while soft body fat accumulates in their mid-range. The face stays pretty, and the rest of the body is in reasonably alright shape, though legs get over-sized from added muscle needed to support the extra baggage. Granted, bad diets and insufficient exercise account for some of the misshapeness, but drinking hormone-laden milk could be a significant part of the equation.

There have always been a number of overweight young women in any random group, but currently, the proportion of Leaden Lizzies seem to be much higher. Not only that, but the type of overweight we're seeing is shifting inexorably toward the pear-shaped soft fatties mentioned above.

Much the same could probably be said of observations of fat men, but it appears the prevalence of milk-inducing hormones used in dairy production are a factor - and as such - appear to affect developing young women in particular. The proportion of misshapen people appears to be more prevalent in areas where hormone-laden milk is commonly available in stores.

* * * * *

10. Overly Sweet 'n Sour

It should come as no surprise that most people have too much sugar coursing through their bodies. Everyone likes sweet things, so in the interest of crass commercialism, there are a plethora of sweet items and additives flooding the marketplace. Not only vendors with their aggressive marketing, but also kindly grandmothers who smilingly stuff as much sweet items into their loved-ones' mouths as they can.

The pancreas is the third largest gland in the body, and it works valiantly to try and regulate a manageable sugar content in the blood. Admittedly, we all need carbohydrates and sugars to function, yet too much of the sweet stuff and things can readily go awry, as obese people know well. The pancreas releases glucagons and is a major player regarding diabetes. Vegetarians are just as likely as meat eaters to over-indulge in sweets.

The tongue has several types of receptors for sour tastes, but only one for sweet. That came about because early hominids, when gathering food, needed to discern a range of sour impulses in order to gauge which foods were spoiling or poisonous. Sweet was ok, so our ancestors needed just one receptor for sweet. Now here we are in the 21st century, and there are big corporations competing vigorously to get the biggest piece of the pie of the artificial sweetener business. On a molecular level, the sweetest artificials are the ones which ping the most times on the tongue's sweetness receptors – rather like a pinball which pings repeatedly between bumpers.

The debate is ongoing whether some types of artificial sweeteners are harmful. Suffice to say, they don't do any good for a body. Being overly dependant on sweeteners is akin to being overly dependent on adding spices to food. Moderation is best.

By fasting and becoming more in-tune with your natural self, you'll probably find your taste buds won't need as much sweetener stimulus. You may also come to appreciate the taste of natural foods without as much spices as you thought you needed in earlier times.

In Thailand, spices, sugar, salt and MSG are shoveled on to food with barely a second thought. Sugar is added to eggs, and salt is mixed with orange juice, to name just two common examples. Two rules of thumb with Thai food: it must be either very sweet or so peppery hot as to be barely palatable. Food For Thought: It's doubtful that any Thai person has experienced what a cooked egg tastes like on its own. Instead, every egg fried in Thailand is drenched in oil and is invariably mixed with other things, and smothered in spices.

MSG is a flavoring that's all-too prevalent in Thailand, particularly in Chinese kitchens. Its only purpose is to impose a hyper salty taste. It's in all Chinese sauces and has zero nutritional attributes. Some apologists for MSG say that because it's derived from a natural product (seaweed) that it's therefore fine. Using that logic, one could say strychnine, arsenic, belladonna, and castor beans are fine, as they're natural products. Heck, even gunpowder is derived from natural things. Fact is; some people get seriously adverse reactions from MSG, ranging from insomnia, rapid and weak pulse, headaches, to name a few. Even if a small % of restaurant customers get partially poisoned, that should be enough in itself for chefs to desist from using it. Yet it's still commonly used – certainly in Thailand and China. Ironically, when special events take place in Thailand with visiting or resident VIP's, MSG is not allowed on the menu. However, for the common folk it's business as usual.

Similarly, salt is over-used, though not necessarily toxic to some people as is MSG. Salt is not only embedded in most processed foods, but many people voluntarily and liberally shake additional amounts on their food. Some of the first things that get flushed out of cells during a cleansing fast are salts and MSG. That's one reason why the first couple days of a fast are uncomfortable – because of unnecessary chemicals coursing through the blood – looking for a way to get flushed out.



11. The Body Naturally Adjusts to Fasting Mode

The immune system is one of the most complex systems in the body. Ordinarily, it is working hard 24/7, trying to rid the body, particularly the blood – of all sorts of would-be invaders. When it's overloaded, it can overreact to an allergen. Histamines get released from specialized cells, and all sorts of unpleasant things can happen – rashes, puffed skin, itchiness, sneezing, and more often than not; copious amounts of mucus. The immune system also has a specialized capacity for shutting down its defenses, when perceived danger has abated. Not surprisingly, all these specialized cells and functions don't always work as they should. Most often, it's because a person's immune system is under-performing for one or more reasons.

The body's immune responses are reduced during fasting for several reasons. One is because the digestive tract experiences less inflammations due to adverse chemical reactions to one or more of the following; processed foods, grains, proteins, sugars, yeasts. Few people know which specific things they may be allergic to. Even in-depth lab tests aren't always conclusive. The other reason there's less immune activity during a fast is there's simply less food to deal with. There are also fewer questionable molecules (dirt, pathogens, hormones, etc) coming down the tubes, so the immune system can take a badly needed break. During that break, it can better handle the tasks of dealing with toxins that get released within the body during a fast.

Fasting triggers cleansing processes that affect every cell and tissue in the body. It eliminates dead and dying cells while stimulating creation of new cells. During a fast, toxic waste products that impair nourishment of cells are eliminated, with restoration of normal metabolic rates and higher oxygenation of cells. Ten percent of our caloric intake is used for mastication, digestion, assimilation, and elimination. When we fast, this energy can be redirected toward improved immune function, elimination and new cell growth. As an added bonus, you are reversing the aging

process.

Remember when your mom would tell you, “don’t snack before dinner” or “don’t eat between meals”? There was wisdom in those warnings. Ordinarily, the stomach releases large amounts of digestive enzymes every time it senses some food coming down the hatch. But the stomach is better suited to releasing those digestive juices at four hour intervals. If you eat a large meal, and then a large snack two hours later, chances are you’ll get a stomach ache. That’s mostly because the stomach released its juices earlier, and therefore didn’t release sufficient amounts two hours later, as it needed time to re-charge. The result is undigested food sitting in the stomach or the colon, thereby causing pain. If you’ve ever vomited, you know what the stomach’s digestive juices taste like. It’s an unpleasant taste because of its strong acidic enzymes.

Within the second day of a fast, less digestive juices enter the stomach – and that’s a good thing. This happens because the body can sense there’s less food going to the stomach, so it adjusts accordingly. In response to less food, other specialized enzymes are released into the intestines and bloodstream, where they go to work digesting accumulated and released waste. Advocates of fasting believe the body will first decompose and burn those cells and tissues which are diseased, damaged, or aged, e.g., dead cells and unwanted accumulations, such as tumors, abscesses, cancer buds, and fatty deposits. Essential and vital organs, such as nervous tissue and brain, are not damaged during a well-planned fast.

During fasting, the body burns up and excretes waste and toxins that have accumulated in the body over time. This process can be assisted by drinking fruit and vegetable juices, and the vegetable broth (detailed in next page). The sugars in the fruit juice, taken in moderate amounts, strengthen the heart and are beneficial in normalizing body processes, and assisting the body’s healing and its cellular regeneration. Juices require very little digestion, and are easily assimilated. Minerals are replenished within the tissues. The increased general oxygenation contributes to feeling and looking younger.

We’ve already touched upon the advantages of a ‘cleansing fast’ or ‘juice fast’ over a water-only fast. As a quick reminder; a water-only fast may be good for people who have considerable fasting experience – because it releases a lot of toxins, but doesn’t flush toxins out of the body as effectively as juice fast. In so doing, a water-only fast could be dangerous for the inexperienced faster, or a person who’s still harbors a lot of toxins in their tissues.

For a cleansing or juice fast, here are some recommendations;

>>>> drink plenty of water

>>>> herb teas are ok in moderation, though nothing too strong, and nothing caffeinated. Chamomile, hops or mint teas are good.

>>>> Try to avoid coffee, but if it’s particularly tough for the first couple days, go ahead and drink some watered down stuff. You’ll find that the longer you fast, the less compelling the coffee taste will be. As with cigarettes, coffee begins to take on a slightly metallic taste, the more your taste buds revert back to their natural state. Also avoid being around the stuff if you’re trying to quit. Obviously a coffee shop is not the place to be – neither would you want to hang with acquaintances who are chugging the stuff.

>>>> As you know, alcoholic drinks are not healthy. Granted there are some who have found healthful justifications for drinking – particularly red wine, but that mostly stems from a craving to find justification for something that’s so deeply ingrained in western societies. Wine and spirits are multi-billion dollar industries, so even the slightest health attributes are touted as if they’re cure-all elixirs. Stay off alcoholic drinks while fasting. Same goes for tobacco.

>>>> The great Hindu yogi, Yogananda recommended a cleansing fast with a vegetable broth - to be drunk on and off all day long. Others might call it a ‘potassium broth.’ Regardless of its name, it’s a cooked and strained bunch of vegetables without seasoning. While there’s no disputing the benefits of such a broth, I would place it in the category of a ‘cleansing diet,’ rather than a

‘cleansing fast.’ For that reason, it’s not recommended as part of a fast. However, there’s a sensible application for such a broth: If a person is planning their first fast and/or is having to deal with losing decades of built-up crud – then a vegetable broth-enhanced cleansing diet would be a smart precursor to a fast. If that person has had a devil-may-care lifestyle, then several three day sessions with the broth would be good preparation for a fast. Of course, the broth can be used in tandem with the fruit juices, vegetable juices and teas mentioned in this text.

>>>> Fruit juice in moderate amounts is generally good. Moderate amount of pulp is ok, though it’s good to dilute fruit juices with same amount of water (50/50). Better to lean to the less sweet types than the sweetest. Although most of us love the natural sweet tastes of fruits, the sweetest might encourage growths of Candida.

>>>> Along with fruit juices, vegetable juices are a key component of a cleansing fast, but they generally don’t need diluting, with the exception of wheat grass or garlic.

>>>> For both vegetable and fruit juices, the more recently juiced, the better. Fresh is preferable to bottled or canned for a few reasons, one of which is; all processed juices are pasteurized. Pasteurization puts the food through high heat, which in turn kills some of its useful enzymes. The high heat also hastens the decline of some vitamins. Commercial juices, on sale in the market, shout about all the vitamins in their products, but much of those vitamins and minerals are added items, and not as effective as the original stuff that’s often been rendered inert via pasteurization and sitting on a shelf for some time.

+X+X+X+X+X+X+X+

On the other side of the coin, there are some experienced fasters who actually prefer canned or bottled juices during a fast – because they claim there’s less chance of unfriendly bacteria. You make the choice, though organic & clean freshly made juices are pretty darn good. With few exceptions (notably citrus, pineapple and garlic come to mind), most produce is juiced with its skin or rind, so it’s recommended to wash the rind before hand. As a general rule of thumb, it’s good to give a quick wash to any foods which are eaten with its skin or rind.

The great stand-up comic, Lenny Bruce, never ate vegetables or fruits which were not first washed with soap and water. He came to that obsession when he observed Mexican pickers defecating in the California fields where they worked. But that was fifty years ago, so hopefully things have changed for the better.

Another attribute to fasting is its relatively low cost. Granted, it can be as costly as eating at nice restaurants, but that’s if a person chooses to fast in deluxe style. If a person chooses to fast at a high class resort, with all the support staff and facilities, that might be fine for them – if they can afford it.

For others, finding a satisfactory venue for fasting can be as simple as finding a somewhat-secluded setting. If you’re adding colon cleansing, then you’ll want a private bathroom. An enema bag is the only essential tool you’ll need for that. Fasting can be as simple as you want it to be. The other things you’ll need are some time to relax and the resolve to stick with the program. It wouldn’t hurt to also get away from your regular existence, especially if there are people there who would try to dissuade you from fasting.

Raw fruits and vegetables are not always compatible when eaten together. Apples are one exception. Juices don’t stimulate acids to be released from the stomach walls as ordinary food does – which is yet another way that juices allow the body to relax from churning out its normal functions. As opposed to most other juices, tomato and citrus juices are acidic – so it’s good to mix them with other less acidic juices.

You can do a juice fast without a good quality juicing machine, but it’s surely more convenient to have one on hand. The following is a list of vegetables and fruits which can be juiced with a good machine. Included are the maladies that they can help to improve. The list was put together by Denice Moffat – a naturopath healer in Moscow Idaho. Her web site;

* * * * *

12. VEGETABLE JUICES

>>>> Asparagus — Kidneys, diuretic, blood purifier, bowel health, soothes nervous system

>>>> Beet greens — Gallbladder, liver, osteoporosis.

