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Chapter 1

My Journey

At sixteen years of age, I began the dangerous journey of exploring psychedelic drugs. A bad L.S.D. trip resulted in daily, excruciating headaches. To deal with the pain, I started to use painkillers, tranquilizers, cannabis and alcohol. Five hazy years of my life were devoted to escaping pain through drugs.

I became more reckless in my drug use. With callous disregard for my life, I injected a syringe full of P.C.P. It was a dangerous dose. This injection severely damaged my kidneys, increasing my pain level. Anger and self-hatred turned to hardened resentment. I hated the world, but I had no one to blame but me.

Seven years after my first experience with drugs, I was forced to live with the consequences of the abuse to my body. My short-term memory was nonexistent. My skin was a sickly yellow. I was constantly tired. My kidneys burned with pain, my leg muscles would spasm and ache while standing. As my job required working on ladders for long hours, I lost my job! It was a dark, dismal, depressed and hopeless existence.

Finally, with no other way out, I got down on my knees in prayer and surrendered my life to God. I repented, gave Him my life and asked Christ to enter my heart. At that moment, nothing happened but five hours later the sound of angels rejoicing penetrated deeply into my cold heart. I would never be the same. Everything changed. I had a burning fire inside. For the first time, I had purpose, meaning and connection. I started a new exploration of the spiritual world. Joining a Christian youth group, I made new friends who did not use drugs and supported me through my recovery. I used my experience to help others not go down the same path. I spoke before thousands of students in high schools about the dangers of drug abuse and many made commitments to stop using drugs.

Life now had meaning and purpose, but my body and soul were still damaged. I was still sick. Years of drug abuse had devastated my health. When I heard about fasting, I was at the point where I was willing to try anything. I discovered a book called *Rational Fasting* describing how a dying man had returned to health. Not only had he overcome a fatal illness through a strict vegetarian diet and fasting, his newfound health surpassed the vitality of his youth. For me, the message shouted out hope.

I continued to study and found books on juice fasting. As a teen, I had tried water fasting and ended up vomiting over the toilet on the third day. Juice fasting made sense. I bought a cheap juicer and started experimenting. My favorite was cantaloupe juice. Second was honeydew and third was my veggie combination of carrots, apples, lemons, celery and beet. After several short juice fasts of three-to-seven days, over a one-year period, I felt better physically and mentally. The benefits of these short fasts encouraged me. I started working out in the gym and eating healthier. My body healed enough to return to work but I was still tired—standing on ladders caused intense pain in my legs.

A thirty-day juice fast was the turning point in my life. The first few days were difficult, but as I continued I felt much better. At the twentieth day of the fast, I started working fourteen hours per day at hard, physical labor in the hottest summer weather. I climbed the ladders with ease. My energy level greatly increased.

There were other improvements as the fast went on. I needed less sleep, my mind cleared, and my memory was now functioning. Leg muscles returned to health, and back pain lessened due to the healing of my kidneys, leaving me a virile, young man.

My life radically changed! For the first time in years, I was pain free. Instead of suffering, it became a joyous experience. The healing came like water to a parched, drought-stricken heart. The thirty days of fasting on juice was a miracle that changed my life. Not only was my health renewed, but I also experienced vitality, energy and clarity of mind, and the aging process was radically reduced. The fast renewed my passion for life and deepened my relationship with God. Next to becoming a Christian, this fast had the second greatest impact on my life.

To go from sickness to health in 30 days was more than I believed possible. Changes so dramatic demanded answers and that hunger for understanding birthed the writing you now hold in your hand. I wanted to understand why fasting healed so powerfully and how to support that healing through diet. I wanted to help others who had health problems. Although I could not spell or type, and had almost no writing skills, a burning passion kept me going.

After the fast, I faced new challenges. Fasting was easy compared to trying to stay on a healthy diet. My compulsive-addictive nature changed forms. My war was now with food. Little did I know this was the start of a five-year war with food addiction! After the fast, it became even more important to eat healthy, as the fasting had drastically increased my sensitivity to harmful foods. The wonderful, clean feeling of the fast faded as I entered the world of eating. I started studying nutrition books to know what to eat and how to eat in order to support the benefits I had received from the fast. This led to the books *God's Perfect Diet* and *God's Banquet Table*. Even with this knowledge, I still wrestled with compulsive eating. I decided the problem demanded serious study and effort. I studied books on weight-loss, self-esteem, addiction, coping with failure, goal setting, and every resource I could get my hands on to understand my inability to control my behavior. I started the book, *Eating In Freedom*, and by the end, I was free. Yet, even with that knowledge, the road through life brought many challenges and failures came and went. I now know that life's journey has many imperfections and know that humility is the only response to grace for we all fail.

In looking back to my discovery of fasting and the healing that followed, I see that it was not an accident. All knowledge and healing comes from God. Whether healing comes through a miracle, modern medicine, or through natural means such as herbs, supplements or diet, He is the Source. The Great Physician! The attention to detail involved in the intricate process of healing displays His heart and character. I can only stand in humility and awe.

May this writing become part of His gift to you.

Chapter 2

Discover Fasting

God's heart for you is total freedom in Christ. Not only spiritual freedom but freedom from sickness, disease and needless suffering. After years of intense pain and useless medications, I remember the moment when I stepped out of the shower and, as I dried myself, realized my body no longer hurt. On a 30-day juice fast, my organs had healed.

There is no greater detoxification program for the healing and recovery of your body than juice fasting because of the antioxidant, cleansing power of freshly made juices. Due to the highly toxic nature of the chemical compounds found in our present day diet, the detoxification organs need to have every nutritional resource available to assist the body in removal of toxic substances and for healing. Juice fasting is efficient in healing because the body is cleansed and the immune system is supported with nutrients. From cancer to heart disease, fasting needs to be the first defense against disease. If I break a bone, count me in for a trip to the hospital; however, when the problem is disease, ignoring detoxification and the nutritional needs of the immune system is to ignore the body's natural healing process.

Detoxification should be integral to the healing process of modern medicine. Instead fasting has been given a bad reputation. Mention to your friends that you're about to start a fast and the reaction will be one of horror. Expect emotionally charged statements that you're going to die, become an anorexic or damage your organs. It will be rare to receive a positive response. From doctors to dietitians, the opinion is that fasting is harmful to the body. It is more acceptable to get drunk and smoke cigarettes. Yet, fasting is as old as man and has been used for thousands of years for healing and spiritual awakening.

Prescriptions are more profitable than telling someone they need to eat more fruit, less junk and drink fresh juice for a few days. Also, most people want the lazy way to heal. They would rather take a pill than change their diet, yet medications cannot heal they can only alter the symptoms. Fasting is a more effective tool.

A clean cell with all its nutritional needs fulfilled is a healthy cell. For recovery from disease and for optimum health, your trillions of cells need to be detoxified and saturated with nutrients. Excess fat, mucus coatings on the intestine, industrial chemicals, cholesterol, environmental toxins, medication residues, and the sludge from all the junk food from years of toxic living, need to be removed from the cells of your body. You may feel a couple of aches and pains, headaches and see some strangely-colored slimy things pass through the stool but do not be alarmed because this is just part of the cleansing process. In this book, you will learn how the detoxification process works so you will not have any little surprises. The chapter, *Battling Cancer with Fasting*, goes into greater detail on the healing process of disease.

When God breathed life into Adam, the work was complete. No extra ears or missing brain cells. A perfect body in a perfect world; disease and sickness did not exist. But God's heart was saddened. He saw the future, witnessed the Temple of God being degraded through pleasure-centered living and so the human body was created with a self-regulated, healing mechanism. Sickness, disease, injury or shock became the triggers for the body to enter the fasting state. When given the opportunity, the healing mechanism of fasting touches more than just the cells of the body but reaches the depth of the soul causing the intense, spiritual changes for which fasting is so famous.

Fasting For Spiritual Strengthening

When John baptized Christ, the Spirit led Him into the desert—not for a vacation, but a preparation through fasting. Each day was another day closer to the suffering of the Cross. Any man would want to run from such a fate, but Christ used fasting to strengthen His resolve.

One of Satan's main tactics is to encourage any addiction or lifestyle that makes the body the master, where man is moved by every little whim of the flesh. Fasting is a powerful discipline for bringing the body under submission. You take total control. It suffers and you say *no*. A soldier without needs cannot be tempted and will not turn from duty.

Each great servant of God has had his/her time of fasting. It is an essential spiritual discipline and without it we are weak. It fortifies spiritual foundations, builds intimacy with God and strengthens resolve. We can hide behind a lack of confidence, feelings of inadequacy, fear of rejection, and fear of failure, yet we will never be fulfilled until we become courageous. Fasting, prayer and faith give us the courage to move past our fears into the realm of the unknown.

If you are spiritually dry, fasting and prayer will restore that fiery passion you had when you first came to Christ. If you are seeking direction, truth will be revealed. If you are in a spiritual battle, fasting gives the edge for victory. If you have a request before God, there is no position more powerful than fasting in humility and praise. The chapter on intercession was written for you.