>>>> Beets — Blood cleanser, liver cleanser, menstrual problems, arthritis, lymph glands, flushes the kidney and bladder, and is good for low blood pressure. Beets should be mixed with one or more other veges.

>>>> Brussels sprouts — good for diabetics, stomach ulcers, and hypoglycemia. Is good for healthier skin, and increases male potency.

>>>> Cabbage—Colitis, ulcers, and curbs alcohol craving.

>>>> Carrots—Eyes, liver problems, high cholesterol, protects skin from UV rays, nervous problems (like Multiple Sclerosis), arthritis, osteoporosis, and low blood pressure.

>>>> Cauliflower—Breast cancer

>>>> Celery—Kidneys, diabetes, osteoporosis, good for people who sweat in excess, muscle cramps, fatigue, anxiety, stress, insomnia, headaches, air pollution, sweet cravings, low blood pressure, and obesity.

>>>> Comfrey—Intestines, hypertension, osteoporosis. Gypsies in Europe had a ruse – where they would buy an old over-the-hill work horse for a pittance, then feed it comfrey for a week – then sell the newly healthy horse for a profit.

>>>> Cucumber—Edema, diabetes, tendonitis, skin tone, muscle tone, complexion problems, poor nail growth.

>>>> Fennel—Night blindness, eye disorders, flatulence, blood strengthener, migraines, nausea.

>>>> Garlic—Allergies, colds, hypertension, cardiovascular disease, high fats, diabetes, immune booster, anticarcinogen, antibacterial, antifungal, rids body of toxins through the skin, low blood pressure. Mixes well with tomato juice.

>>>> Ginger root—Circulation, motion sickness, nausea, laryngitis, clears mucous in the throat, sinuses and lungs.

>>>> Greens (Collard, Mustard, Turnip, Kale, Parsley, Spinach, Turnip, Chard)—Cardiovascular disease, skin, eczema, digestive problems, obesity, breath. Note: fresh greens contain bunches of vitamin C and vitamin A.

>>>> Jerusalem artichokes—Diabetes.

>>>> Jicama—Soothes upset stomachs, osteoporosis/osteopenia, and hemorrhoids.

>>>> Lettuce—Lung cancer prevention, hair and nail strength, skin problems.

>>>> Onion—Soothes nervous system, stimulates beneficial bacteria, breaks up mucous.

>>>> Parsley—Kidneys, edema, arthritis, tendon and ligament problems, osteoporosis (has lots of natural calcium), one of the most nutritious foods in the world, boils and cysts, increases oxygenation of the blood, bad breath, stimulates normal peristalsis of the gut, vision problems, adrenal exhaustion, thyroid disease, obesity.

>>>> Potatoes—Intestines, ulcer.

>>>> Radish—Liver, high cholesterol, obesity, sinus problems, clears excess mucous, soothes sore throats.

- >>> Spinach—Anemia, eczema, regenerates damaged intestinal tracts, constipation, circulation problems, cleans liver and glands.
- >>> Sprouts—morning sickness.
- >>> String beans—Bruising.
- >>> Sweet potatoes— are good for skin problems.
- >>> Tomatoes—overall tonifier.
- >>> Watercress—Anemia, colds.
- >>> Wheat grass—Anemia, liver, intestines, breath, excellent antioxidant, radiation sickness Parkinson's disease. Helps relieve mild radiation sickness.
- >>> Zucchini—internal cleanser, fantastic as a mineral supplement.

* * * * *

13. FRUIT JUICES

- >>> Apple—Liver, intestines, blood cleanser.
- >>> Apricots—High in iron for anemia, silica and vitamin A for hair and skin.
- >>> Bananas—Heart and muscles.
- >>> Cherries—Colon, menstrual problems, gout, prevents tooth decay.
- >>> Cranberries—Urinary tract infections, antiviral, Candida.
- >>> Grape—Colon, anemia, good for kidneys and heart, high in iron, soothing to nervous system, builds hemoglobin, promotes healthy bowel action, liver cleanser, helps to eliminate uric acid, helps with low blood pressure, obesity.
- >>> Grapefruit—High blood pressure, cardiovascular disease, obesity.
- >>> Lemon and Lime — Liver, gallbladder, allergies, asthma, cardiovascular disease, colds, obesity.
- >>> Melons— Best to not mix them with other fruits. Good for kidneys (diuretic), juicing watermelon rind gives you 95% of the melons nutritional benefits compared to only 5% of juice without the rind.
- >>> Oranges and Mandarins — Obesity, hemorrhoids, varicose veins, raises body temperature to dispel viruses/bacteria. Also helps with heart disease.
- >>> Papaya—Stomach, indigestion, hemorrhoids, colitis.
- >>> Pear—Gallbladder, blood pressure, cardiovascular health, digestion, and a safe fruit for diabetics.
- >>> Pineapple—Digestion, allergies, arthritis, inflammation, edema, hemorrhoids.
- >>> Strawberries—Strengthens the blood, nerve tonic, keeps glands healthy, protects against cigarette smoke toxins.
- >>> Watermelon—Kidneys, edema, used as a diuretic. Because they're so sweet, too much can aggravate Candida.

Note: if you happen to be hypoglycemic, it may be a good idea to add some protein or spirulina powder to your juices.

+X+X+X+X+X+X+X+

Fasting is not recommended for children under 14, nor for pregnant or lactating women. If you wear dentures, keep them in during your fast so that your gums will not shrink.

Fasting is primarily preventative discipline. It's not prescribed as a cure for advanced diseases – though it may have curative effects nevertheless.

Those with cancer, tuberculosis, diabetes, or cardiovascular disease, should fast trepidatiously. In other words, getting advice and guidance from a medical professional who is familiar with fasting would be a good idea. In lieu of that, fast on a day by day basis, without having a long term goal in terms of number of days. That way, by being acutely tuned in to your body – you can sense when it might be smart to break the fast and resume eating and/or doing drugs that have been prescribed.

Much of those improvements take place on cellular and molecular levels, so it's not often easy to gauge what's really going on. Even if nothing tangible becomes evident, such as better eyesight, or less arthritic pain, the proof of the positive effects of fasting can be seen in a persons added energy, radiance, and zest for life.

A JUICER IS A GREAT TOOL TO HAVE – WHETHER FASTING OR NOT

If you're considering purchasing a mechanical juicer, here are some considerations; How versatile is it? In other words, can it handle the tougher-to-juice items (like wheat grass or parsley), or just the easier-to-juice types? Is it easy to clean after use? A good juicer leaves the pulp moist – rather than soggy – which is an indication that the juicer is extracting a greater amount of juice from the produce. You also don't want a juicer that heats the produce, as heating can lessen its nutritional value. Last but not least, you want good value for money spent.

+X+X+X+X+X+X+X+

The following was taken from a letter written by Rev. George H. Malkmus.
Full text at greenspun.com/bboard/q-and-a-fetch-msg.tcl?msg_id=002q0u

The year was 1976. I was 42 years old and was told I had colon cancer. A tumor about the size of a baseball had been found underneath my left rib cage where the transverse and descending colon come together. I was devastated!

Just prior to all this, I had watched my mother die of colon cancer. Mom was a registered nurse, and she believed her doctors when they told her that chemotherapy, radiation and surgery were her only hope of surviving. Mom submitted to these treatments and died a horrible death! At the time of her death, I felt it was the treatments she received at the hands of the medical doctors that ultimately caused her death rather than the cancer itself.

It was during this time of uncertainty that I turned to an Evangelist friend in Texas by the name of Lestor Roloff for help. Brother Roloff was one of those "health-nuts." We often affectionately referred to him as "Carrot Juice Roloff." I was really in a dilemma as to what I should do for my cancer when I called Brother Roloff. His advice to me sounded strange. He advised me not to go the medical route of chemotherapy, radiation and surgery, as mom had gone...but to simply change my diet to raw fruits and vegetables, and drink lots of fresh carrot juice!

That sounded too simplistic, but it sure sounded better than the medical route which I had pretty well decided not to pursue. So, overnight I changed from a meat-centered, cooked and processed food diet with plenty of sugar desserts, to an all-raw diet with lots of carrot juice. I stayed on this total raw diet for approximately one year. I didn't eat any cooked food during that year ... just raw fruits, raw vegetables and one to two quarts a day of freshly extracted, raw carrot juice.

The results were spectacular. Almost immediately I started to get well. In less than one year, my tumor had totally disappeared. It simply got smaller and smaller until it was gone. But that was not all. In less than one year, every physical problem I had been experiencing also disappeared! Such physical problems as hemorrhoids, hypoglycemia, severe allergies and sinus problems, high blood pressure, fatigue, pimples, colds, flu ... even body odor and dandruff were gone - totally healed.

In the years that have followed - and I am over 60 years old at this writing - I have not experienced as much as a cold, sore throat, upset stomach, been to a doctor or taken as much as an aspirin. It is so thrilling, at my age, to still be able to play football, basketball and softball with the boys, jog five miles with ease, and have more energy, endurance and stamina than I had when I

was 20 years old.

* * * * *

14. Initial Challenges

It's fashionable in America to substitute the word 'challenge' for the words 'problem' or 'difficulty.' So, we'll go along with the trend, and rather than say there are 'problems' or 'difficulties' in the first few days of a fast, we'll call them 'challenges.' For first time fasters, there will be likely be mental- as well as physical challenges. Mentally, there may be doubts about whether you're doing the right thingabout whether it's the right time. You could be embarking on your first fast, and a friend might call to ask you to go to a restaurant and/or you visit someone who has a sumptuous display of food on offer.

On the physical spectrum, it's not unusual for headaches to dog the first one or two days of a fast. Aspirin is ok. Some purists might say that aspirin has 'such and such' adverse effects, but the slight drawbacks with aspirin are negligible compared to the advantages of having a non-achy head. I have one friend who disdains taking aspirin because, as he says, "it indicates what part of my body needs attending to." Well, that new-agey diagnosis may work for him, but it begs the question; if he has pain, why pussy-foot around? Heck, just take a couple aspirin and alleviate the pain.

Starting around the second or third day of a fast, the blood will thicken. This will likely result in a more noticeable heartbeat. Not to worry, as it's an indication that fats and toxins are being released from the body's tissues into the blood. The thumping may be most noticeable in the heart and the temple regions. Muscles and bone joints may also feel cranky for the same reasons. These sensations aren't pleasant, but at least you know things are developing according to plan. Make sure to drink water and stick with your chosen regimen of vegetable juices and watered-down fruit juices.

As the body does its flushing-out process, both naturally and aided by daily enemas, the blood will cleanse. Similarly, the muscles and joints will lose their crankiness. By the third or fourth day, you should feel markedly better. If the unpleasant sensations stay consistent by the fourth day – it's an indication that there's too much cleansing needed for this initial fast, so you should gently ease off the fast – as described in the next chapter.

'Discretion is the better part of valor.' Some people might advise that, if you're in the fourth day of a juice fast and you continue to feel crummy, that it's all the more reason to stick with the fast – in order to continue to move things along. For most people, that would be sage advice. However, for the small percentage who have a particularly large build up of toxins to deal with, it would be better to wind down the fast, go back to regular (or cleaner than regular) diet, and start a new fast awhile later.

For the third and fourth day onward, the stomach area might feel light. This is due to lack of baggage in your large intestines, which we've become accustomed to - from eating constantly. It's like the adjustment made in sight. We don't see our nose when we gaze outward (unless we go cross-eyed to specifically see it) because our eyes have simply blocked out seeing the nose – it's not important to do so, unless there's something on it, like a bug. A packed large intestine is one thing we take for granted without thinking much about it. It's not until the intestines are nearly empty, from fasting and/or doing an enema, that we become aware of a newfound feeling of lightness.

After the third or fourth day, sleep becomes easier and lighter, and those with a history of

sleeping difficulties will notice improvements. Enhanced dreams are not unusual, after several days of fasting. Whatever sorts of dreams a person is accustomed to in regular times – will likely be enhanced when one continues past the fourth day of a fast. Colors within dreams are enhanced, and if you're prone to lucid dreaming during normal times, chances are you'll experience deeper lucidness during a fast. By the same token, if you've never experienced a lucid dream – there is a likelihood you'll experience at least one during a long fast. At around the fifth day, the eye sockets might feel odd in a not-unpleasant tingly way. When you pass through that phase, you may find your physical vision is enhanced in terms of brightness and veracity of colors. Some equate this to a mild 'high without drugs.'



15. Potpourri of Notes

Hunger is a feeling that intertwines both the physical and the mental, and is also emotionally triggered. Actually, the physical component leading to a wanting for food is probably less compelling than the mental and emotional components of hunger – and this is borne out by fasting.