Fasting For Weight Loss

Excess fat is nothing more than extra calories stored in the fat cells. The purpose of fat cells is to be fuel for times of famine. For North America, famine does not exist; instead, the North American diet is a continual indulgence of high-calorie foods, eaten in an attempt to fulfill emotional needs. The fat cells get bigger and the body gets pudgier. Fasting demands the fat cells be used as fuel. As soon as the body needs calories the process of catabolism (tearing down) starts. Each pound of fat has approximately 3,500 calories, which becomes fuel for the body. As each day passes, you get thinner and thinner. I have seen people lose over 50 pounds in 30 days without flabby skin. Natural elasticity and skin tone had been restored. Their friends were in shock as the difference was so amazing. And the weight never came back. Exercise and a diet high in raw foods became a lifetime way of eating that kept them thin. The chapter, *Fasting for Weight Loss*, will give you all the details.

Fasting To End Addiction

When a baby is born, the homeostatic mechanisms of the body are in a balance. Add nicotine, alcohol, caffeine or any drug and the homeostatic mechanisms become rebalanced due to the alteration of the addictive substance. Without that substance, the body becomes imbalanced and there are cravings, which is the body's attempt to rebalance. Addiction is simply an imbalance in homeostasis. Withdrawal occurs when the body is forced to readjust homeostatic balance in the absence of the dependant substance.

Years of poor eating combined with addictions present a tremendous challenge to the body for readjustment. When the user quits the poor eating habits or addictions, the cravings can last for months. Fasting speeds homeostatic rebalance reducing withdrawal time and the intensity of cravings. During fasting, the body becomes fully devoted to cleansing and rebalancing. I have seen men come off heavy drug usage and be normal in 40 days of juice fasting. From cookie addiction to coffee, juice fasting is the quickest way to get free. When the body is cleansed, there is no craving.

Fasting causes quiet reflection that peels away the illusion of addiction showing its ugly face. Addiction is self-indulgent and self-centered but fasting hits the opposite chord in our spirit, stirring us to improve our lives. Discipline, resolve and determination increase as the fast continues. Then, a

strange event occurs; you rediscover who you really are. If you are battling cookies, coffee or cocaine, the addiction chapter is designed for your freedom.

Fasting For Detoxification

Today, we consume more toxic substances than all generations before us. Lead in our bones can be 200 times greater compared to bones excavated from the period of Christ. Our bodies are living cesspools of pesticides, food additives, drug residues and household chemicals. Within the cells you will discover dyes, bleaches, antioxidants, preservatives, chemical flavors, buffers, noxious sprays, alkalizers, acidifiers, deodorants, moisteners, drying agents, expanders, modifiers, emulsifiers, stabilizers, thickeners, clarifiers, disinfectants, defoliants, fungicides, neutralizers, anticaking and antifoaming agents, hydrolyzers, hydrogenators, herbicides, pesticides, synthetic hormones, antibiotics, steroids and over four thousand other drugs residues. Through air, water, food and even mother's milk as a child, there is absorption of thousands of toxins that saturate the environment. City living fills your lungs with 20 million particles of foreign matter daily such as carbon monoxide, lead, nitrogen dioxide, mercury, DDT, cadmium, PCBs, strontium 90, radioactive iodine, x-rays, nitrates, and thousands more. Not to mention billions of internal parasites discussed in the *Fasting For Healing* chapter and the 7-10 lbs. of impacted fecal matter on your colon wall that is examined in the *Cleansing The Colon* chapter.

If you make it to middle age without serious harm to your health, it is due to your body's outstanding resistance. Unfortunately, resistance to disease diminishes as toxin saturation increases. The body will absorb toxins to a point, and then there is a reaction — illness!

For most people, a few hours without food cause headaches and discomfort. By the end of the day, the tongue turns yellow, the breath becomes foul, and you can have weakness and dizziness. This reaction is from the body detoxifying. Your blood has been overloaded with the sludge of toxic living. Because the blood is in the process of eliminating putrefying waste, the breath is foul and you feel cruddy.

Graciously, God has provided a way to detoxify that is both easy and effective. It is called juice fasting; a natural and safe procedure for rebuilding health. The body is supplied with nutrients while being free of digestive work, enabling the body to cleanse at a comfortable level. The process is slow but thorough. People engage in 30-day juice fasts because it takes that long to detoxify.

In the *Detoxification* chapter you will learn of lymphocytes, monocytes, neutrophils, macrophages, natural killer cells and their work within the body during a fast. The stages of detoxification are mapped out for your fasting journey. It also includes alternate methods of detoxification. The emotional and mental challenges of detoxification are laid out in the chapter, *Fasting Highs And Lows*.

Fasting a Natural Body Function

With great patience, the body waits until we fall asleep to begin its nightly work of cleansing. *Breakfast* is appropriately named as it is breaking a nightly fast with a morning meal. Upon awakening from this short fast, the tongue is coated, breath foul, skin puffy, and the mind foggy. These are all early symptoms of the body in a state of detoxification. Bacon, eggs, a side order of pancakes, and a cup of coffee is a sure way of halting detoxification. Of course, you feel instantly better, attributing it to a greasy breakfast.

These nightly fasts slow the erosion process and much repair work is done, but the time is too short for serious healing. For that, you need to get serious with detoxification through extended fasting.

Fasting is not Starvation

There is a vast difference between fasting and starving. During the absence of food, the body will systematically cleanse itself of everything except vital tissue. It continually readjusts to make minimum demands on reserves. Starvation will occur only when the body is forced to use vital tissue to survive.

Humans adapt amazingly well to lack of food. A. J. Carlson, Professor of Physiology, at the University of Chicago, states that a healthy, well-nourished man can live from 50 to 75 days without food, provided he is not exposed to harsh elements or emotional stress. There are numerous examples of water fasts over the 75-day mark. Granted, 75-day water fasts are unusual, but it shows that God has wonderfully created the body to be able to live for extended periods without food.

Each extra pound of fat will supply enough calories for one day of hard, physical labor. Ten pounds of fat are equal to 35,000 calories! This is equivalent to 35 pounds of fish or 192 pounds of carrots. We carry around a supermarket of reserves capable of sustaining us for many weeks.

All living things have been given the ability to survive harsh circumstances. Organisms are able to store nutrients in the fat, blood, bone marrow and other tissues. Camels are capable of storing fat and water in their humps. Tadpoles abstain from eating when their legs are developing, subsisting on their tails, which are no longer needed. The Mexican Gila Monster stores up reserves in its tail when food is plentiful and can survive for six weeks when food is scarce. The marine iguana of the Galapagos Islands is named the *Vegetarian Dragon* because it lives on seaweed. It can abstain from food for over one hundred days. In the Western World, food is plentiful and rich in calories. Unless involved in strenuous exercise or famine, we do not have the opportunity to use up the excessive fat deposited around the waistline.

It will take several weeks of catabolism before the body is stripped of fat, dead and dying cells and is forced to dissolve healthy cells for calories. This is the point of starvation. If you are fasting and still have fat on your body, you have a long way to go.

Fasting and Protein Deficiency

A person fasting 40 days on water will not suffer a deficiency of protein, vitamins, minerals or essential fatty acids. In the breakdown of unhealthy cells, all essential substances, which are mostly protein, are reused and conserved in a most extraordinary manner. Protein needs are also greatly diminished during a fast.

There is an unwarranted fear of fasting that strength diminishes from the catabolism of proteins from muscle fibers. Fasting will strip only muscle cells that are dead, dying or diseased. Even during long fasts, the number of muscle fibers remains the same. Although the healthy cells may be reduced in size and strength for a time, they remain perfectly sound.

In December 1903, under the supervision of Mr. Macfadden, eight athletes entered an athletic contest in Madison Square Gardens. Amazingly, all were on the seventh day of water fasting. Joseph H. Waltering, one of the eight, won both the 50-yard dash and the 220-yard run. Another member of the eight, Gilman Low, won first prize in the strength contests. The following day, on the eighth day of his fast, in front of 16,000 well-fed spectators munching on popcorn and peanuts, he established nine world records for strength and endurance that would stand for years. Even more astonishing are the inspirational stories in the *Fasting Testimonies* chapter provided at the conclusion of this book. Accounts of parents spending the whole day, cleaning house, doing laundry and feeding hungry children while fasting!

Dr. Ehret, an avid faster, walked for ten days through the mountains fasting on water. Bragg, another fasting enthusiast, walked 30 miles across Death Valley, in July, during a fast. It was an invigorating walk for Bragg, but for the ten athletic college students who went with him through the blistering heat, it was an experience they never forget. Enjoying his first stroll so much, Bragg decided to hike another 30 miles the next day. Not bad for a great-grandfather!

Your first fast will cause weakness in the early stages. Regretfully, when this symptom appears, many stop fasting due to a lack of knowledge or understanding that this weakness is not detrimental. They are unsuccessful in breaking through to the other side and encountering the abundant energy of juice fasting. It takes about 10 days for a weightlifter or athlete to get back to full muscular strength after a long fast. After that, performance will improve.

Balanced Approach to Fasting

After my first 30-day juice fast, I was hooked and did two more 30-day fasts consecutively, eating for 10 days in between. From drug addiction to being a health zealot was a definite improvement, but my approach remained the same. Fasting and eating healthy became my new obsession. Eating a cookie brought days of guilt and shame. My thoughts dwelled on the horror of all the deadly toxins I had just injected into my bloodstream. I had to be in the gym 5 days a week. I was totally focused on my body and food. It was all I talked about and it irritated people. Now, fasting is just part of my life and eating healthy is normal. I don't talk about the subject unless I have to. When I came to be at peace, I became balanced.

Obsession or being fanatical comes from fear of being out of control. It is a security blanket that we hang onto; something that we can control, but obsession stops us from enjoying life. Obsession with health takes all the fun out of it. It is like going on a vacation and worrying about every detail. The trip becomes a nightmare. It is all the little worries and fear that take the joy out of the fasting journey. *Am I drinking too much juice? Will adding mashed banana slow detoxification? How quickly will I lose weight? Can I exercise while fasting? Will loss of weight cause flabby skin? Does fasting hurt the liver? Why do I feel dizzy?*

Many questions are answered in the *Commonly Asked Questions* chapter. Questions are important and understanding brings comfort, but fasting is a personal journey and each fast is a different journey. There will always be the unexpected, for fasting is as mysterious as the human soul. It may be hard to let go and just enjoy the journey but that is the best way to fast.

Your Fasting Journey

Some find fasting easy and fast for 30 days on juice for their first fast. Others have a hard time getting past two days. Just do your best. The chapters, *Persevering In Fasting* and *Principles of Fasting*, will help greatly, but your fasting journey will not be without failures. It is only through failures that you can learn. With each victory, you will discover the joys of fasting. For those who press on, fasting has rewards. Clear sinuses that can smell a delicate fragrance; sensitive skin that shivers with the caress of a warm breeze; emotions that become a symphony to the soul; and a mind that can capture the profound depths of God and glimpse the joy of Adam and Eve. Instead of becoming old and sick with the coming years, you will age gracefully and be amazed at how young you feel. Hitting forty and fifty years old, life has just begun. A few more wrinkles but feeling like twenty.

To change your life in a powerful way you need to master the art of fasting. In this fast-paced money centered culture, fasting is the reset button that takes you back to who you really are. It gives you time to be at peace and find yourself. It opens doors in the spiritual realm that can free a soul or

change a nation. From Christ battling Satan in the desert to the divorced cashier battling breast cancer, fasting has a power to transform the outcome.

Chapter 3

Healing Through Fasting

The body is a tube and membrane structure containing millions of miles of microscopic tubes and many thousands of square feet of delicate membrane surfaces. The circulatory system is 60,000 miles long. The lungs contain 300 billion capillaries. The surface area of the colon is 2,200 square feet. People who eat the typical North American diet are not ingesting nutritious, health-giving food; instead, what enters the delicate tube and membrane structure is devitalized mucus-forming food, heavy proteins, cholesterol, and big sticky long-chain fat molecules. The body is denied the opportunity to heal because it must continually work at digestion and the daily cleanup of nutrition-stripped, processed foods.

Ingestion of mucus-forming foods clogs the body's microscopic tubes and membranes. This allows cellular waste to build up in the lymphatic system, increasing the chance of illness. Fasting dissolves this internal mucus, allowing the body's natural cleansing to occur. During fasting, it is common, for the nose and throat to pass sticky mucus, clogging the sinuses. Following your first meal after fasting, white strands of mucus may be found in the stool.

One of the factors in healing through fasting is the removal of cellular waste. Three to eight hundred billion of your cells are being replaced daily. Approximately one quarter of your cells are either dying, old or need to be replaced. Unless your body gets rid of the dying cells, it cannot build new ones. In the fasting state, the body scours for dead cells, damaged tissues, fatty deposits, tumors, abscesses, all of which are burned for fuel or expelled as waste. Fasting dissolves diseased cells in a systematic manner, leaving healthy tissue intact. For this reason, fasting intensifies healing and tired organs are repaired rapidly.

The butterfly is a magnificent example of catabolism (tearing down) and anabolism (building up). During metamorphosis, the butterfly's muscles and organs dissolve into a thick, yellow solution. All internal structures are torn down and rebuilt. It emerges from the chrysalis a new creation. The miraculous aspect of metamorphosis is that it occurs while fasting. All the substances needed for rebuilding come from within.

During a fast, a metamorphosis occurs. The body undergoes a tearing down and rebuilding of damaged materials. There is a remarkable redistribution of nutrients in the fasting body. It hangs on to precious minerals and vitamins while catabolizing old tissue, toxins and inferior materials. The end result is a thorough cleansing of the tube, membrane and cellular structures. This process of cleansing and rebuilding has made fasting famous for its ability to rejuvenate, heal disease and give the body a more youthful tone.

Eliminations during the cleansing process

- Dead, dying or diseased cells
- Unwanted fatty tissue
- Trans-fatty acids
- Hardened coating of mucus on the intestinal wall
- Toxic waste matter in the lymphatic system and bloodstream
- Toxins in the spleen, liver and kidneys
- Mucus from the lungs and sinuses
- Imbedded toxins in the cellular fibers and deeper organ tissues
- Deposits in the microscopic tubes responsible for nourishing brain cells

- Excess cholesterol

The Result

- Mental clarity is improved
- Rapid, safe weight loss is achieved without flabbiness
- The nervous system is balanced
- Energy level is increased
- Organs are revitalized
- Cellular biochemistry is harmonized
- The skin becomes silky, soft and sensitive
- There is greater ease of movement
- Breathing becomes fuller, freer and deeper
- The digestive system is given a well-deserved rest

To heal illness, the body must pull all of its resources toward cleansing and repairing by removing appetite and reducing or stopping digestion. Wounded animals will fast, emerging to eat only after their wounds or broken bones have healed. This is the reason why there is little desire to eat food when sick—the body wants to focus all of its resources on cleansing.

In the body, the first stage of cleansing removes large quantities of waste matter and digestive residues. The first few days of a fast or fruit diet can be rough due to the quantity of waste passing into the bloodstream. The second stage is the cleansing of mucoid, fat, diseased and dying cells, and the more easily removed toxins. As the fast continues, the cleansing process becomes more thorough. After the second day of the fast, there is little desire for food. The tongue becomes coated and the breath foul as the body excretes waste through every opening.

The last stage is the cleansing of toxins that have been accumulating in your cellular tissue from birth, and in the microscopic tubes that carry vital elements to the brain. Cleansing of the last layer is only possible through a combination of juice fasting, water fasting, and a healthy diet high in raw foods. To overcome a severe disease like cancer, it is important to continue through a series of fasts, to the point where the full, scouring action of catabolism removes the disease from the tissue.

Healing the Brain

The brain is made up of trillions of cells. Three thousand psychoactive chemicals allow the brain to react to outside stimulus. More than fifty psychoactive substances activate aggression, sedation and memory. The brain can perform over 100,000 chemical reactions per second. One hundred billion bits can be stored in the memory, equal to 500 hundred sets of encyclopedias. The brain has 100 billion neurons and 100 trillion connectors for memory alone. Even with today's high-tech diagnostic tools, most of the brain's operations remain a great mystery.

There is much to be said for the effects of fasting on the brain and senses. Thinking is sharper when hungry. When University of Chicago students fasted for seven days, mental alertness increased and their progress in schoolwork was cited as *remarkable*. The universal testimony of fasters is that thinking is enhanced.

The mental and physical senses are heightened, and often, there can be a feeling of euphoria, especially during longer fasts. Some, for the first time, will experience emotional stability. The reasons for this are multifold—the elimination of the emotional dependence on food, exclusion of stimulating foods like caffeine, processed sugars and trans-fatty acids, all of which can have a devastating effect on delicate emotions.

Within the brain, neuroglial cells supply essential elements to neurons. If any neuron becomes diseased, injured or dies, it is consumed by the neuroglial cells. Their function is to keep the brain clean and healthy. When Albert Einstein died, he donated his body to science. Researchers examining specimens of his brain found that Einstein's mind had 73% more neuroglial cells than the average person. Einstein had a very "clean" brain.

Dr. Ehret stated an amazing fact at the turn of the 20th century. He said for a fast to awaken the higher mind functions, it had to be longer than 21 days. Fasting has a history of awakening intuitive senses, creativity and deeper spiritual questions in those with enough determination to get past the 21-day mark.

Fasting has been beneficial in cases of paralysis, neuritis, neuralgia, neuroses and mental illness. Dr. E. A. Moras tells of a woman who fasted for seven days on strained orange juice. She had been mentally ill for eight months and treated by eminent neurologists. Her condition improved to the point of being cured by the fifth week after the fast.

Medical science faces tremendous limitations when it comes to healing the brain. The complexity of this organ allows only the most basic intervention. Prescription drugs can have dangerous side effects because of the brain's delicate balance. Fasting may be the most sensible route to healing mental disorders. It is well known that the brain, if given the opportunity, has a capacity of healing. Fasting will intensify the healing. I have seen a mentally deranged person stabilize in three days of juice fasting. Severe headaches have been cured many times. Memory and concentration have been permanently improved. Fasting has also healed depression.

Parasites In The Blood

We have a tendency to think the body as clean, and, except for the common cold or a virus, the blood is sterile, but this is the furthest thing from the truth. After observing live blood using a dark-field microscope, I know that even a healthy person's blood is packed with microorganisms. The blood has nutrients, sugars and oxygen, and the perfect environment and temperature for growth of microorganisms. If you have ever seen pond water through a microscope, you will have a sense of what the blood looks like.

There is a constant war going on within the body. If the immune system is healthy, parasites are kept in check. However, in this modern-day lifestyle, where people eat lots of white sugar, white flour, processed oil and fewer nutrients, the microorganisms flourish. The microorganisms are not the problem; it is their excretions into the blood. Imagine a million microorganisms urinating into your bloodstream. The metabolic byproduct can devastate healthy tissue and open the door to disease.