Most people from developed countries eat more than needed to subsist. Even those with active lifestyles tend to eat more than they need to sustain their bodies. For people who don't put on fat, that's not necessarily a bad thing, as the body will metabolize what it needs, and send most of the rest down the tubes to get the royal flush. Whether fat or thin, doesn't much matter, as any body type can add fat/cholesterol residue to their arteries. More important than body type, is a person's diet and lifestyle, including aerobic exercise. 'Aerobic' in this context doesn't just mean the group exercise by that name. Rather, our use of 'aerobic' refers to any exercise that gets the lungs gulping air and the circulatory system dynamically charged.

There are additional drawbacks to eating too much, particularly if excess food putrefies in the gut. This is especially poignant with people who eat too much red meat. Any type of food, if not digested and moved through the colon, can putrefy. Putrefaction is obviously not good, not least because it creates gas and also conveys toxins into the body. One of the primary ways toxins get transferred is via the intestines. Lining the inside of the intestinal wall are millions of tiny tongue-

like villi. Among other things, villi dramatically increase the area of the colon, and their absorption abilities form a link between the contents of the colon and the body.

+X+X+X+X+X+X+X+

Simple Description of the Function of the Colon

The colon, which is about five feet long, connects the small intestine with the rectum and anus. The major function of the colon is to absorb water, nutrients, and salts from the partially digested food that enters from the small intestine. Two pints of liquid matter enter the colon from the small intestine each day. Stool volume is a third of a pint. The difference in volume represents what the colon absorbs each day.

Understanding the Digestive System

As you chew your food and swallow, the food travels through your esophagus -- which is the tube that connects your mouth to your stomach. In the stomach, strong acids and enzymes digest, or break down, the food into small particles. These particles are called proteins, fats, and carbohydrates.

After leaving your stomach, these food particles enter the small intestine. This is a long, continuous tube that slowly contracts, or squeezes, to push the food along through it. As the small intestine continues to digest your food, it absorbs nutrients that your body uses for energy, growth, and repairs. By the time the food reaches the end of the small intestine, almost all of its nutrients have been absorbed. At this point, what's left of the food is mostly water and indigestible waste products.

The Function of the Colon

At the end of the small intestine, the material then enters the large intestine, or colon, which is also a long tube. Its main job is to remove water from the waste products as they pass through and recycle this water back to your body. After traveling through this area, the waste is held at the end of the colon in the rectum. It will then leave your body through the anus as stool when you have a bowel movement. The firmness of the stool will depend on how long it has been in your colon. If the stool moves through quickly, it will be more watery. But if it moves through too slowly, you can become constipated. This is because the longer stool stays in the colon, the more water is removed from it.

Colon motility (the contraction of the muscles and the movement of the contents) is controlled by nerves and hormones and by electrical activity in the muscle. Contractions move the contents slowly back and forth, but mainly toward the rectum. During this passage, water and nutrients are absorbed into the body. What remains is stool.

A few times each day, strong muscle contractions move down the colon, pushing the stool ahead of them. Some of these strong contractions result in a bowel movement. The muscles of the pelvis and anal sphincters have to relax at the right time to allow the stool to be expelled. If the muscles of the colon, sphincters, and pelvis do not contract in a coordinated way, the contents do not move smoothly, resulting in abdominal (stomach) pain, cramps, constipation or diarrhea, and a sense of incomplete bowel movement.

From: digestive-system.emedtv.com/colon/colon.html

16. WHAT TO DO DURING A FAST

Most of the things you do ordinarily, you can do during a fast. However, as you get beyond the second day of a fast, you'll probably find yourself gravitating toward more natural things. Along with that, you'll likely think more about relaxing and avoiding stress. You might say, "I avoid stressful situations ordinarily." Perhaps so, but as you get going on a fast, your body and mind will revert to an even more relaxed mode, so you'll naturally gravitate towards a more easy-going routine.

It's also ok to adhere to a moderately physical routine, though fasting is not a time to build muscle bulk. Save weight lifting for when you get back to eating whole foods. However, muscle toning, calisthenics, aerobics, walking, light jogging are all fine during a fast. The important thing is to stay tuned to your body. Your body will indicate when it's getting over-worked. Moderate level sports like golf or rowing or hiking, baseball, or pick-up basketball are no problem. High performance sports, such as martial arts, volleyball, American football, or soccer would likely be too taxing, particularly if it's high caliber competition.

During a fast, the body, when sensing no food coming down the tube, will adapt by first burning up fat reserves. In a similar fashion, that's what bears do when they hibernate for the coldest months in their dens. Contrary to popular belief, bears aren't sleeping deeply, and neither do their pulse rates lower drastically (as happens with smaller hibernating mammals). Bears stuff themselves during the summer and early fall, when there are a profusion of fish and berries, then subsist off their fat reserves while 'chilling out' in their dens. Females might also give birth during that time – as well as nurse the cubs – so she's got to have enough reserves for herself and milk for the little ones.

People aren't much different, though you might wonder, 'what about people who start a fast when they're already thin?' Even thin people have some fat, though after that's burned, there are other sorts of non-essential cells that the body will burn to subsist. I'm 6 feet tall and started a one week fast in March 2008 at 151 pounds.

I'm the kind of guy, when I bump in to family or friends after being a few months apart, it's likely someone will say, "Ken, you need to put on some weight – you look thinner than last time we met." In reality, I've been within a few pounds of the same weight since late teen years. Admittedly, after a good fast, I'll likely lose about fifteen pounds – but I'll be right back around 150 pounds within a few weeks. A proportion of those 15 pounds are lost during the initial enema. Enemas are discussed in the next chapter.

During a long term fast, after burning fat reserves, a person's body might resort to burning muscle, so that's why very strenuous activities are not recommended. Actually some of that muscle loss may be due to a person not being as physically active – for example not attending work-outs at the gym, so that's why stretching and light-weight muscle tone-ups are recommended during a fast.

Overweight people who lose a lot of weight, particularly in their belly area, might get some loose skin. That won't go away quickly, but perhaps the best way to deal with that is to maintain a vigorously healthy lifestyle after ending the fast. If such people don't gain the weight back, such loose skin will eventually tone up and lose it's folds. Same could happen for people with too much fat and skin on their necks. Sometimes I'll see a photo of a famous overweight person, and just for the heck of it, I'll cover up the lower sides of the person's face with my thumbs, just to see what that person's real face would look like if he/she were naturally healthy.

Another give-away for a person's health are the sags below a person's eyes. Chances are, if a

person has dark puffy areas under their eyes, that person has liver problems. Good cleansing fasts are excellent preventative healing for livers. All but a small percentage of people have toxins and fats lodged in their livers. If fasting were more common, just that one factor alone (healthy livers) would put a noticeable dent in overall medical expenses.

+X+X+X+X+X+X+X+

The following is culled from a Discovery Magazine article, written in 2006
by Kathleen McGowan

Partially hydrogenated oils contribute to high cholesterol, heart disease and type 2 diabetes

Also known as trans-fats, they're widely used in fast-food restaurants and are a major ingredient in many popular commercial items, from cookies, crackers, ready-made pies – just about anything with dough. A big reason trans fats are used so often is that they have a long shelf life and are resistant to the high heat used in the commercial snack making.

A double blind scientific study at Wake Forest University, located in North Carolina USA, fed similar diets to two groups of monkeys for six years. The only difference was; one group's food was made with traditional monounsaturated type of oil – the other group's food was made with trans fat. The group of monkeys with trans fat in their diet increased their body fat by an average of 7.2 percent, whereas the control group averaged an increase of just 1.8 percent. The monkeys with the trans fat diet also developed insulin resistance and atherosclerosis (hardening of the arteries). Additionally, ingesting foods made with trans fats put the added weight mostly around their abdomens – which turns out to be a common physiological trait for people with heart disease.

The monkeys eating trans fats had about 8% of it in their diet – which roughly corresponds to the percentage a junk food eating person would eat.

Walter Willett, a nutritional epidemiologist at Harvard School of Public Health, claims that trans fats are probably a bigger public health problem than either pesticides or food contaminants. He goes on to state, "Trans fats are clearly toxic to humans and have no place in human diets."

That's another reason why medical education institutions don't include fasting as part of their curriculums. Doctors make money from people being sick. The more sick people, the more revenue is generated for hospitals, clinics, medical workers, drug companies and the insurance industry. There's much less profit to be gained from preventative health and/or showing people low cost ways to avoid sickness. So what's to be gained by the aforementioned industries – for promoting a low-cost, do-it-yourself preventive healing like fasting? Nothing. Similarly, fasting is rarely mentioned in schools.

+X+X+X+X+X+X+X+

**The following tidbits were garnered from an article in the May 2002
National Geographic - along with a few comments by Ken**

Since 1997 the US's FDA has banned the use cattle meat or sheep meat in cattle feed. That ban was enacted primarily to avoid the spread of Creutzfeldt-Jacob disease, a.k.a. Spongiform encephalopathy (BSE), a.k.a. 'mad cow disease. However, the use of animal blood as well as rendered remains of pigs and horses are still allowed in cattle feed. Chicken manure is another ingredient in some cattle feed mixes. So now US beef eaters can rest a bit easier, knowing their cattle aren't cannibals, but there are still possibilities that ordinarily vegetarian bovines are being fed meat and manure.

In case you need another reason to avoid undercooked beef, there's Escherichia coli O157-H7 which is a bacteria first identified in 1982. It produces a powerful toxin that causes bloody diarrhea and occasional kidney failure. Listeria is an element that can multiply at refrigerator

temperatures. It's found in many processed foods like soft cheeses and hot dogs. It can cause encephalitis or meningitis in people with vulnerable immune systems. It can also cause miscarriage or stillbirth in pregnant women.

Salmonella enteritis in food can cause severe diarrhea. Almost any food tainted at all by animal or people feces will contain salmonella. Chicken and eggs are particularly high-risk carriers. There are now strains of salmonella that don't respond to the quinolone, a group of antibiotics that used to be effective. Some types of salmonella don't respond to as many as 12 different types of antibiotics.

Campylobacter is another potentially harmful food-borne bacteria that's most commonly found in poultry. It's become the leading food borne disease among Americans, and it's also becoming increasingly resistant to antibiotics.

Shigella propagates in water, so can readily transfer to food, particularly from irrigating or rinsing foods with tainted water. It causes a highly infectious disease. Yet another reason to wash foods when feasible – and another reason for food preparers to wash up – during their shifts.

There's between one and two trillion bacteria in the average colon. Most of those bacteria are helpful or non-harmful. It's the bad ones we have to watch out for. Someone beyond the second day of a cleansing fast with daily enemas will have profoundly fewer bacteria in their colon.

+X+X+X+X+X+X+X+

Your Tax Dollars – *hard at work revealing the obvious:*

The following article is a verbatim article from Discovery magazine, written by Apoorva Mandavilli. Note the highlights (By this booklet's author) and his commentary, which follows the article.....

Category: MEDICINE, Title: **Low-Fat Diet A Bust?**

The largest-ever experimental study examining whether a low-fat diet can prevent cancer and heart disease brought discouraging results. After following 48,835 postmenopausal women for eight years, scientists concluded that cutting fat from the diet doesn't significantly reduce the incidence of breast or colorectal cancer, heart disease or stroke. Results of ***the \$415 million trial***, part of the NIH's Women's Health Initiative, were reported in three papers in the Journal of the American Medical Association.

Revised ideas about the role of fat in disease could help explain the murky data, notes Michael Tuhn who heads epidemiological research for the American Cancer Society. For example, women in the study cut their total fat intake rather than specifically targeting saturated fats and trans-fats, which are now known to contribute to heart disease risk. Cancer researchers are also starting to focus more on risks from obesity, "The evidence base has become very strong that it's being fat rather than eating fat that's associated with risk," Thun says.

He and others plan to follow the women for an additional five years for more information. Meanwhile, the best advice from experts is to eat less saturated and trans-fats and more fruits and vegetables.

- - - - - end of article - - - - -

Ken's unsolicited commentary: ***A \$415 million trial study ! ! ! !***to come to a conclusion, "...**eat less saturated and trans-fats and more fruits and vegetables.**

Heck, they could have paid me 414 million dollars for the same conclusion, and saved 1 million of Uncle Sam's tax dollars. Really, why does it take the U.S. federal government \$415

million dollars to come up with a conclusion that any thinking person would know instinctively. And, if we're to believe the article, the researchers plan to 'follow the women for an additional five years for more information.' The researchers aren't following the women for more information, they're following those fat women for easy dollars – tens of millions of the lucre. Shoot, I'd follow any group of women, fat or not, if Uncle Sam was showering me with multi-million dollar grants every step of the way.