Candida

Candida is an example of a microorganism. It is normally found in the body, but, when the opportunity exists, it takes over and propagates, affecting the colon, vagina or bladder. Much of the harm done by Candida results from its waste product, acetaldehyde, which in turn can affect the neurological, endocrine and immune systems. Few chemicals can create as much havoc in the body as acetaldehydes. Acetaldehydes accumulate in the brain, spinal cord, joints, muscles and poison tissues. For this reason, any program in detoxification needs to address the problem of internal microorganisms.

Most microorganisms, including Candida, live on sugar. The more sugar they get, the more they propagate. The problem is that everything turns to sugar except protein, and even juice fasting supplies sugars to the blood. Water fasting is the solution. If they do not get enough sugar,

microorganisms become dormant allowing the immune system a much easier time destroying them. A restricted juice fast using green leafy vegetables, garlic, carrots, beets and apples will help continue the healing through boosting the immune system.

Add fresh ginger root to fruit juices and garlic to the veggie mixtures. A Candida diet will include many salads and veggies combined with supplements and herbs. Most health food stores stock herbal formulas and supplements for parasite reduction such as caprylic acid tablets and molybdenum. If taken at bedtime with water, chopped garlic will not cause any breath odor. Throughout the night, the garlic will slowly release the antibacterial substances into the colon.

You can water fast with cayenne pepper and freshly juiced ginger root in an all-out attack against parasites. Longer water fasts are brutal to parasites, increasing the factors that make the body an unfriendly environment for growth and reproduction, such as low blood sugar, increased toxins in the blood and an immune system working at full intensity.

Should I continue with my medication?

It is wise to consult your doctor regarding the effect of fasting combined with your medication. If you must take medication, take it with juice on a juice fast, to protect the stomach. Do not water fast while on medication.

Are there any conditions that restrict fasting?

There is no such thing as being too old to fast—it is exactly what the body needs to feel young again. Shorter fasts are recommended to start. Assess your physical state as you proceed. If juice fasting becomes too intense, bananas and avocados will lessen the intensity by slowing the cleansing.

Most people can juice fast safely for up to 30 days but there are exceptions. If you are concerned, we suggest consulting a reputable Naturopath. They can outline a fast suited for your condition.

Specific Health Conditions

Backaches: I once damaged my back and, due to excruciating pain, could not move, so I entered a seven-day water fast. It hurt every day of the fast; then, when I broke the fast, the back pain vanished. I went immediately back to construction work that involved heavy lifting.

Back pain may increase on a fast due to toxins in the lower intestine. The blood vessels that draw nutrients from the colon are very close to the nerves of the spine. The biochemical used for catabolism irritates the nerves. Back pain often decreases after elimination of the toxins. Using the enema kit will be the best remedy.

Back exercises can relieve some pain and protect against further injury. A cold pack also will help.

Heart Disease: Include bananas and avocados when juice fasting to balance the blood sugar level. Toxins in the blood and reduced blood sugar levels may cause a weak heart to labor. Like any other organ, the heart needs nutrients, a toxin-free environment, and time to heal. As you see signs of improvement and feel confident, you can move to straight juice fasting. Fasting is effective in reducing cholesterol and blood pressure.

Hypoglycemia and Diabetes: Hypoglycemics and diabetics can juice fast using slices of bananas and avocados to balance the blood sugar level. Spirulina is also exceedingly beneficial.

Kidney Problems: Fasting can irritate damaged kidneys due to the amount of toxins they filter. Try short juice fasts of 3-to-5 days before progressing to longer fasts. To maintain the healing, you will need to permanently remove high-protein meals, refined flours, commercial oils and fats from your diet.

Liver Disease: The liver can become toxic due to abuse. If the liver is badly degenerated, cleansing must be done in stages. Start with short juice fasts and then increase to fasts over five days. A veggie juice combination with lemons and beets can benefit the liver.

Ulcers: Fasting will help significantly. Choose juices that do not irritate the condition. Potato juice tastes horrid but is famous for healing stomach ulcers. During World War I, a group of German soldiers, near starvation, were forced to live on raw potatoes. The soldiers with gastric disorders were relieved and cured. After the war, Dr. J. F. Magerl began treating gastric patients with raw potato juice. After 10 days of the treatment, most of the patients showed no symptoms.

Try mixing potato juice with other juices like carrot.

NOTE: Here are two reference books that can assist you in healing specific health conditions, *How to Get Well* by Paavo Airolea and *Prescription For Nutritional Healing* by J. Balch, M. D. & P. Balach, C.N.C.

Chapter 4

Fasting For Weight Loss

Trying to stay on a diet can turn a simple journey to the supermarket into an epic challenge of self-discipline. How can you ignore all the florescent-lit aisles of junk food offering every temptation known to the tongue when you are hungry depressed and feeling deprived? It becomes a war of desires where your willingness to surrender is quickly rewarded.

In a culture that esteems fashion-model thinness as perfect beauty, fat is the ugly disease that must be cured. This creates an obsession with weight-loss that increases the difficulty in losing weight. It is like trying not to think of a white horse. The more you try not to think of it the more it comes back into your thoughts.

Obsession, slow metabolism and high-calorie food are a deadly combination for weight gain. The worst offenders of weight gain are starches, fats, and refined sugars. Since the biggest part of our diet is starch in the form of breakfast cereal, cookies, cakes, pies, chips and bread, it has the greatest impact on weight gain. Starches are worse than sugar. For a short amount of time, the blood sugar will peak allowing the body to store the excess sugar as body fat. Starch is different in that it is a slow release of sugar, which is perfect for long-distance runners, however, if you are inactive, the slow-releasing sugars will be turned into body fat. Excess calories equate to excess fat.

Fat is stored calories for periods of starvation, but the only time that occurred in this century was the Great Depression when people worked long hours on small amounts of food. Now, we have the opposite. Most people eat too much with too little physical activity. It takes about 30 seconds to eat 150 calories of cookies but an hour of jogging to burn it off. Getting stuffed at an all-you-can-eat buffet fills the stomach with 4,000 calories. To burn off that many calories would require 27 hours of jogging. Instead, we spend much of the day sitting in front of a computer, TV or driving. The end result is inevitable ...weight gain.

Fasting is effective for weight loss. You can see the pounds melt away on a daily basis. You don't even feel hungry, but you lose weight. Your health is improved and the skin regains its natural elasticity resulting in a youthful tone and more energy. You can't get a better weight loss program than that.

Fasting And Metabolism

One of the most common questions asked at the Fasting.ws bulletin board is about fasting and metabolism. The fear is that while fasting, the metabolism will slow down and afterward there will be more weight gained than before the fast. Initially, any calorie reduction will cause a lowering in the BMR or base metabolic rate. Cleansing will bring health that will increase metabolic performance and energy output. In other words, you will eat less and feel more energetic.

After fasting, the body is more efficient. Digestion is better due to a cleaner colon. The colon walls have been cleansed of impacted feces, allowing improved absorption of nutrients. The good news is that greater efficiency equals enhanced energy. Healthy people burn more calories. They also eat less because they are more active and feel better about themselves. They don't need food as a security blanket.

The greatest impact you can have on increasing your resting metabolism is exercise. After a workout, you can be sitting on the couch reading while burning calories, as the muscles are grabbing glucose from the blood to replace glycogen supplies. The key to weight loss is fewer calories and

more exercise. A diet high in raw food provides fewer, low-density calories, and higher-fiber, more-filling foods.

Oh, by the way, a slower metabolism diminishes aging. A tortoise can live to 400 hundred years of age.

How much weight will I lose?

The main benefit offered by a fast, to those who wish to lose weight, is the speed of the weight loss. To see a person drop 30-to-40 pounds in a 30-day juice fast is to see a person totally transform his life. Self-esteem is given a boost and for the first time in their life, discipline becomes a lifestyle. The fast becomes a catalyst for a total life overhaul. People start dressing better, showing more confidence, becoming more organized, more dedicated in relationships and more at peace.

Initially, weight loss can be as high as three-to-four pounds per day, but as the fast continues, the average loss will be one pound-per-day. If you are juice fasting and not losing weight, the juice is supplying all the calories you need. You may have to cut down on the juices or alternate between water fasting and juice fasting if losing weight is part of your goal. The slower your metabolism is the slower the weight loss.

Try to stay focused on the healthy things you are doing to improve your life rather than being consumed with the number of pounds lost each day. Water retention can vary your weight five pounds so watching the scale can be frustrating. The best motivation to fast is for physical and spiritual health. Be patient; the fasting process is slow. Be thankful the toxins are leaving your body. Do not have unrealistic expectations. Give your body the time it needs to do the work of cleansing.

Weight Loss Supplements

You can take any weight-loss supplements during a fast but beware of herbal stimulants. Modern herbal extractions are powerful concentrates and can have the adrenal kick of 20 cups of coffee. Sure, your metabolism will increase, and the desire for food will lessen, but your body is in overdrive. Stimulants decrease the body's resistance to disease and stress the nervous system. I have even read of cases of nervous breakdown due to herbal weight loss stimulants. The single, safe way to lose weight is through a combination of fasting, a diet high in raw foods and exercise. You don't want an expensive program but something you can do for the rest of your life. The only serious way to weight loss is through discipline and changing how we think about food. At 99 years of age, you want to be eating healthy, exercising and periodically fasting because you developed a disciplined lifestyle and maintained it through your 50s, 60s, and on up through your 90s.

Chapter 5

Fasting To Overcome Addiction

From brushing our teeth in a sleepy haze to driving home at night weary with work, we repeat tasks till we perform them without thinking. Living becomes a daily routine of subconscious patterns. Study the patterns and you will discover triggers for every subconscious action. Morning sleepiness triggers the urge for a coffee. Stress triggers the urge for a cigarette. Feeling bad triggers the urge for junk food. These little prods of addiction keep us in the same routine day after day. Three coffees a day, becomes 50 thousand cups of coffee over a lifetime. Junk food eating becomes a 30-year lifestyle that equates to truckloads of candy bars.

Addiction is anything that controls you, and, whether it's food, pornography, coffee, TV or heroin, the result is the same. Addiction destroys health and freedom. The food industry has perfected addictive foods by adding lots of salt, fats, processed sugar and artificial flavor enhancers. Once in the blood, what was a delicious treat becomes tomorrow's craving. These daily cravings become powerful forces shaping our destiny through dictating our thoughts, emotions and actions, and deteriorating our health and discipline.

There was rich man who asked Jesus, "What must I do to enter the Kingdom?" When he was asked to sell all he had and give it to the poor; he turned away because he valued money more than following Jesus. What have you exalted above Jesus? What is it that you cannot give up? What addiction is filling the space that only Christ can fill? You can sponsor 10 children, read the Bible daily, faithfully attend church, and yet be groaning with spiritual emptiness because you are in bondage to hidden addictions.

We live in an addictive society where it is socially acceptable to be addicted to sugar, salt, caffeine, fried food, cookies, cakes and junk. Yet, no matter how small the addiction, it has to go. Even a cookie addiction can powerfully affect your life through guilt, pimples and thirty pounds of excess weight. You may say it is just a few cookies but if there is deterioration to your health, and you eat them without control, your cookie addiction needs to end.

As a heavy drug user, the high was never long enough or high enough. Every time I got high, it was a tease. I always wanted more. Drugs were supposed to make me happy but I was miserable. I never had what I wanted. Leaving you always wanting is the sneaky side of addiction. An addiction makes you feel good for a time, but, behind your back, it is stealing your self-control and making you its slave through the desire for more. *...for a man is a slave to whatever has mastered him. (2 Pet 2:18,19)*

Caffeine Addiction

There are more coffee drug addicts in the US than drug addicts of any other kind. Charles F. Withal. Caffeine is the Christian drug of choice. Its nutty aroma fills every church. Cigarettes and alcohol are not permitted but a two-hundred-gallon pot of this black, adrenal-stimulant will attract hundreds of Christians with their drug paraphernalia, usually Styrofoam cups.

Caffeine is highly addictive. Quitting coffee can cause withdrawal symptoms such as headaches, sleepiness and irritability. The acidic nature of coffee can lead to stomach ulcers. When the excess acid enters the bloodstream, it increases calcium loss in urine. Both coffee and tea have no nutritional value. Tannin, the substance that makes teacups brown and coats teapots, is used for tanning leather. Imagine the stomach after twenty years of tea drinking.

Coca-Cola put cocaine in their drink at the turn of the century. It sold extremely well. Some consumers succumbed to the addictive quality of cocaine and started to drink undiluted Cola syrup. When cocaine was banned for use in soft drinks, the bottlers switched to caffeine. The top selling *soft* drinks are loaded with caffeine: Coca-Cola, 34 mg, Mountain Dew, 55 mg, and TAB, 46.8 mg. Similarly, instant coffee contains 65-100 mg. per cup.

On those warm summer days, young children, with half the adult weight and three times their sensitivity, can drink large amounts of caffeinated pop. One can of cola for them is equivalent to 3 cups of instant coffee for an adult. Caffeine, combined with sugar, salt, and a diet high in synthetic food, creates one unmanageable youngster.

Caffeine can be found in cold remedies, diet pills, wake-up pills, chocolate and painkillers. Over the counter and prescription pain killers will add to your caffeine quota: Excedrin, 65 mg; Midol, 32 mg; Anacin, 32 mg; Darvon Compound, 32 mg; and Fiorinal, 32 mg. Instead of healing the cold, caffeine slows down the elimination of mucus and destroys vitamin C.

In a survey, the four top reasons for people quitting coffee were: central nervous system disorders, 39%; gastrointestinal problems, 37%; to break the addiction, 19%; and fibrocystic breast tumors, 15%.

Caffeine is able to penetrate deep into vital tissue. Evidence shows that it may be linked to male infertility and also birth defects by passing through the placenta. Drinking coffee during breast-feeding will cause caffeine to be present in mothers' milk.

Caffeine has a powerful effect on coronary arteries and the pulmonary and systemic vessels, causing a greater flow of blood to the heart muscle, but decreasing the flow of blood to the brain by constricting cerebral blood vessels. Caffeine can cause abnormally fast, abnormally slow and irregular heartbeats. It also wreaks havoc on blood pressure, commonly producing hypertension. Coffee has been linked to heart disease, pancreas and bladder cancer and hypoglycemia.

Caffeine is a central nervous system stimulant, providing that familiar kick on which we have come to depend. As with all stimulants, there is a price to be paid. If you run the body on overdrive for an extended period of time by artificially stimulating the adrenals, expect breakdown to occur.

Nicotine Addiction

The first experience of smoking a cigarette is equivalent to smoking dirty socks. Nausea and dizziness quickly follow indicating the body's unwillingness to participate. The insanity is that millions of people continue until it becomes a deeply rooted addiction.

Tobacco contributes to 30 percent of all cancers. A burning cigarette contains over two hundred poisonous substances that are carried by the blood to every cell in the body. Cigarettes advance aging of the skin. Nicotine binds white blood cells, increasing the chance of infections. Shellac, acetone, turpentine, acetaldehyde and glyoxal are common cigarette additives, some of which have caused cancer in animals.

Researchers have found that a burning cigarette releases radioactive polonium. Polonium metal is vaporized by heat and sucked into and deposited in the lungs. Smoking one- and-a-half packs per day exposes the lungs to 8,000 millirems per year (*Science*, December 1984). This is greater than any other radiation source. Scientist Dennis O' Dowd says that your exposure could be several times greater than living next door to a nuclear reactor.

Alcohol Addiction

Some are more prone to alcoholism than others. Many alcoholics are artistic, creative, intelligent, and compassionate with an inquisitive mind. For an intelligent, sensitive person, alcohol is an easy escape, numbing the mind from the pain of a harsh world.

Science has proved that alcohol is a carcinogen and mutagen. Research studies have found that even one drink per day can double the risk of developing breast cancer. Alcohol kills brain cells, degenerates the heart muscle, damages the liver, and can deform an unborn child.

Alcohol causes a sharp mind to become dull. Intoxication is the brain's response to being poisoned. Concentrating and focus become work, trying to wallow through a mental fog. How can God communicate with such a mind? Alcohol numbs the conscience making it susceptible to degrading and sickening thoughts that normally would appall us. Alcohol's solvent properties seep into the deepest recesses of the character, eroding purity, self-esteem, honesty, integrity, faith and peace.

Alcohol halts spiritual growth. If you turned to alcohol as a teen, then you will continue to have the maturity of a teenager as long as you drink.

Street Drug Addiction

In a matter of seconds of inhaling the fumes of a burning rock of *crack*, euphoria explodes in the brain, catapulting its victim into a moment of intense, overwhelming pleasure. With the first inhalation, the feeling lasts about 30 seconds but after that, five seconds, then two seconds, then half a second, then even less. The aftermath brings deep despair and emptiness and a craving to get high again which results in a physiological and emotional addiction. The next hit is less intense and more is needed to achieve the same euphoria because the body has responded by readjusting its normal metabolic state.

Computerized Axial Tomography (CT scan) has detected structural brain damage in people who have a history of drug abuse. Most likely, hemorrhaging and blood clots associated with using drugs has caused this damage. This CT scan was sensitive enough to detect a blood clot in a newborn baby 24 hours after birth. The mother had taken one gram of cocaine 15 hours before delivery.

Emotional emptiness is the plague of the addict. Instead of dealing with the cause of the emptiness, the addict becomes dependent on a false fulfillment.

Prescription Drug Addiction

Sleeping pills, sedatives, and painkillers are extremely addictive. As a youth, I discovered the painful fact that the size of a pill does not represent length and extent of the withdrawals. I learned that painkillers increase sensitivity to pain and cause constipation. Tranquillizers and sleeping pills cause emotions to become unstable, fogs concentration, and reduce memory and sex drive.

Addiction deepens with usage. The first time I became addicted to my favorite drug combination, sleeping pills, codeine and sedatives, it took a few months to get to the point where the withdrawals were drastic. After becoming addicted and quitting several times, the withdrawals came after only one week of usage. Every time you take a pill, drink alcohol or use a drug you increase the power of addiction.

Cutting The Roots Of Addiction

Whether your addiction be sugar, salt or TV, fasting cuts at the spiritual roots of addiction: fear, insignificance, laziness, self-centeredness, guilt, negative thinking, resentment and spiritual emptiness. Fasting, being still, prayer and reading the Bible have the power of a chainsaw on these

roots. During your fast, you take an aggressive stance on a battlefield to face all your addictions. Urges come and you say *no*. They return with greater urgency, and you stay firm in resolve. With each resistance, the power of addiction grows weaker.

If you want an addiction to die, don't feed it. If you want to change your desire of an addictive substance, see its ugliness. If you want to be free of addiction, thank God for the challenge of addiction and do the opposite of what it demands. Fasting and prayer are the opposite of addiction. Set your mind on freedom and resist addiction.