Next, what sorts of projects are the U.S. taxpayers going to ante up hundreds of millions of dollars for: Perhaps a scientific project to gauge whether water is wet. Or whether a 200 lb. dumbbell dropped on a foot will cause an injury. The real dumbbells are the ones sitting in government offices, approving such criminally ridiculous expenditures of taxpayer money. It's almost as nuts as paying farmers not to grow crops – oops, almost forgot, the Feds already do that – big time.

+X+X+X+X+X+X+X+

And the British are not adverse to wasteful spending. The following was culled from Chuck Shepherd's very cool "News of The Weird" column:

* (1) Two scientists from Britain's University of Oxford, on a three-year study costing the equivalent of nearly \$500,000, found that ducks may be even more comfortable standing under a sprinkler than paddling around in a pond. Lead researcher Marian Stamp Dawkins concluded that ducks basically just like water.

+X+X+X+X+X+X+X+

Speaking of flushing the bums out of office, our next topic happens to be.....



17. ENEMA

I take a laxative once a week, to move da stuff out, if you know what I mean.”

- Satchmo, a.k.a. Louis Armstrong, American jazz icon

Enemas are not a popular topic at high society Houston tea parties. Similarly, people don't gossip much about how to relieve backed-up septic systems. Yet everyone benefits from the smooth operation of their municipal plumbing, as well as the smooth operation of their personal plumbing.

An enema is a relatively easy way to flush fecal matter out of the colon. Hospitals routinely use enemas, though they're most often administered by nurses or nurses-aides. However, it's doubtful that hospitals administer enemas as part of a fasting regimen because hospitals deal primarily with treating diseases rather than preventative therapies.

Most drug stores sell inexpensive enema bags. Some newer types have a clear containment bag, so you can clearly see the level of the water. Here's how to self-administer an enema,

>>> Secure the bag at about chest level.

>>> The thin tube should hang, with its end being conveniently located so there's no stretching of the tube, or contorting the body to adapt to it.

>>> Clip the tube shut, close to its end. Fill the enema bag with warm water. Temperature should be a slight bit above body temperature.

>>> Unclip and re-clip the opening at the end of the tube. This is to release air and have water in the whole system. You want water to enter your colon, not air.

>>> Choose a comfortable position. Hypothetically, a person could be sitting or standing, kneeling or squatting, though it's most often recommended to lie on one's side. I choose to be on 'all fours.' Regardless of body position, the water-filled bag should be higher than the person's belly.

>>> When ready to start, apply a dab of KY-jelly or a couple drops of shampoo/liquid soap to the plastic tip of the enema tube, and apply same to anus.

>>> Insert tube tip and unclip to allow water to enter. Tip can be positioned slightly to aim to the left side of the entry point. This is because the end of the colon comes in to the anus from the left.

>>> If it's your very first time, you'll probably want to BM right away, and that's ok. As you get more experienced, you'll be able to hold in more water. The more water that enters, the more effective the process.

>>> You can repeat the process once each session, depending on what feels right for you.

The aforementioned is the basic drill (no pun intended) for self-administering an enema. There are variations, though 95% of its effectiveness will rest on the basic premise of flooding the lower colon with water, and flushing it out in to the toilet – along with all the other stuff.

Don't be worried about flooding the colon with too much water. Some might worry that, with too much water in the colon, some water might back up in to the stomach. It turns out it's not physiologically plausible for that to happen.

Some of the variations or add-ons for enemas are;

>>> While holding as much water in your gut as you can, try swishing it around. Do this by gently jiggling the belly, swiveling the hips, or whatever creative ways you can muster. Similar to a washing machine, the agitation will loosen and release additional bits of crud that are stuck to the inner parts of the colon.

>>> Coffee is apparently an effective additive for the enema water. Apparently, coffee doesn't release caffeine in the colon, but instead is anti-toxic and cleansing in other ways. It may be an old wives tale, but lots of people swear by it – so its veracity must be on solid ground. Either that, or coffee vendors have found a new way to sell more of the stuff.

>>> There are also particular herbs that are purportedly affective. Even so, it's the action of the water that does the lion's share of the dirty work. All additives are pretty much superfluous.

If you're curious to inspect what comes out, here's a method: Find a small plastic basket that will fit over the outlet hole in your toilet. If possible, find a strainer-type that's about eight inches wide and about two inches deep (20cm x 5 cm). The spaces should be about quarter inch (60 mm). There won't be any product at the five and dime specifically for that, so you may just buy something a bit larger, and cut it down to size. And it won't serve any purpose – except embarrassment, to ask a sales clerk. Use the strainer on your first few enema-induced BM's if you

dare, though it will get mighty filled. Though that's when you might catch the convoluted rubber snake – mentioned in an earlier chapter (product of a rubber snake machine gone haywire). If you missed that mention, it roughly describes the gunk that all-too-many-people have residing in their colons.

If some particularly gnarly gunk comes out in the process, dare to take a photo and send it to the author of this text. It might sound gross, but in the bigger picture of things; by showing others photos of such stuff, it might inspire them to do a cleansing fast. It's akin to the idea of publishing gross pictures of smokers' lungs – in order to spook others in to quitting smoking. In Thailand, there are color posters showing venereal disease, and other posters showing gum disease – all intended to curtail such problems.

A once-per-day enema during a cleansing fast is sufficient. The faster can choose which part of the day is preferable. Evenings are cool, because that leads up to the relaxation of sleep. The first enema of a fast can be on the first day, but it's Ok to put it off to the second day, so as to allow for a natural BM. As a general rule, it's good to allow natural processes to play their part, rather than relying too much on affected processes (like enemas) or drugs.

An alternative enema method is called 'colonic irrigation' or 'colon flush'. It also uses water to flush out the colon, but has the warm water running out of a faucet through the tube – rather than gravity-fed out of an enema bag. This is a very effective colon cleansing method, and can be done using a 'Colema Board,' which allows the user to lie nearly prone, and have fecal matter flushed out into a screen (to be inspected) – like the basket mentioned earlier. Warning: I once got the spelling wrong, and googled 'coleman board' by mistake. If you do the same, be prepared to get directed to some weird x-rated sites. Apparently, there are those who get a thrill from watching young women loose their stools.

I'd like to see a bumper sticker saying something like: ALL WORLD LEADERS SHOULD ENEMIZE. Think about it, if all the leaders had the shit flushed out of their mid-sections, you can bet it would do more than improve their collective physical health. It would certainly clear up their thinking, and hopefully lessen their power posturing. It might also instill a modicum of natural thinking into their dealings with others. Which brings us to the next section.....



18. CLEAR MIND / AS WELL AS BODY

“‘Spiritual’ has many connotations, but all of us who have done prolonged, scientific, skillful fasting know our minds are clearer, sharper and more efficient--a greater clarity of consciousness.”

Dennis Paulson, fasting expert

Fasting often draws people closer to thoughts of spirituality. The reasons ‘why’ are no mystery. When you fast, your body becomes less encumbered by its ordinary functions (digestion, eliminations, etc.), so the body can revert back to its natural state. To shanghai a techie term, one could say the body resorts to its ‘default mode.’ As the body relaxes, so too the mind reverts to a relaxed state. Hopefully you’ll be fasting in a no-stress environment, or at least away from a stress-provoking environment.

The less hassles one has to deal with, the easier it is to explore higher states of consciousness. That’s why the title of this booklet includes the words, ‘your highness.’

There are a plethora of testimonials from experienced fasters, telling of their spiritual insights and realizations during fasts. Rather than quote from others, I’ll surmise that: After the first few days of a fast, a person’s thoughts lean closer to a primordial mode. Some might describe it as a mild high.

Every person has a spiritual dimension. Sometimes it’s evident and open, but all too often it’s become somewhat hidden. More than a few housewives, for example, have spiritual aspirations that they keep secret from their husbands. In either case, fasting will give vent to such thoughts. It’s been mentioned before in this text, but it can’t be over-emphasized.

If you plan to fast, try to arrange to get with uplifting, non-critical company. If and when your spiritual aspirations start soaring (usually a few days into the fast) the last thing you want is are people around who find fault and/or bring you down.

Try to arrange to go to some sort of ‘retreat’ with like-minded people - the more natural the setting, the better. On the other hand, if you can’t swing a vacation or retreat, and have to continue showing up for work or classes, that can be alright, as long as you can avoid stress and hassles. The key component is to arrange to be in an environment that’s at least comfortable.

“Fasting is the “master key” to mental and spiritual unfoldment and evolution.”

German Professor Arnold Ehret, one of the foremost proponents of fasts for physical, mental and spiritual rejuvenation.

* * * * *

19. SPIRITUAL STORIES WHICH RELATE TO FASTING

There’s mention in the Bible about Jesus fasting ‘for forty days and forty nights.’ In the account of Jesus, it mentions how he was tempted by ‘the Devil’ and wound up choosing righteously, instead of succumbing to temptations. It was at the end of that fast that Jesus attained spiritual enlightenment – probably his initial time. It was also at that precise time that Jesus is quoted as stating, “Man can not live by bread alone” – apparently in response to ‘the devil’ tempting him to break his fast by taking bread (eating). The overall story has many similarities with the Buddha’s experience, 500 years prior.

The Buddha was known as Gotuma or Siddhartha in his earlier years. After he left his life of royal luxury to become a renunciate, he took up with two other young men who had also decided to renounce comforts and embrace the ascetic life. They wore nearly no clothes and were true renunciates – much like today's Indian Jains. The three had been fasting intensely for months. Gotuma mentioned eating 'a sesame seed a day,' and recalled how he could push on his stomach and feel his vertebrae.

One stormy day, the three renunciates were holed up in a cave. A group of gypsies also found shelter there. One old woman was singing a song with the words, in effect; "if you tune the lute too tight, its strings will break – if you string the lute too loose, you get a dull sound." That little tune may have inspired Gotuma to ease up on his asceticism. At that time, he chose to go off on his own. His two closest friends chided him for doing so, saying he would succumb to a life of luxury and dull-headedness if he strayed.

That night, after walking a long distance, he found a place to sit – at the base of a large bodhi tree within a private estate. A gopi (milkmaid) saw him there and commented to her madam about a thin young man in the garden who had an aura about him. The Madam instructed the gopi to bring him some nourishment. It was decided to bring him a small bowl of rice mixed with cream, and leave him alone. Soon after, Gotuma experienced profound visions. His spiritual attainment that night is legendary, and has become one of the iconic moments of Buddhism.

The Buddha had been priming his spiritual endeavors during his months of fasting leading up to that fateful night. But, his realizations were 'supercharged,' after taking in nutrition for the first time in months.

Incidentally, the Buddha was never plump. This is mentioned because of the prevalent perception among many people that the Buddha was a cheery pot-bellied guy. That misconception was generated centuries after the Buddha passed away – by Chinese Taoists or Buddhists. The fat laughing man was actually a depiction of 'Ho Tai' – which fits with traditional Chinese perception that a fat person is well-fed, therefore affluent, and therefore that person must be content in life.

Jesus' breakthrough was similar, in that it was at the latter part of his 40 day fast that he purportedly attained enlightenment. With both the Buddha and with Jesus, the lead-up before and during the fast surely had a plethora of spiritual experiences. However, it appears as though it was the influx of nutrition when first coming off the fast, that contributed to the most significant spiritual breakthroughs. At the end of his fast, Jesus declared, "The Father and I are One!"

Another similarity between Jesus' and the Buddha's experience was; during their initial full enlightenment experiences, both were tempted by vivid hallucinations.

In a nutshell telling of Jesus' 'forty days and forty nights' fasting in the desert, there is mention of him being tempted by the Devil (Mara in eastern philosophy) showing vast lands of wealth, which included an omnipotent position of leadership. All the lands, possessions and riches that come with omniscient power would be given to Jesus if he were to simply quit his quest for full spiritual enlightenment at that juncture. Similar to Buddha hundreds of years earlier, Jesus declined the offer and therefore passed the test, and attained full spiritual enlightenment at that time.

In the Buddha's story, there is mention of three profound challenges he had to overcome. The first was a tempting scenario by three beautifully sensual ladies dancing seductively. The second was an offer by Mara (the Devil) of a great kingdom of untold wealth and fame. The third was a sustained attack by the powers of the universe. Needless to say, he didn't succumb to any of the three extreme challenges.

Milarepa was the greatest faster of all time. He was a renunciate who roamed the northern slopes of the Himalayas 900 years ago. He didn't aim to set any world records, instead his intense fasting came about via circumstances. His primary intent was to gain spiritual enlightenment, which he wound up achieving superbly.

During his months-long seclusion sessions, far from others, he would wall himself in to high-altitude caves to sit in meditation. He had an aunt who gave him a small sack of barley and some dried meat to help him survive while he got started. He made that meager larder last over a

year. Years later, when he had no stores of food, he would gather stinging nettles and scald them in a little bowl of hot water. That bowl and a ragged remnant of the food sack, which he draped on his thin body to deal with the Himalayan winters, were the extent of his worldly possessions. One of his walled-in cave meditation sessions lasted over two years. I challenge anyone to describe a person who has ever fasted longer or more severely than Milarepa - and lived to tell the tale.

Milarepa tells about meditations that were particularly cosmic, including such experiences as flying through the universe, visiting other star systems. In contrast, he tells another story where, after many months of fasting, he was visited by his long-lost sister and her lady friend, and how they had brought some food for him to eat. After eating a large tasty meal, he described how this first decent meal in years had caused his meditations to be plodding and without insights. After that, he stayed with a regimen of either fasts or moderate eating for the rest of his long life. That story of coming off a long fast with a hardy meal – and feeling dragged down, is familiar to anyone who has broken a fast improperly – by a heavy meal. For an e-book or audio book telling of the Milarepa story, check out [go see Adventure1.com/showmila.htm](http://go.seeAdventure1.com/showmila.htm).

“Fasting helps us see we’re all one family. We humans are notorious quibblers, especially about our religious concepts and beliefs, which, when analyzed, have far more in common than those few aspects which have so often divided us. Interestingly, however, prolonged fasting seems to help overcome our human differences, making fasters more like these great religious reformers so many admire.”- from; **Fasting Center International** -

Tibet has had a long tradition of ‘incarnate’ leaders. ‘Lama’ is the Tibetan word for ‘teacher.’ Besides incarnate Lamas, there are incarnate Geshe and Rinpoches and others. Sometimes, like the tradition of kings in other countries, the successor is simply the eldest surviving son of the recently deceased, so that simplifies succession matters. However, there are times when the successor must be chosen from someone in the region.

In the case of a Dalai Lama or Panchen Lama, the succession becomes that much more important. Indeed, in these current times, while Tibet is militarily controlled by China, each succession becomes politically charged. If the Politburo in Beijing can hand choose a successor, whether it be the Panchen Lama (second in power to the Dalai Lama), The Karmapa (head of Kagyu Lineage), or the Dalai Lama (head of Nyingma Lineage, and overall leader of Tibet), then it is obviously politically advantageous for their Chinese overlords and their control over Tibet.

How this relates to fasting: When an incarnate leader dies, his closest associates often fast, as part of the process inherent in searching for the incarnate successor. The reason being; a person gains more insight while fasting. There are many stories in Tibetan history which mention the search for an incarnate Lama or Rinpoche which involve fasting and meditating by a sacred lake or spiritual peak, and such ‘power spots.’

Another story that comes to mind, takes place in a land several hundred miles east of Tibet. A koan is a Japanese word for a short story that illustrates something that contributes to a person’s realization. Often, a koan is linked with Buddhism. One koan tells of Tenjen the woodcarver. Tenjen was given a special assignment; to carve a life-sized Tara statue out of wood. Tara is a female spiritual icon representing compassion, nurturing and acceptance. The assignment was given by the Lord of the region. Embarking on a fast, Tenjen went to the forest with his assistant to find a suitable tree. He didn’t find one. Three days later, while still fasting, he again went back with his assistant. Although the assistant pointed to many suitable trees, the master carver again kept his axe in its sheath. After Tenjen fasted several more days, the two went again to the forest. After roaming the forest for hours, all the while with the assistant pointing to many handsome trees, the master woodcarver picked one. The assistant asked, “Why is it you picked this tree after turning down so many others? It looks the same as so many others trees we’ve seen this past week.” Tenjen replied, “In this tree I see Tara.”

* * * * *

20. BREAKIN' DA FAST

'Breakin' Da Fast' is not a name for a break dancing routine. You can break a date, break an engagement, break an heirloom milk pitcher, break in a mule, break in a museum, break the four minute mile, break dance, ...and you can also break a fast. You could use the phrase 'coming off a fast', but we'll steer toward the conventional 'breaking the fast.' As you've probably heard, breaking a fast is an important step to the whole process. You can break a fast by gorging on rich food, but you'll probably get a stomach ache of epic proportions. You'll also shock your body's organs and metabolism, though it won't significantly negate the overall effects of the fast itself.

Remember, while you've been fasting, your entire digestive tract has been resting, except maybe your mouth. The stomach has probably shrunk a bit, and the colon will be near empty and relaxed. Breaking a fast with a big meal is nuts and likely painful. It would also put a pall over your mental well-being.

Better to do it the smart way. The first meal can be a small dish of vegetables – chew the food slowly. Two good reasons to chew thoroughly; there will be less chunky stuff for your digestive tract to deal with, and also, there are digestive enzymes in the mouth which start the digestive process. For the first few meals, don't add salt or seasoning, and don't add salad dressing or sauces. Indeed, one of the things you'll find by fasting is that your sense of taste improves, so there's less need for such taste-enhancing things we've become so accustomed to adding.

The following day, when starting to eat again, you can add some starch and protein, like a piece of bread or some tofu. The key is moderation. They'll be plenty of time later to eat like royalty, but coming off a fast requires little bits of food. Fresh is best, though some cooked items are ok. Avoid meat and dairy products (except yogurt) for the first three days coming off. Anything spicy and/or fried foods or processed snacks should also not be on the menu.

The reason yogurt is ok is because it's partially pre-digested by the friendly flora, namely acidophilus. Natural yogurt is better than processed type with sugar added. A successful fast, particularly one with fresh garlic juice, will likely banish nearly all types of microorganisms from the digestive tract. However, even 'friendly flora' get removed, so a bit of good quality yogurt would replenish acidophilus which aids in healthy digestive process.

The benefits of fresh garlic, before, during and after a fast, cannot be overemphasized. Its strong taste can be disguised by mixing its juice with other vegetable juices, particularly tomato. Some brave souls eat the cloves whole. To lessen its zap, first take a gulp of tomato juice, then add a half clove of garlic, or as much as your taste buds can handle, and chew it well before swallowing. Sweet peppers also work well with that method. To disguise garlic breath, try eating an apple, or brushing teeth, or just do the garlic before a meal. The garlic 'fix' can also be effective at the onset of, or during a cold.

I did my first cleansing fast at 20 years, in Washington D.C. I had done a trade for a crate of beautiful peaches from an organic farm. I ate two peaches for each meal – with nothing added. On the third day, itchy pink rashes formed on the skin behind my knees. At the time, I thought it might have been from the peaches possibly being sprayed by chemicals, but later realized the rashes were my body eliminating toxins. On the evening of the third day, a comely lass, who resided next door, invited me to dinner.

I could resist neither her nor her eggplant parmigian. The tastes (of the meal) were seductive and, not surprisingly, I over-ate and my mood plummeted as did my libido, exacerbated in no small part by a stomach ache. No dessert that evening.

The digestive system, particularly the colon, will be nearly empty after a successful multi-day fast, so when food gets re-introduced, you don't want it lagging and compacting too much. Even so, don't be surprised if you don't have a BM for a day or two. It may be a bit disheartening to notice meal upon meal being taken in, while nothing is coming out the back door. Don't worry, because the digestive tract can fit a lot of food, so you're probably doing fine, even if things aren't coming out as quick as you might hope.

For that reason, soaked prunes are helpful for breaking a fast, because they facilitate things moving. Flax seeds, oat bran, and select herbs known for their laxative qualities are also useful in that way. Some herbs which are beneficial as laxatives or otherwise gently cleansing the colon are: senna leaf, cascara, and sagrada. The most popular commercially available herbal laxative is called Swiss Kriss.

Some people say the number of days coming off a fast should correspond with the number of days spent fasting. That's extreme. For a fast of up to a week, it's sufficient to relegate two or three for easing off of it. For a fast lasting longer than a week, add a day for every four additional days of fasting.

Naturally, the longer you stay on a healthy, low bulk diet, the longer you'll extend the health benefits of a fast. Chances are, after an effective cleansing fast, you'll feel more inclined to eat healthier than you ate before. In that same vein, if you quit any bad habits, like smoking, during your fast, then it's a great opportunity to stay clear. Each successive day you stay clean, should make the process easier.

YOU'LL STILL BE SWEET IF YOU EAT LESS SWEETS

Additional pearls of wisdom by Dr. Denice Moffat, - a naturopath healer
in Moscow, Idaho

Experiments done in the 1930s found that calorie-restricted rats lived longer than those allowed to eat ad libitum. Data suggests that calorie-restricted rodents lived longer and aged more slowly because they were more resistant to stress and their cells were protected against damaging agents.

Some substantiation was demonstrated by the BioSphere II experiment which imposed a calorie-restricted diet for two years. The eight people averaged 1800 calories per day during the first six months, 2200 calories per day at the end of 2 years. Body weight dropped 15%, blood sugar dropped 20%, blood cholesterol dropped 38%, blood pressure dropped 30/27% (systolic/diastolic); and white blood cell count dropped 24%.

Some studies have shown that fasting lowers blood glucose and insulin levels, and increases insulin sensitivity. This is good news. When the body recognizes insulin, the mind turns off that area in our brains that tells us that we are hungry. Studies done with fasting monkeys also showed benefits of fasting to include lower blood pressure, reduced triglyceride and cholesterol levels, and increased levels of HDL-2B (low of HDL-2B is associated with cardiovascular disease in humans).

One study showed that 70% of patients with psychiatric disorders showed improvements with fasting. Other researchers have observed that fasting patients with psychosomatic disease had an 87% improvement rate.

When fresh fruit and vegetable juices, alkalizing vegetable broths, and herbal teas are used, electrolytes are maintained. The faster receives a daily infusion of vitamins, minerals, and enzymes. Freshly prepared juices require no digestion and are easily assimilated.

* * * * *

21. FAST FOR HOW MANY DAYS ?

First off, precede a fast with at least two days of healthy diet – without eating too much. You're not a bear getting ready to hibernate, so you don't need to fill up on berries and suet for the duration. Seriously though, let's consider the duration of your fast.

If you're planning your first fast *AND* you've been eating moderately well for years *AND* are in moderately good shape, you could start with a three day fast. If you can't honestly answer 'yes' to living and eating well for the past several years, then you should start with a one day fast. That first one can start in the morning with just diluted fruit juice. Drink water liberally all day. In the afternoon, have some tomato juice while chewing some bits of fresh garlic cloves. Do an enema in the evening. The following day, come off the fast gradually as mentioned in the earlier chapter.

Don't start a long fast if you've been living a Larry Flint lifestyle. In other words, if you've been indulgent and/or are addicted to one or more substances and/or are noticeably overweight, then plan for one-day fasts each week for a month. After four of those one-day fasts, you're ready for your first three day fast. If you haven't been abusing your body, then you can go straight to the three day fast without the one day fasts in the interim.

After two 3-day fasts, with intervals of at least a week, you're ready for longer durations. By this time, you're getting accustomed to the regimen: For the first two days you likely feel hungry, and crabby, and head-achy – whereas beyond that you likely feel lighter and more drawn to spiritual thoughts than you normally do. You're also getting accustomed to the enema routine, and rather adept at avoiding clashes with people who'll say things like "Why are you starving yourself to death?!" and "If God had wanted us to not eat, He wouldn't have given us grocery stores."

After successfully completing and coming off one or more 3-day fasts, you can increase the increments by however many days as you feel comfortable with. You can go to a 5 day, or a 9-day,or beyond.

There is one writer who swears that the only real fast is water-only and it should be 40 days and 40 nights. He also talks a lot about putting oil on the skin – such references are lifted from the Bible. Well, if it works well for him, then so be it.

Another fasting advocate claims many of his adherents fast for weeks, even months on end. His regimen appears closer to a cleansing diet, rather than a juice fast. Though the differences are slight, they're nevertheless worth noting. A cleansing diet would consist of vegetables and fruit, with possibly soups, yogurt, some bread, some nuts and sprouted beans. A juice fast, on the other hand, consists of vege juices and diluted fruit juices with some pulp – and essentially nothing else but water and air and possibly some laxative herb tea. One key difference between the two is that a cleansing diet will continue to stimulate the digestive processes somewhat, whereas a juice fast will only do so to a minute degree.

A staggered series of well executed juice fasts, of up to nine days each, will enable more overall cleansing than either the water-only fast or the long duration cleansing diets mentioned above. Plus, a water-only fast can lead to what's called, 'Herxheimer's Reaction.' I don't know who Mr. Herxheimer was, but his 'Reaction' is a debilitating condition where too many toxins are released – which are not flushed out of the body readily enough.

Most people wind up doing their first fast while in serious medical condition during the very last chapter of their lives. This is a common scenario for elderly infirm people: A serious ailment flares up, they then get put in a hospital room. They're fed intravenously or very sparingly -

essentially fasting for the first time in their lives. It's involuntary and the fluids they're being given are probably laced with white sugar and drugs. Because it's their first fast, their body naturally starts releasing toxins that have built up over a lifetime. Toxins and drugs build up in the blood, but because it's not a real juice fast, there's no efficient way for such toxins to get flushed out. The patient will suffer 'Herxheimer's Reaction' (too much toxin flooding the blood). The patient gets sicker. The hospital maintains the IV-drip and administers more drugs to try to treat the increased sickness, and the cycle exacerbates.