You will always have hard days and tough times filled with stress and uncomfortable emotions. How you respond to these needs is either healthy or unhealthy. A healthy response to stress is to go for a walk, exercise, breathe deeply, or think faith-filled thoughts. An unhealthy response is smoking a cigarette, worry and nail biting. Changing your responses is indeed difficult as the behavior is engrained in your neural pathways and you have to create a healthy response pathway. The value of fasting is that it is a focused event dedicated to developing healthy responses to the urges of addiction. It may take months of retraining for your body to fully develop healthy responses that become subconscious but be patient, it will happen.

If you are quitting coffee on a fast, you can cut down for the first three days to reduce the headaches. It is the same with cigarettes. You don't have to quit in one day. You can do it in stages. The advantage of fasting is that the need for the addiction reduces drastically making it easier to quit. A cigarette becomes heavy and can cause coughing. It hurts the lungs and the taste becomes revolting. Alcohol loses its warm glow and instead, becomes a sleepy numbness that feels foreign to the body. On a fast, coffee is hard on the stomach, leaves a bad taste in the mouth and causes you to be anxious. Fasting increases sensitivity and the body's negative reaction to all addictive substances. It is a learning experience where you see through the illusion of the addiction. During the fast, it is easy to break addiction. The real battle comes when you quit the fast and return to the day-to-day patterns of normal life. You will need to make some changes to maintain your freedom from addictions.

My War

My war with food addiction lasted 10 long years. I had been healed from years of drug abuse, but my battle with addictive behavior was not over. I desperately wanted control over what I ate, not for weight loss, as I was thin, due to a very fast metabolism; but binge eating made me feel like garbage.

Cookies, cakes, ice cream and chocolate were the enemies I loved. At the saturation point, where I could not stand myself anymore, I would fast and my body would recover from the damage of the abuse, but it only deepened the power of my addiction. After 20 days of juice fasting, I would go on a feeding frenzy destroying all the benefits of the fast. My resting stomach was stuffed with the most volatile mixtures of food. Sometimes it took weeks to recover. After years of blowing fasts, the realization came that fasting was increasing my compulsiveness. Fasting had become a drug. I longed for the freedom of the fast, that amazing feeling of being in total control. Victory tasted sweet but it never lasted. Over and over I plunged into the pit of hell, blowing the fast and enduring painful feelings of being a failure, guilt and feeling out of control.

The book, *Eating In Freedom*, was written after years of my continual battles with compulsive eating in a desperate attempt to get free. I discovered Biblical principles for keeping my thought life pure and reassuring. With each chapter, I learned, and by the end of the book, for the first time in my life, I was free from food addiction. Not only did it work for me but thousands of others. No fancy secret knowledge, just methods to change how you think, for when you change how you think, you change how you eat. If you use the techniques of *Eating In Freedom* in conjunction with *Fasting To*

Freedom, practice short fasts of two-to-five days, and master breaking the fast, then you will get the benefits of fasting and freedom from addiction. Once you get your diet and thinking to this point, it becomes a lifestyle; then you will naturally want the foods that are good for you.

Cleansing Your Thought Life

Our imagination can create a work of art or a horror movie. When our thought life is negative, we live the horror movie. Philippians 4:4 states, *...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things...and the God of peace will be with you.* During the fast, fill your imagination with thoughts of being thin, happy and energetic. See yourself eating healthy, and enjoy the feeling of being healthy. Dwell on the desire you have to be healthy. See the unhealthy foods damaging your body and hate them. Do these mental exercises repetitively like you are going to the gym. There is no set pattern or timing, but the more you think good thoughts the better you will feel and self-discipline will come naturally. Do it driving to work or during laundry. Do it till it becomes a lifestyle.

Structure

In observing people, looking for clues as to how to develop self-discipline, I was struck by a common denominator. Disciplined people create structure in their lives. A healthy, structured lifestyle, whether coming naturally or through resolute work, assuredly makes a tremendous difference in how you will feel both mentally and physically.

Nothing is built without a proper blueprint. The new structure of your life must also have a blueprint and a plan. It is time for you to draw the blueprint for your health. The structure needed to have victory over addiction should have healthy activities, be balanced and allow time for being at peace, enjoying creative pursuits and reading encouraging literature.

Focus On The Plan

Moving forward with a blurry image of your goals is like driving down a dark, winding, country road with your lights covered in mud. Eventually, you lose your direction. The key to self-discipline is in maintaining a focused state of mind toward a goal. Reading, thinking and talking about your goals gets the mind focused. Create charts to visualize your progress. After waking up, take a few moments to dwell on the things you wish to attain throughout the day. Think of the commitments you have made to yourself and strengthen them by thinking of all the positive improvements that are now visible in your life. Before sleeping, create in your mind pictures of yourself marching through the day accomplishing the goals you have set before you.

Avoid Triggers

If you are trying to quit coffee, don't hang around coffee shops. If you are trying not to eat junk, don't leave it in the house. If you have to drive to the store for chocolate, it becomes more difficult to satisfy the desire. Put as much distance as you can between you and the addiction.

Examining Addictions Misconceptions

Addiction holds its position in our life through misconceptions. To quit any addiction, you have to strip away the misconception and weigh the good and the bad. Draw up a list and look seriously at what you consider the benefits of the habit.

You may drink coffee to stay awake. In reality, your body is so used to running on caffeine; it needs it to be normal. You may think cigarettes are an enjoyable activity. In reality, the enjoyment comes from satisfying an addiction. You may feel the need to smoke when under pressure. In reality, your nerves are so affected by nicotine that any pressure sets them off. You may believe that you will gain weight if you quit smoking. In reality, when you quit smoking food will taste better which is a good thing. You may believe that if you quit smoking you will turn into a raving maniac for two days. In reality, it only takes two days to get through the worst part of this addiction. You may believe that you have more fun after a few drinks. In reality, your fun with alcohol is destroying the body, costing money and making you feel bad in the morning. You may believe that cocaine is exciting. In reality, you are so desperate for a thrill that you are willing to make dangerous alterations to the chemistry of your body. You may believe that chocolate is one of your few pleasures in life. In reality, if chocolate is your only pleasure, it is time to be adventurous.

Anger As A Tool

A man once bought a very expensive suit for a formal occasion. On the way to the event, an ash fell from his burning cigarette onto his lap. Before he noticed it, the ash burned a hole through both the suit coat and the pants. In a rage, the man crumpled the pack of cigarettes, threw it out the window and never smoked again. Previously he had smoked three packs a day.

Anger is a powerful weapon against addictions and habits. If you can see clearly what destruction it is causing and get angry at it, you will build the determination to quit. If your decision is unshakable and resolute, you will not fail due to temptation! Make a list of all the harmful effects of your addiction and get angry.

Chapter 6

Spiritual Fasting

Fasting is not a pathway to God. You do not need a path to God. He will come to you. You can't get any closer than He is to you right now. He knows your every thought, the number of hairs on your head and the workings of every cell in your body. The reason we are not overwhelmed with the presence of God is that we are not living in obedience. Fasting is a time to cleanse and discipline our hearts before God that we may give to Him what He truly wants—the full commitment of our heart.

If you want a guest for dinner you must invite them. If you invite Christ into your life, He will come. Fasting is the preparation for His coming; a dedicated time to cleanse the temple, our body and soul, that His Spirit will dwell with us.

Spiritual Emptiness

Spiritual emptiness plagues the souls of our modern society. Crafted veneers cover up how we really feel, because, to be honest is to admit we're suffering inside. It is easier to ignore the cry of the heart and suppress it with work, activities, alcohol or sensual pleasure.

Much of what we do is maneuvering around past hurts, fears and low self-worth. On the inside, is a small child, in an adult world, crying out for love using possessions and job titles to prove significance because we don't really believe we are worthy of love just as we are. Entering a relationship desperate for love, pressures the other person with unrealistic needs. What God intended for support and encouragement becomes a war zone.

Spiritual emptiness causes depression, feeling oppressed or out of control and confusion. Thoughts become contaminated with toxic resentment, unforgiveness, self-hate and feelings of failure. Many people need a TV or radio blaring constantly because silence is uncomfortable. Silence can be terrifying to an empty soul. During fasting, the inner silence is profound. Noisy, clamoring emotions become quiet and, for the first time, you hear the voice of your soul.

Why fasting makes such a difference before God is because spiritual fasting is the emptying of self, not just of food, but the mutterings of the inner self that drowns out the quiet voice of God. He will not shout. We must listen.

Toxic Thoughts

Most people have toxic thoughts filled with negativity, pride and false expectations, stemming from the pain of childhood. When I first saw the futility of my thinking process, the only conclusion I could come to was that I was totally insane. I would try to think positive thoughts by thinking of love instead of resentment, faithful thoughts instead of worry, which would last about five seconds then I'd start to think how much a failure I was for not being able to control my thoughts.

Living in Colombia, I had the worst drain clog of my life. After a failure with a full container of *Devil Drain Cleaner*, I hired a professional "drain deplugger". He rammed a coiled wire down the pipe but the sink remained clogged. As a last resort, he put a water hose down the pipe and turned on the water full power. Out spewed a stinky, black and brown sludge. As he wiggled the hose, more and more sludge backwashed onto the floor. The kitchen was turning into a sludge swamp. Then came bigger, slimy chunks. Finally the blockage broke down and let the water pass.