The patient might recover or he might die, but either way the hospital makes very good amounts of money. For the average person, a significant percentage (some studies say over 50%) of their entire life's medical expenses takes place in the last couple weeks of his/her life.

So, don't wait until you're elderly and/or on your deathbed to involuntarily do your first fast. Much better to do cleansing fasts earlier in life. That way, if and when you do get put on an involuntary fast in a hospital, your body won't release such a flood of toxins all at once. In other words, you will have already cleaned out earlier on. When you do juice fasts on your own, or with friends, you do them on your own terms. You're not stuck prone in a hospital bed with tubes running in to orifices and skin, and a glaring fluorescent lamp overhead.

Compared to a water-only fast, a juice fast will gently flush released toxins, fatty deposits, and fecal matter through the colon. Whereas, compared to a cleansing diet (with some solid food), a juice fast won't stimulate the digestive tract and won't require as long of durations of stoicism and food deprivation. With a cleansing diet, some food is ingested, which therefore keeps the digestive tract active – which can stimulate feelings of hunger.

No one wants to fight feelings of hunger, so that's one added benefit of a proper cleansing fast; if you can get beyond the second or third days, you're likely to get beyond feeling hungry. If you do get hungry after 2 or 3 days, then, chances are it's due to one or more of the following:

>>> you're somewhat inexperienced at fasting, so your mental 'fasting mode' hasn't yet developed to put thoughts of hunger aside for a few days.

>>> you're around food and/or food eaters. This can happen inadvertently, or it can be the result of someone joking or tempting you to eat.

>>> you're stuck in the life-long habit of thinking you have to ingest food every day to survive.

If you're well disciplined, you may be able to adhere to a schedule of one day fasting per week for three weeks running, and a 3 day fast once per month – on a month to month basis. That's recommended by Swami Yogananda and others, and is a commendable regimen for preventative medicine and all-around good health. That's especially true if you stick with a clean diet all the rest of time. If you stuck with such a schedule, the numbers crunch out to a cumulative 72 days per year of fasting = over seven weeks annually! Even with a less Spartan regimen of juice fasts, you'll look and feel younger, your sex drive will improve, your hairline will recede slower, you'll have more energy than normal, and you'll live longer with less medical expenses. Guaranteed, no doubt about it.

Granted, there are many different factors (physical condition, age, desire, health, emotion, etc.) regarding sexual interactions. Yet, experienced fasters claim sensitivity, duration, and overall enjoyment of sex increases during fasts. As for ejaculating, there's a popular belief that says it lessens a man's energy or 'chi.' The resultant lessening or gaining of 'chi' is as variable as the people who engage in such endeavors.

Some people claim that a sexually active man who doesn't ejaculate, will gain cumulative benefits for each time he refrains. Such benefits are said to not only be physical (strength, stamina), but also increased mental clarity and spiritual insight.

Strictly speaking, how can we really know to what degree the benefits of fasting (or

maintaining chi) will improve health over a regular lifestyle of eating too much, drinking fermented sugars, binging, and shirking exercise? Even if you tried an experiment with identical twins, there could be other variables that might come in to play. For example, suppose the twin with the healthy lifestyle lived in a smoggy city and had trouble getting dates (not fruits of the date palm). In contrast, the twin with the unhealthy lifestyle lived in the clean air on a farm and happened to have an invigorating romance. The added factors would discombobulate the test results

There was a somewhat related story reported in Discover magazine. It had more to do with nurturing than nutrition. It showed a photo of identical twins who had been separated at birth, and then reunited when they were in their late 30's. Side by side, they didn't look like twins at all. One was tall, straight posture and barrel-chested, the other was a foot shorter and stooped. Only a second long look showed that their facial features were quite similar. It so happened the tall robust twin had been adopted by a family that doted over him with affection, and boosted his self-image. The other, stooped, twin was adopted by a family that had neglected him. The moral of this story? Love is good.

* * * * *

22. MESSAGE YOURSELF

No doubt, getting an adept massage from someone is great, but we're not always/often in the position (pun intended) for such indulgences. Other than getting pummeled under a waterfall, here are some suggested ways to massage oneself. It's not narcissist, and no, there's no sexual innuendo.

Head, Neck and Shoulder massage (HNS). We've all heard of shoulder massage. However, there are some things above the shoulders which can benefit majorly from massage. Indeed, this account could be called just 'Head Massage' as it deals mostly with the noggin'.

This massage method can be done alone, or can be administered to another person. If done to oneself, much of what's described can be done while sitting. However, it is most effective while reclining on your back with your head raised on a pillow. It's only for shoulders that you need to be sitting or standing.

Similarly, if an HNS massage is given to someone, that person can be seated or laying down comfortably on their back, with head raised on a pillow, up to the end of the bed or massage table. The masseuse can be sitting or standing behind – if sitting, she should position her torso above the other person's head. That enables the masseuse's hands to be most effective in giving the massage. Start high and work down.

TOP OF HEAD: With fingers extended straight, place fingertips, spread apart, just over your ears, and knead the scalp upwards toward the top of the skull. Do it at a moderate pace and firmly. Indeed, push the skin upwards deeply, not timidly. It's somewhat as if you're trying to peel off the skin by kneading it up in ripples. You want to stimulate the skin on the scalp. After two or so minutes massaging the scalp, it's time for the face.

A basic premise of the HNS massage is to invigorate skin and sub-skin layers as much as reasonably possible without causing pain. This has manifold good results; it stimulates the skin and increases blood flow to those parts. Plus it enhances elimination of toxins, and likely invigorates glands located in and around the HNS region. With the risk of sounding like a snake oil salesman, it

can be said; it will aid retention of hair on the scalp. If you believe in chakras, then it interest you that noblest three of six chakras are located in the HNS region. There's one at the throat, one just above the point between the eyes (called 'the third eye'), and a third at the top of the skull called the 'crown chakra' or 'brahma chakra.'

NOSE, SINUS, CHEEKS, and JAW: Firmly and slowly slide one or two fingers along the sinus area, which come down in an upside down V from the middle of the nose. Massage below and around the cheekbones, and work the jawbone muscles also.

Below the jawbone, on each side, are recesses worth massaging. The idea is to persuasively nudge sides of fingers up between the jawbone and the neck. This can be done all way from one end of the jawbone to the other, including under the chin. The most effective region is below the cheeks, where muscles for the tongue can be accessed, as well as the top of the throat. There are also lymph glands in the throat and, with most people, lots of fat. Lymph and fat harbor residual toxins, so massaging areas under the jawbone is good therapy.

It's ok to improvise. The fingers can be used as vibrators, and as such can stimulate the skin above and below the lips, and many other areas of the HNS. This may start sounding sexual to some. Sensual, yes, as is most massage, though any 'sexual' connotations are in the mind of the beholder – though not far-fetched, as the face is arguably as much of a sexual object as any other part of the body. Indeed, in some Muslim countries, women are required to cover their heads, as it's considered too alluring for men to see a woman's face.

EYES: Place two or three fingers at each side of the front of the skull, and massage the indentations on the outside of the eye sockets. It's the place halfway between the middle of the eye to the middle of the ear. Indentation is a key word here, as most of the HNS massaging takes place in indentations in the skull structure – rather than protrusions (such as the top of the cheekbones). Same applies to massage in general.

Here's a part that you can do on yourself, but not to others until you are experienced in how it's done. With clean hands, stick a finger or thumb in to the spaces between the eyeball and socket. If you're doing this to another, make sure to tell that person to relax and not try to open or move their eyes. The eyes should be gently closed but not closed tight.

As you know, the socket around the eye is not even. You can probe around the entire eyeball except where it meets the bridge of the nose, where it's too close and somewhat connected. Best places to massage are below and at the outer sides of the eyeball.

On the lower part of the gap, lay your index finger snugly, and gently work it in to the gap. Hold it in as far as it will comfortably go, then gently wiggle your finger in that space. Similarly, use the tip of your pinkie to probe into the space at the outside of the eye socket, and wiggle it there also.

The top gap is tight, so it can be avoided, or perhaps the pinkie used sideways, same as the bottom of the socket. Every bit of skin on the face, head, neck and shoulders can be massaged, so that would include the forehead and the skin holding the eyebrows.

EARS: Pull on 'em. Start at the top pulling up, and slowly work around to where you're pulling down on the lobes. Next, massage the areas around the ear, especially the indentation just below, where the jawbone meets the top of the neck. Incidentally, just above the ear is a small gland called the pituitary which regulates growth rate of the body. It's somewhat like a computer board CPU as it functions in concert with the small hypothalamus gland to regulate the hormonal outputs of larger glands. It's doubtful whether massaging the skull bone that protects the garbanzo bean-sized gland will affect its function, but it can't do any harm.

BASE OF SKULL AND NECK REGION. The base of the skull, where the vertebrae ends, is called the medulla oblongata. The Hindus refer to it as the 'seat of

consciousness.' It's also where the most primitive part of the brain sits – the part of the brain that most resembles a dinosaur or a salamander's brain. Those who have experienced hallucinogenic or other types of psychotropic drugs may have focused in to that part of their brains from time to time. It's also the part of the brain that's the seat of some of our most basic instincts. Gently massage that region.

Below the skin and muscles in the front of the neck is the important gland; the thyroid, which influences the rate at which energy is used by the body. Nearly every part of the HNS mentioned in this text, can be massaged in pairs. In other words, when massaging one side, you can simultaneously massage the other. However, for the middle thyroid region, it's recommended to massage or press one side at a time. The rest of the neck and shoulders need no instructions for massaging, as everyone is familiar with dem parts, which are mostly muscles, bone and fatty deposits.

The overall idea is to get things, in and below the skin, moving and stimulated. We don't want physical stagnation. With that in mind, it's good to occasionally open and stretch your mouth as wide as possible – even going so far as to stick your tongue out and wiggle it around. This is not recommended for a face-to-face meeting with your mother-in-law, or for a job interview. It's good to roll your eyes and move the head side to side to stretch muscles.

Stevie Wonder and other blind folks are known to move their heads side to side – especially when feeling particularly good. There may be several reasons for him doing this, but one plausible reason is to shake up the incredible energy flowing through his brain.

We all know the brain is composed of two major lobes. Between them are neural connections, for sure, but relatively few compared to the myriad connections within each lobe to its own integral parts. An experienced forensic scientist, who had observed many dead brains, commented that he could always tell if a brain belonged to an adept musician. He said the reason was; musicians had many more connections between the two lobes than the brains of other professions – more so with politicians, mathematicians, professors, metaphysicians,you name it.

For any parents reading this: If your boy wants to play American football, steer him towards a safer game. Same for boxing. There are few things that will screw a brain up quicker than a solid hard knock to the head. It's not just Jimmy and Johnnie - girls too are increasingly getting serious head and neck injuries, and they're getting them at a higher percentage rate than boys. The reasoning goes like this: As young women get increasingly drawn to physically demanding sports (boxing, soccer, etc.), more are getting their heads bopped. However, a female's neck is not as muscle-bound as the male's, which explains the troubling trend.

I once met a traveling sadhu (Hindu holy man) who was well-versed in the study of chakras. Wearing white robes, he solemnly took me and some friends atop a secluded hill in northern California. It was a partly cloudy night with a full moon, which dramatically outlined the clouds in bright silvery white. He taught us a mnemonic way of recalling the 'sounds' of the six chakras: 'Live Very Richly You Lucky One.' The beginning letter of each word, plus the 'om' sound indicated the sound. Here's how it transpired: the first chakra, located in the pelvic area, starts with L (the first letter of the word 'live'), so its stimulus sound is Lom. The second chakra, located in the belly or solar plexus, is stimulated by the sound; Vom (from the word 'very'). The third chakra, in the heart region, is Rom (from the word 'richly'). The higher three chakras are located in the places mentioned in the previous paragraph, and their stimulating sounds are 'Yum,' 'Lum,' and 'Om' respectively.

The ritual started with Lum, chanted it in a very low and slow tone, at a pace of about once per three seconds. Sticking with the same tone, we increased the pace slightly, but kept the tone in as low a register as the chanter's voice can comfortably handle. After a few minutes, we chanters were chanting the tone vigorously, about thrice per second. After a pause of a minute or so, the next chakra's tone was similarly chanted – and so on up through the six tones.



23. CAN BAD HABITS & ADDICTIONS BE CALLED DISEASES?

If drinking alcoholic drinks and/or drinking coffee were habits you grappled with before fasting – and you quit doing those things during your fast – then use the fast as a springboard to get on the right track. When trying to break an addiction, the first few days are usually the toughest.