Fasting is like that. It penetrates the blockage in the soul and stirs it up. It stinks and spews out everywhere, then the blockage opens and there is an experience of long-forgotten freedom. I can remember the day that the illusion fell away. I had worked so hard to prove myself worthy of love through achievement. When I realized my purpose was hollow and meaningless, I suffered an emotional breakdown and wept uncontrollably, walking around for days in an emotional vacuum. No longer did I know who I was. On the third day, the breakthrough came. I realized that God truly loves me, and that is enough. The words echoed through my soul in a way I had never felt before. At that moment, the sun broke through a hazy sky, and a white bird soared on an updraft. I soared with that bird. Love had set me free.

Fasting stills the mind. In the quietness, we can study our thought process. Worry, unrealistic fear, false pride, obsessive negativity and self-defeating thinking can be seen as thought sequences connected to triggers. During fasting, toxins released into the blood affect emotions and thinking. They cause feelings of weakness, discouragement and a loss of faith. Old emotions, memories and hurts stir powerfully. You face the full power of negative, toxic thoughts. At this time, many people give up the fast. For those who hold firm, fasting brings an inner-awareness that stills the soul bringing peace. We can take our burdens to Christ in true humility. When the breakthrough comes, there is a joyous awakening and a new freedom.

Cleansing The Conscience

Money, medications, material possessions, achievements, good deeds or perfect living cannot buy a clear conscience. It is easy to make excuses, but if you do not believe your own lie, it will be powerless to sooth your conscience. Guilt can last a lifetime, and the pain does not lessen with age.

When Adam hid in the bushes, shame was controlling his actions. He could have been walking, laughing, exploring, but there he was in the bushes hiding with a guilty conscience. Where there is shame there is pain, separation and a degraded self-image. We no longer look at ourselves with pride. God becomes distant and we lose passion for living.

Unknowingly, many come to fasting as a fix for a dirty conscience. Honesty is good for the soul. It is time to tell God and those you have hurt that you are sorry. There may be a cost, but no matter how expensive the cost, the joy will be more than worth it. Repentance is the pathway to peace. You do not have to apologize a thousand times. Once is enough and the sin is forgotten. The blood of Christ and the power of God's forgiveness are greater than any sin. Christ willingly died on the Cross for your every sin. When you finally believe in the forgiveness of God, you can start to forgive yourself. When you forgive yourself, it is easier to forgive others.

The ones you love the most cause the greatest pain when they do you wrong. There are only two ways to deal with the pain: resentment and becoming hard or drawing close to God and deepened compassion through humility, acceptance and understanding.

Cleansing Unhealthy Values

When life wanes into the hollow darkness of death, it will not be the victories, trophies or empires we built that will fill our thoughts but the last embrace of the ones we love. One last tear-filled moment to share. When that day comes, each of us will have regrets. The working mother wishing she had spent more time with her daughter. The alcoholic who looks back on wasted years. When you stand before Christ and the events of your life are reviewed, what will you see? Will you be watching a shallow, self-centered person striving for self-gain or the painful sacrifices of a humble servant? As I write this, tears come to my eyes for I look at my own heart. I see how much less I am than what He wants me to be, how often I turn away and chase worldly desires.

It is easy to rationalize sin and self-centeredness because everyone does it. Yet, each of us knows right and wrong. You want what is right, and that is the reason you are reading this book. You are following an earnest hunger for a deeper connection with God and are willing to fast, willing to change, willing to sacrifice, humbled and hungry for more. With this attitude, fasting will be a catalyst to deep change.

To get practical, make a list of what is important, why it is important and what you are doing to reach it. During your fast, spend time studying each entry of importance. Lay it out before God, pray and wait. If you get stuck putting a value on a project, possession or achievement, consider the Apostle Paul's value system. After one meeting with Christ on a dusty road, His most important values were slashed to zero, tossed in life's dumpster and the only thing considered valuable and beyond price was knowing Jesus. When you mark the price tags of your life, look a little closer. The stuff thought of as most valuable may be junk before Christ. You do not have to have regrets at the end of your life.

You Are Called To Fast

When I mention the benefits of fasting to Christians, I often hear the statement, *I have not been called to fast and when I am, I will fast*. They talk as if fasting is like going on a mission to a jungle. In reality, every Christian is called to discipline, prayer and fasting. If you are truly serious about your walk with Christ, you will fast. For a Christian, fasting needs to be like brushing the teeth, just something you do to maintain your spiritual life. No big deal, just a regular part of living.

The course of our lives is steered by the decisions we make. Your decision to fast is a sign that you are willing and ready to undergo a complete reconstruction of who you are, letting the Holy Spirit into all the little, dark cubbyholes of your life and getting sincere with your calling. God will honor that. More than anything, God wants our willingness. He is a gentleman and will not barge in. He wants to be invited. Your decision to fast is an invitation.

If you still fear fasting, keep reading. After a few fasts, first-time fasters will see you as a veteran and you will become their guide. It is just a matter of time.

Spiritual House Cleaning

When I was younger, I studied the writings of Confucius, The Tibetan Book of The Dead, Buddhism, Astrology, Tarot and every interesting and weird philosophy I could find. Playing bass for a heavy metal band called *Black Mass*, I became morosely depressed and entered a state of continual torment. Strange things started to happen. Lamps flickered when I entered a room. The guitarist and I almost died. We passed out from a drug overdose and the band practice hall, which was in a barn, caught fire. We were on a farm in the middle of nowhere, but someone entered, dragged our barely-conscious bodies from the fire and put it out. I saw his feet through the smoke. Then he vanished. I did not care; I was becoming suicidal, and life no longer mattered. The next day, at the same time and without talking to each other, two friends visited me with the same message that I was possessed and had to go to a certain church. I flopped into the seat of the truck, and the electrical system died. They prayed and the truck started. I walked into the church, and the pastor kept looking at me and appeared unable to concentrate. I just sat there in some weird trance. Suddenly, he ended the service, and asked everyone to leave, but I was asked to stay. When the pastor spoke to me, I got dizzy and ran to the bathroom with extreme vomiting and diarrhea. When I finally left the bathroom, there were 20 people in a circle and one chair in the middle that I knew was for me. Now, I am free from bondage and living with the protection of Christ. I will never forget the dangers of the spirit realm.

The Bible states that there is a war between light and darkness; that Satan is alive and active on planet Earth and to be aware of his schemes. To get right with God, you have to repent of all the cult stuff in your life. If you have old Black Sabbath albums, crystal balls used for séances, Ouija boards, tarot cards or cult books, you need to destroy them. Remove anything in your house that is an insult to God. If you are reading this chapter because you want the best from God, remember that He is a jealous God and will have no other idols before Him.

Finding Your Purpose

Before you start fasting, take some time to think about why you are fasting. Jesus did not fast to lose weight. He was to be stripped naked, and hung bleeding on a Cross. His purpose in fasting was for the strength to complete His ministry. Healing, better health, weight loss and clearer thinking are worthy goals but what is the purpose of your life? The Bible says that each of us is called and God has set out our purpose from the beginning of time. Are you ready to live your purpose?

During the fast, the day-to-day world fades in significance. The world of thought, memory and emotion heighten in intensity. Connection with God clarifies. The foolishness of modern living becomes repulsive. Questions of *who am I* and *where am I going*, demand answers. Fasting is the accelerator of the process. It demands you to live for a higher purpose and that will cause you to become different from the people around you. Fasting unplugs you from the Matrix. You will never be “normal” again.

Chapter 7

Juice Fasting

The eyebrows rise when a first-time faster declares *I am going on a 40-day water fast*. They state, with firm religious conviction, that *juice fasting is a compromise, not real fasting*. Cautionary words are ignored as the faster heads for a meeting with God. The faster usually lasts 2 or 4 days tops before he humbles himself and asks how to juice fast. Instead of meeting God he met the power of the toxins in his body.

As a teenager, I tried water fasting. On the second day of the fast, my goal of having Buddha-like spiritual enlightenment was smashed by the reality of painful detoxification. The headaches, dizziness and hot and cold flashes were only the warm-up to being hung over the toilet and vomiting for hours.

Unless you have a slow metabolism, fasting on water will become a near impossible exercise for a body nurtured on poisons. Cells are like tiny sponges; they absorb what you breathe, eat, drink and apply to your skin. As a result of man-made chemicals and processed foods, the body's natural ability to fast has been compromised. This is no accident. Satan has robbed the modern-day church of one of the most powerful weapons against his kingdom—water fasting. But God is always one step ahead! In His grace, He has provided us with juice fasting.

Our God is a God of wisdom and juice fasting is a wise start. And so, we instruct people to start with juice. After one has cleansed years of toxins, the wonder of water fasting will be within reach. If you are fasting for spiritual reasons, have no fear, as juice fasting will get you down to the depth of your soul. God will honor your juice fast. We may enter a Spirit-filled fast and rearm the body's natural ability to water fast. The juice of fruits and vegetables is filled with healing, cleansing properties that allow the body to gently and safely detoxify. Juice fasting has become an effective steppingstone to water fasting. Juice fasting has a greater ability to encourage healing compared to fasting on water. Juice fasting cleanses the body while supplying a dramatic increase in vitamins, minerals and enzymes.