Problems stemming from drinking alcohol are fashionably tagged ‘a disease.’ I’m part of a minority which believes alcoholism is not a disease. A lot hinges on the definition of the word ‘disease.’

If the word is defined as ‘any ailment that causes discomfort,’ then we could say ‘alcohol addiction is a disease.’ However, if the definition of ‘disease’ includes addiction, then that opens the definition to include many topics: Eating too much, staring at computer/TV screen too long, spending too much lucre at the mall, gambling in excess, and a plethora of other indulgencies would therefore have to be termed ‘diseases’.

On the other hand, if you define the word ‘disease’ as a physical ailment caused by infection or other physiological problem (cancer, worms, arthritis, etc.) – then alcoholism doesn’t fit. Alcoholism is popularly termed a disease because it’s so prevalent. With so many people affected, calling it a disease is a way to dilute the ‘personal responsibility’ factor. Taking responsibility is key, because it not only acknowledges there’s a problem, but that the problem affects others.

The #1 person who can get the alcoholic off the juice is the alcoholic himself. Alcoholism is not infectious, and is not an opportunistic intruder like cancer or worms. Neither is it genetically wired in the chromosomes, as some publicity-hounding technicians would have us believe. The supposed genetic connection is yet another way for alcoholics to try and shift the blame away from personal responsibility.

The only person lifting the glass or bottle to take a swig is the primary person. It’s a cop-out to call alcoholism or any other addiction ‘a disease.’ Instead, harmful addictions are largely self-imposed debilitating habits that effect more than just the addicted person. It also impacts on others’

safety (car crashes, 2nd hand smoke from smokers, etc.) and it runs everyone else’s insurance and medical costs up. As much as anything else, alcoholism (in particular) and other addictions are selfish habits that adversely affect others. Some of the same issues that apply to alcoholics also

apply to seriously overweight people. There are self-described ‘experts’ in tabloids, who will say that obesity is genetically pre-determined. Although genes can conceivably be part of the equation, the issue of ‘taking responsibility for oneself’ is the greater part of the equation.

If this little text about fasting does nothing else, hopefully it will give some people hope that losing weight and losing addictions and detoxifying are within the grasp of anyone. It’s mostly a question of willpower. A juice fast doesn’t cost much. A faster doesn’t need to check in to a \$250/day deluxe spa resort to do it. Furthermore, the savings in the long run, just in future medical expenses alone, can be astounding. But even more important than the money aspect, is the improvement that fasting can bring to a person’s quality of life. A faster will feel and look younger, have more energy, and will likely gain deeper spiritual insight. Any of those things will improve quality of life – and will not only affect the person fasting, but also those he/she interacts with.

* * * * *

24. AIRPORT WORKOUT

The word ‘airport’ is used, but it could just as well be ‘bus station’ ‘boat terminal’ ‘back of cab’ or ‘back porch.’ The reason the word ‘airport’ is used is because that’s as likely a venue as any, for employing the following techniques.

There are times in every person’s life when they have to wait. Some people sit still and stare, others read magazines, whatever. Why not exercise during such times? Some reasons why people choose to just sit when they’re expected to sit:

> > > they’re weary.

>>> they’d rather read or talk.

>>> they don’t want to draw attention to themselves by doing anything out of the ordinary.

When it’s time to exercise, people go to the gym, or do something aerobic, and that’s fine. However, the hundreds of hours per year that each person spends sitting and waiting – don’t have to all be sedentary.

That being said, even within the socially constrained environment of waiting rooms, people still do little bits of self massage, though not a work-out per se. People waiting in line can be seen rubbing the backs of their necks, or their forehead, though not much more than that. It’s doubtful you’ll ever see a waiting person doing deep knee bends or touching their toes – as it’s not quite socially accepted in our culture. Yet, things can change.

Sixty years ago, the only people who went to gyms to workout were athletes, nearly all of whom male. Today, ‘fitness centers’ are on nearly every block of every town, and women enthusiasts outnumber men – especially if you include aerobics in the equation. Speaking of aerobics, the one person more than all others who popularized that trend has got to be Jane Fonda, by way of her fitness VHS tapes. Thanks Jane. Every so often, someone will come along and spark a whole generation toward a new or different way of perceiving of getting in shape. Charles Atlas did so in the mid 20th century, and Arnold Schwarzenegger has done so in more recent times.

It’s odd for a personality like mine, who had been bashful for all my formative years, to do an activity that would get me to stick out in a crowd. I like to think I’ve evolved beyond my shyness, and one proof of that is the solo exercises I do in public places.

Airports are mentioned because there are often long waits and lots of space. Plus, it’s doubtful any airports have work-out rooms or even simple workout furniture, or even just a mat on

the floor that could be used for stretching. Airports are all cut out of the same mold with the intention of getting people moving or, if they passengers have to wait in transit for hours, get them seated, or placed where they can spend money. There appears to have been no thought in any airport designs for individuals' need for stretching or muscle toning. An airport with a space for aerobics or a space with simple facilities for stretching would be years ahead of its time.

As for instructors to assist, forget it. There may be some workout amenities in VIP or First Class lounges, but I wouldn't know, as I'm an economy traveler. The average international airport has dozens of security staff – but not one person designated to assist passengers in stretching or other stress-reducing activities.

Because of a few screwball terrorists, everyone in the world who travels on commercial planes has to get to the airport an hour or two earlier than they would ordinarily have to. Let's average it out to 1.5 hours. If there are a 500 million flights on average per year, that's 750 million hours of additional preparation time – because some idiot tried to set his shoes on fire, or some other imbecile found a way to make liquid explosive look like milk. That's 86,000 years annually, of cumulative time that travelers have to loiter around airports, and it doesn't count time spent in transit terminals, or the billions of hours spent getting to and from airports. Some of those 86,000 years could be spent loosening up and toning up the ol' bod.

The exercises that follow are not aimed at muscle building, like sit-ups or push ups, or pull-ups. Rather, they're geared for stretching and muscle toning. Neither are they particularly unique. Some relate closely to yoga 'asanas' – which most people refer to as simply 'yoga.' The sanskrit word 'yoga' by itself, really means the nouns 'practice' or 'discipline' – but in the west, the word has come to mean a system of body positions. For the heck of it, I've assigned names.

GECKO a.k.a. side to side. If done while sitting, use a bench or a chair with no arms. Bend the body slowly, first to the right side, then to the left. Each bending should take about 2 seconds. At the downward limit, hold for a few seconds. Don't lift your butt cheeks off the seat. Do at least twice per side. It's good for the lower spine and muscles. Arms can dangle between legs. If done while standing, the arms can hang limp by your side.

GORRILA Start on hands and knees. Arch the back as far as it will go. The idea is to vigorously tense the lower back muscles. Hold for five to ten seconds, imagining your butt going up in the air, then relax. You can also arch your head up and make as big a grimace with mouth open wide. The grimace part is optional, especially in a public place where vanity is a factor. This exercise can be augmented by moving one's butt side to side, in order to stretch additional muscle groups. Additionally, you can stretch one leg at a time – straight out behind, and then back again.

BEETLE It starts by bending knees and slowly going to a crouching fetal position – similar to the body position when taking a BM in the woods. Rock on the front of your feet. Bend your body and head forward and down as far as they will go, while still balancing on your feet. The feet are the only part touching the floor. Allow your head to flop forward, thereby stretching the back of the neck. Let your arms fall limp and crossed in front. The idea is to stretch the back muscles and vertebrae as much as possible.

If balance is an issue, touch your hands on the floor to balance. Hold that position for a several seconds while you feel the stretching of your vertebrae and back muscles.

You can alternate, slowly going back and forth between warthog and beetle. These are not calisthenics, so there's no need to do them quickly or vigorously.

SALAMANDER: This is one my chiropractor showed me. Find a slightly cushioned place to lie down on your side – a pad or not-too-soft mattress. Stretch the lower leg out straight, so your body is in a line. Bend the upper leg and place the top its foot snug to the side of the knee of your

lower leg. Slowly twist your body toward the side of your bent knee. At the same time, slowly move your shoulders in the opposite direction. It's a bit hard to describe with words, but the overall effect you're aiming for is to twist your lower back. If done correctly, you should be able to successfully 'pop' or release a few vertebrae – thereby offering relief to that area. As you get more adept at it, you can jerk the twisting process – but in the initial stages, it's best to do it slow. No physical harm can come from it.

There is a variation which allows for more leverage of the twisting mechanism; It can be done on the long edge of a raised mattress, but can also be done on a firm bench or even a row of armless seats: do the same as described above, by have your upper leg bending down in the space over the edge of the ledge. For added leverage, try it this way:

Lie sideways on the very edge of a firm bed mattress, facing outward. If you're lying on your left side, put your left leg straight out. Place your right leg, bent at the knee, out over the edge, with your right foot resting on your left knee. Place your left hand on your right knee. Now, with one swift motion, press down on the knee of your right leg (folded at the knee), and at the same moment, swing your right arm high up toward the middle of the bed. When you get good at it, you can do it all in one swift motion – the idea is to give a good amount of leverage to 'popping' the vertebrae.

You can actually get added leverage if you have a chiropractor (or someone experienced) assisting. They would be standing nearby and put one hand on your shoulder and another on your extended knee. This type of technique is a major part of a chiropractic session, and may cost upwards from \$60 per session, yet you can do it on your own, if you know how.



lower back pop, referred to above as '*salamander*'



LEMUR: Grasp your hands, by interlocking fingers, behind your back. Slowly ease over forward, bending at the hips. At the same time, slowly bring your arms, locked straight at the elbows, up to aim at the ceiling. If you're limber, you can then rotate the arms and shoulder sockets in various directions, as far as is comfortable. When doing so, your head and upper body will naturally bend over forward. At the extreme of the cycle, hold for a few seconds, then slowly unwind. This is a great de-tensioner for between the shoulder blades and the base of the neck.

PRAYING MANTIS: It's all done standing. Take a long stationary step ahead with your right leg, and hold that stance the whole time. Grasp hands in front, interlacing fingers, and slowly arc your body and head back as far as it will go. At the same time, rotate your straightened arms as far up and over your head toward the rear – as far as possible. Hold that for a few seconds. Then do the other side. This is a good tensioner/de-tensioner for the lower back muscles, one side at a time.

Some of these workouts are commonly used by sporting competitors when they're warming up for events.



IGUANA: This is one of several variations of deep knee bends. Starting with one leg far in front of the other, bend the front leg at the knee as far as it will go, while keeping the back leg extended straight behind. You naturally go down close to the floor when doing this. Unless you'd prefer balancing, it's ok to use an arm to balance. Slowly alternate between on side and the other.

Besides relieving lower back tension, this one also stretches the front of the calf muscles.

A note about balancing: Many yoga postures (more correctly called 'asanas') require the practitioner be adept at balancing. Having a great sense of balance is commendable. However, the stretches described herein don't require Olga Korbut or Nadia Comaneci skills at balancing. For that, and other reasons, our stretches are easier for middle aged folks – though can be beneficial for any age.

STORK: This one is done using a stout place, about hip-height, to anchor one's foot. A low wall, strong railing, table edge can be used. If using a table, it's best to have it be stout table that's set against a wall, in order to preclude it moving, when force is applied against it. I use a table like that, and have a pad of folded thick cloth on its rim - upon which to place my raised foot. If the above-described perches aren't available, the 'stork' stretches can be done by planting your foot on a vertical wall, though you'd need added balance and strength to do so.

The key component here is to get a foot planted hip height, with your leg straight out, perpendicular to your standing body. If it's painful to get your leg straight out – while your other leg (the one you're standing on) is straight under you, then plant the horizontal leg as high as is comfortable.

Here's how it goes: Standing a leg length away from the hip-high wall, put one leg straight out and rest the ball of your heel, or your instep firmly on it.

Once you've got that position of standing on one leg with the other one planted firmly, then there are several cool things you can do to stretch muscles, to wit:

>>> Keeping your leg straight out, locked at the knee, bend over as far as possible, and try to touch your forehead to your knee. As shown below....



>>>> Lean toward your outstretched foot, while deeply bending the knee of your horizontal leg, as shown....



>>>> Same as above, though twist your body so your side is facing the wall.

>>>> With you side facing your outstretched leg, bend your body to the side, as far down as is comfortable. Do it several times slowly. Vary it by holding the furthestmost position for a few seconds. This bends the vertebrae side to side, and also loosens the hips – altogether, very beneficial. Indeed, a yoga teacher tells me that Asians have looser hips than westerners, which would explain why it's easier for Asians to sit with legs crossed on mats on the floor.



side stretch, starting upright, then down to one side, as shown

>>> With your foot still elevated, twist your body another quarter turn, so your back is

facing the wall, as shown below. Stand straight. Vary it by slowly squatting, while holding that pose.



facing away from wall, stand up and feel the back muscles scrunch.

* * * * *

25. KEN'S MORNING STRETCH ROUTINE

For starters, it's best to start the routine as soon after rising as reasonably possible. The reason is; if one's back is a bit out of whack (as mine usually is) in the morning, then it may settle in to that pattern for the entire day – or get worse. For that reason, it's good to set things right – from the get-go. A few sips of water, a w.c. break, open window curtains, and then it's on to.....

Down on the floor, for what we earlier called 'The Gorilla' – which is basically getting on hands and knees, and arching the lower back.

Alternated that with 'The Beetle' which is the crouching pose, which is rather like a fetal position melded with taking a phi beta kappa in a 3rd world bathroom.

Next, find a chair with no arms, or the edge of a bed, and do the side to side movement which we earlier called 'The Gecko.' If you don't recall, it's simply stretching sideways to the right, and then to the left. It's not a hurried things like calisthenics, but rather a leisurely exercise designed to stretch the side openings of the vertebrae.

Right after that, get on a firm mattress and do the following:

The edge of pad 'Salamander' exercise which is one of the best 'do-it-yourself' ways to pop vertebrae in the spine – particularly those in the lower back area.

There are several distinct feelings/sounds experienced when vertebrae get 'popped' (released from tension). First a mention of what is not popped vertebrae: If you experience a muffled and feeble thwump after repeatedly doing the same body movement, it is not a popped vertebra, and is not a good sign. It is more likely a stiff muscle rubbing against some other body part – and probably stems from tenseness.

The vertebrae that makes a loud sound when popping, is an indication of a bone that's been in an odd position for too long. The popping or cracking sound is actually built-up CO₂ (a waste product) which is suddenly released under pressure – somewhat like a small popped balloon. There have been many debates of whether 'popping joints' are good or bad for a person. I was walking once in a Mexican coastal village, and unthinkingly cracked my knuckles, something which I do several times a day, and which drives my mother nuts. A middle aged Mexican couple immediately ran to me and proclaimed the dire harm I was doing to my finger joints. I didn't believe them then, and I don't believe them now, but I'm sure there are others who concur with those good-intentioned folks that popping bones is bad for a body. Anyhow, it appears as though a medium to low sounding crack in the vertebrae is a good thing for a body.

Each time I get my vertebrae to pop, I sense a feeling of relief. That relief is not only physical – in the sense of easing the movement of my vertebrae and all it affects (indeed, my entire body movement) – but the feeling and sound of a vertebrae releasing its tension and popping into place is also a mental joy. Call it cheap thrills if you like, but it is a sublime pleasure for some of us.

There are several more stretches that I do on the mattress, to wit: After the quick 'Salamander' back popping session, I lie on my back and pull a knee up to my chest. First one side, then the other, and do so using moderate strength of my hands and arms.

I then lie on my side and reach behind and grab a foot – with my leg bent at the knee. While holding the foot, and still on my side, I arch my back as far as reasonably possible which, for my middle aged body, is not very far. There will come a time in the not-too-distant future, where I won't be able to grab a foot at all. Incidentally, this stretch is nearly identical to a popular yoga stretch which is done standing up. The reason this one is done in a prone position, is that you don't have to balance on one leg. The focus is therefore on just stretching rather than stretching combined with balance.



The mattress session, lasting altogether about 4 to 5 minutes, is finished by lying on my front and raising my chest and head as far up as they'll go, while keeping legs and hips planted on the mattress. Incidentally, the harder the mattress, the better for these stretches. If you have a soft mattress, then consider either putting a hard pad on top (even a large flattened cardboard box), or using some sort of firm pad on the floor.



The next to last segment encompasses the variations of 'The Stork' routine mentioned earlier. It is the stretches which are done while standing on one leg – while your other foot is set firmly on a hip-high anchor of some sort – a cushioned table edge or a stout railing is recommended.

The last little segment of my morning routine is a side to side squatting-type stretch – near the same as sumo wrestlers, right before a match. Then bounce up and down like Tutsi warriors you see on TV, who are trying to impress the ladies. Though Tutsis keep bouncing on both feet simultaneously, you can try variations. This would be a good time for clicking on your favorite

music, and would also be opportune time for skipping rope. If you're in the mood, try some martial art-type high kicks.

Aside: Dozens of spas operate in Russia's Caucasus Mountains region, exploiting the mineral springs in the area, and apparently colonic treatment is a specialty. In fact, in June, the Mashuk-Akva Term spa in Zheleznovodsk unveiled a large monument to the enema (an 800-lb. brass syringe bulb held aloft by three angels). "Let's beat constipation," read one banner. Said the sculptor, "This device is eternal; it will never change. We could promote this brand, turn it into a franchise with souvenirs and awards for medical doctors." [CNN-AP, 6-19-08]

* * * * *

26. SPECIOUS SPECIES

‘specious’ adjective meaning:, appearing good, but not actually being so good

Our species shares between 95% and 98% of the genetic code of the great apes, and 80% with rodents – perhaps that's no big surprise. We also share roughly 40% of our genes with parsley and have an even closer kinship with fungi. All body cells are symbiotic, meaning; in exchange for being able to live in our bodies, they offer some reciprocal function or advantage, however slight. Theoretically, all such cells within the body had predecessors which were independent, if one were to look back far enough.

Creationists, and proponents of intelligent design, use the eye as an example of an organ that is too amazing in its design to have evolved in the Darwinian sense. Instead, they say; because the eye is such a finely tuned instrument, it must have developed spontaneously – by some sort of great God-like designer/creator. Scientists, on the other hand, can show how complex eyes have come about via evolution, over millennia. Examples of earlier eye types can be found in the fossil record. Even in organisms which are around today, there are examples of primitive eyes.

The most primitive eye-like organ was a collection of light sensitive cells, like specialized nerve cells which conveyed that stimulus to a collection of brain cells. The brain itself is a product of the evolution of specialized nerve cells. Over eons of evolution, survival needs enabled some of the organisms which developed advantages, to survive and breed. For example; discerning between light & dark and noticing movement, might offer advantages to a simple organism over a cousin who could not make such discernments. A further development would be the ability to discern basic shapes. Thus the eye cavity developed over millennia to accommodate more cells, which could capture more specks of light, which could offer obvious advantages. Organisms which could see threats before others, and could better see prey while hunting, would therefore have a better chance of surviving. Such successful members would more likely multiply, and thereby pass the advantageous traits on to their offspring.

Later in evolutionary history, there were further improvements which added color and increased detail to what eyes could see. Furthermore, adjustable lenses in the cornea, which we take for granted, was the evolutionary development of the see-through protective covering over the more primitive eye.

+X+X+X+X+X+X+X+

Imagine someone, let's call her Nancy, who has a car. Nancy likes her car to be in good running order. She also wants the car to look good, so she takes it to the car wash every evening – and takes particular care to polish its front parts, its face. However, Nancy doesn't do much to maintain the parts under its skin, such as the frame, the suspension, the drive train, or the brakes, same for things under the hood. Sure, if something goes wrong, she would bring it to a mechanic, and he would poke around and fix the problem, but maintenance things such as changing filters, changing fluids, or lubing, are not priority, because Nancy is focused on keeping it functioning and looking good.

The juxtaposition here should come as not surprise. Nancy represents 'most people' and her car, in this analogy, is a stand-in for her body. Both her body and her car will probably hold up rather well for the first decades of their lives. Much of that is a testament to the wear and tear that both the body and the car can tolerate. Yet, how much better for Nancy and her car if she did internal maintenance for them both.

Her car, despite to its lack of proper maintenance, may hold up rather well for awhile – though later it will need replacement parts, new filters, fluids and the exterior might need some body work, but nothing that some Bondo, sanding and touch-up paint couldn't fix.

Similarly, Nancy's body will need fixes later in life. If she's very vain, then perhaps those fixes will mostly be skin deep, such as botox injections, replacement parts, surgery and perhaps also youth-enhancing drugs.

There is a general belief that specialists/doctors are the ones who should fix things that go wrong with the body. Sometimes that's true, but often, problems can be fixed by the patient. Better than trying to heal an ailment after it's taken hold – is to practice preventative care. Cleansing fasts are, among other things, exactly that. Though it's impossible to gauge with certainty how much medical outlay can be saved by a modest regimen of cleansing fasts, it's certainly a money saver over the long run.

This is the endof the book – but could be the beginning of a new life's course for whomever believes in the healing power of fasts.

Special thanks for direct and indirect references from the following:

Dr D.F. Smallbone, Senior Medical Adviser in Medical Sciences at the College of Natural Nutrition

David Newman, Colonic Irrigation Expert.

'Exploring Issues of Philosophy and Conscience in Contemporary Health Care' by Thomas Dorman, M.D.

'Colon Therapy' by J.E.G. Waddington, August 1940.

Mother Earth News, motherearthnews.com

Hemant Desai, fasting center facilitator at Cleansing Center in Ko Samui, Thailand

'Gastrointestinal Quackery: Colonics, Laxatives and More' by Stephen Barrett, M.D.

+==++==+ **END** ++==++=+

BOOKS FROM ADV1 PUBL

GUARDED CONVERSATIONS

How Thailand was Won and Lost in the 1st Decade of the 21st Century

100 page 'white paper' which offers a behind-the-scene glimpses of many clandestine meetings between a former caretaker Prime Minister of Thailand (named 'Sintax' in the text) and his wife, his son, and his slew of attorneys. The colorful dialogue is deduced from actual news reports. How plausible?the reader can decide. The book covers his rise to fame, his populist and decisive policies, and subsequent events which led to the Red Shirt protests of 2009 and 2010, and their continuing reverberations on the Thai and worldwide political stages. Available as Ebook. ***Available in English and Thai, facing pages in each language. So, besides the lively text of the book, it can also serve as a learning guide for advanced students of Thai to English, or English to Thai.***

FARMSTEADING IN THAILAND

True memoir of solo foreigner coming to Thailand with no prior contacts, no handle on the language and little money – then going on to develop homestead. 250 pages non-fiction, with over two dozen photos – available as printed book or e-book.

Life Story of Milarepa - Tells the true and fascinating story of Milarepa – a singer of spiritual poems who roamed the Himalayas 900 years ago. Considered by many to be a living Buddha, he's arguably the world's champion faster and renunciate (ascetic) – several time, he walled himself in to high elevation mountain caves, with scant little food or clothing, and survived for many months. Available as printed book, ebook or audio book.

700 Thai Words Taken From English

Known as 'tap sap' in Thai, this unique book is the most comprehensive list of its kind, and is a fun way to learn Thai quickly and easily. Available as printed book or e-book.

HONG KONG, What if.....?

If just one or two small things had differed, prior to the 1997 hand-over, Hong Kong would likely still be a British colony. Chinese officialdom wasn't cognizant of the hand-over until British officials informed them in 1979, because of the cavalcade of tumultuous events which followed the 19th Century treaties which ceded HK to the British 'in perpetuity.' The first half of the book summarizes the actual true-life history of China, from the Portuguese and British trading ships of the 16th century, up until the 1997 hand-over of Hong Kong. The second half offers a fictional scenario of what might have happened if just one or two lead-up incidents had been slightly altered. Hong Kong island and Kowloon could well have remained British, according to signed

treaties.

Lali's Passage - a fast-paced novel which follows the quirky episodes of Lali, a Burmese beauty who steals away from bondage, and later finds herself sequestered with a back-to-the-land Native American wannabe's camped in the California wilderness.

EGAT'S THAITANIC - Why Thailand Should Not Go Nuclear

Written spring 2009, this 75 page 'white paper' articulates why Thailand should not go forward with plans to build several nuclear power plants. Lists 18 recent environmental activists who have been killed by mysterious 'powers that be' for speaking out. Also includes list of illustrated contacts for viable alternative energy providers, with particular focus on 'concentrated solar.' Other chapters include specific ideas for conserving power use, and suggested ways Thailand could sensibly deal with its energy challenges for the 21st century. Note: This book is free, when purchasing any other from Adventure1.com selections.

Fasting For Health and Highness

- the best health insurance is staying healthy, and this illustrated booklet shows how juice fasting is just the ticket. All the essentials a person needs to know about fasting, regarding safety, benefits, myth-busting, and the best methods. The mention of 'your highness' in the book's title, refers to the 'natural high' that comes about during the latter stages of a successful fast. You reckon; if It worked well enough for Jesus and Buddha, it might well work for you also

ADDED DETAILS ON ALL THESE BOOKS,

*INCLUDING EXCERPTS AND HOW THEY CAN BE PURCHASED: **ADVENTURE1.COM***

Added details on all these books, including excerpts and costs: Adventure1.com