Look out cancer cells, toxins, built-up chemicals, excess body fat, transformed fatty acids, impacted mucus in the bowel, sickness and disease—here comes the juice! Radiating with God-given power, fresh juice boosts the immune system. Lymphocytes attach themselves to anything harmful in the body, giving it the *heave-ho*. Fresh juice does not need digestive energy 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 on its filthy waste, propelling you to vigorous physical health and clarity of mind. With juice fasting, you can increase your vitality whether you are a 21-year-old athlete or a 71-year-old getting ready for a honeymoon! Sure, there will be periods of toxic crisis, but once you learn not to fear them, they can bring an exciting anticipation that your body is going through a deep cleansing.

All the essential nutrients in fruit and vegetables are locked within their fibers. A juice extractor frees these essential nutrients so they can be absorbed and used directly, requiring a minimum amount of digestive effort. Therefore the metabolic energy can be used 100% for cleansing mucoid matter from the lymph and toxins from the cellular tissue.

What you need to increase the quantity of enzymes, vitamins and minerals absorbed into the body is a juice extractor! A good juice extractor is a valuable tool in achieving vitality. A blender will not work as well as a juicer because the fiber is still present in the juice and fiber requires digestive work.

Fiber is good during eating but not when you are fasting. Imagine digesting the fiber from ten pounds of carrots compared to drinking a glass of fresh carrot juice from a juicer. A juicer does the work of the body and extracts the nutrients without work so the body can be devoted to cleansing. The juicer can be inexpensive or top of the line, they all work for fasting, but the more expensive juicers make juice more easily and the motor lasts longer. The *Champion Juicer* is my preferred choice for a juicer. My Champion is 27 years old and still works perfectly.

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, many have experienced a rejuvenating effect and healing of various illnesses such as cancer, leukemia, arthritis, high blood pressure, kidney disorders, skin infections, liver disorders, alcoholism and smoking. Supplying the body with easily-absorbed nutrients, while the body is cleansing itself in the fasting state, avoids the dangers of total abstinence associated with water fasting. Be confident that this method is both safe and beneficial.

For most health conditions, juice fasting is the best method to transform health. Because juice fasting removes toxins and excess fatty tissue while supplying a full spectrum of nutrients, it has an advantage over any weight loss program. I have been spellbound by the joy and happiness that radiate from those who lost from 20 to 100 lbs. of excess fatty tissue on a juice fast.

Juice fasting works because it does two things at once:

Removes Toxins—Eliminates life-robbing toxins that hinder the body's God-given recuperative abilities.

Increases Nutrients—Floods the body with nutrients that energize the body's natural regenerative abilities.

How Long Should I Juice Fast?

Do not be afraid to attempt a juice fast of 20, 30 or even 40 days on your first fast. It is really not that difficult once you get going on a fast. Longer juice fasts enable the body to cleanse toxins that have been accumulating in your cellular tissues from birth. The length of juice fasting can range anywhere from three to forty days. Three days is an excellent tune up. Thirty days is the standard therapy used by health sanitariums in Europe. If you deal with compulsive eating, start with shorter fasts so you may learn how to break the fast correctly. Most severe health conditions require fasts over 20 days, as it takes that long to repair damaged tissue.

How Much Juice Should I Drink?

The amount of juice you drink will determine the intensity of cleansing. Drinking small amounts of juice supplies fewer calories, thereby increasing detoxification. The more intense the cleansing, the greater the discomfort. Juice fasting allows you to have control over the process of elimination. However, when the body enters a cleansing crisis due to toxins in the blood, no amount of juice will eliminate the discomfort. You must wait it out.

When I am working, I make juice each morning and take a large thermos of juice to work. The harder you have to work, the more juice you will need.

Juice fasting can include fresh juice, herbal teas, sweetened with honey or Sucanat, vegetable broth, Barley Green, wheat grass juice, and supplements helpful to your specific condition. You can even have home made frozen juice popsicles.

If using the enema kit, I recommend using it on the first day of your fast and daily thereafter for the first week. Following this, once every two or three days is sufficient. The enema kit should be used in a cleansing crisis or for a cleansing reaction. If you choose not to use the kit, two teaspoons of powdered psyllium husk per day will help remove the toxins from the colon. The down side is that psyllium husk is mucus-forming. Prune juice or senna tea also may be beneficial.

Modified Juice Fasting

You may consider modifying the fast by including thin slices of avocado or a quarter piece of banana to slow the cleansing process. Modified juice fasting is good for those with health restrictions such as diabetes or hypoglycemia. Bananas and avocados are slow to digest and maintain a stable blood sugar level. Spirulina is also valuable in balancing blood sugar levels. Their high-calorie content slows the intensity of the detoxification and, because they are easy to digest, the body still devotes energy to cleansing.

Chapter 8

Water Fasting

From glistening crystals of snow to the multicolored hues of a rainbow, H₂O takes on a myriad of shapes and shimmers. Daily, it is used to cleanse our floors, cars and toilets. Yet, the greatest value of water is that it internally cleanses our body.

To fast on water is a test of discipline. I do not enjoy water fasting; I do it for the results. Having a very fast metabolism, no excess fat and being muscular, my body demands a continual supply of calories. I live mostly on fruit and get hungry every two hours. About four hours into the fast, my body starts to feel the lack of calories. Twenty-four hours later, I am lying around with little energy to expend. From then on, I may get little bursts of energy but mostly I feel lazy, tired and achy. Occasionally there are peak moments where I feel amazing and faith burns bright but, for the most part, water fasting requires great resolve and determination for almost every day I fast.

Juice fasting is just the opposite of water fasting, blasting the body with more nutrition than it has ever seen. Cantaloupes, oranges, carrots, beets and pineapples create nutrient-filled juices packed with enzymes, vitamins, minerals, antioxidants, phytochemicals, cell salts and trace elements flood the blood with enough nutrition to get every cell zinging with energy. Fruit sugars keep the body supplied with perfect fuel. I get more accomplished on a juice fast than when I am eating. Except for a few dips, headaches and cankers, the detox is mostly painless.

Not so with water. You can feel the body scouring trillions of cells checking for dead, diseased or dying cells to be dissolved with micro-biochemical surgery. The dissolving, biochemical action irritates the surrounding cells. The more cells being dissolved, the more the body feels irritated. The effect is that the body, mind and emotions feel agitated and irritated. Not only do you have to endure the scouring action of catabolism at full intensity, but also the body and mind are subjected to years of toxic residues being drained from the cells.

Water fasting demands the maximum amount of calories and the body catabolizes as quickly as it can. The body is fully focused on burning up and clearing toxins, carcinogens, mucus, trans-fatty acids and other by-product of the North American diet. Water fasting is the speediest way to detoxify or lose weight but the other side of the coin is that water fasting will dump years of toxins into the bloodstream within hours and, once the process starts, eating cannot stop it. Eating will only make matters worse as digestion puts an additional strain on a toxin-loaded bloodstream and causes a slowdown of the clean up extending the period of discomfort.

If you put on weight easily, eat small amounts of food and have trouble losing weight, you have a slow metabolism. The slower your metabolism the easier water fasting will be. I have seen people with a slow metabolism who were terrified of juice fasting start out with juices and, within two days, go to water fasting because they did not feel the need for juice. One lady walked 5 miles per day, felt no loss of energy and bragged about how easy it was to fast.

When I ran fasting retreats, I often would fast with the folks who came. A new couple booked in and I said that I would fast with them expecting them to be juice fasting. They told me that they came to do a 10 day water fast. Inwardly I groaned but said *sure, I will fast with you*. I felt good for the first 5 days and even had some energy, but, as usual, I got a little crazy and broke the most important guideline of water fasting which is to rest, conserve energy not overexert. I had made the mistake before and was about to do it again. The day was perfect for water skiing, and I just had to show off with eight hard miles of skiing until exhaustion hit. The next day I could not even move.

Water Fasting

My two friends, Ron and Elaine, also were exhausted from the energy needed to drive the boat. On the eighth day, the retreat looked like an opium den. No one moved or even talked; only slow breathing represented life.

If you're planning any other activity except lying around, forget it. A phone call will be exhausting. Holding a book requires determination. Brushing your teeth is a workout, and a trip to the washroom is a monumental feat. In this state of weakness, nothing seems to matter. The outer world becomes irrelevant. The job promotion loses its glamour.

Enlightenment is painful, touching you with deep sorrow for both the state of your heart and the state of this world. The taste is bitter indeed, yet, it cures the heart of pride and selfish ambitions. It is strange that in the deepest, most uncomfortable states of fasting, you can become totally aware of the pain and suffering in the lives around you. It is like dying. Everything you hold dear is falling away as dust, leaving a broken soul with the weight of the world resting on weak shoulders. The deeper the pain, the more profound is the change.

The benefits of water fasting come when you break the fast. I remember eating a juicy orange, groaning in pleasure and experiencing this amazing feeling of delight in my body. I remember breaking another water fast and bicycling for miles, at full intensity, just to burn off the energy. There is an incredible feeling of connection, faith, life and vitality that is difficult to put into words.

Breaking a water fast is more difficult than a juice fast. The body is completely at rest, and now, it needs to be gently nudged into action. The breaking period is not about stuffing nutrition into the body but using small amounts of food or juice to reawaken the digestive system. Overeating will cause pain and discomfort. All the incredible feelings of a toxin-free body will vanish within minutes of eating toxic food.

Water fasting is not recommended for a first fast, as toxins are released into the blood very quickly. This can be a problem if you are toxic and have never fasted before. For most people, water fasting will cause headaches, dizziness, weakness and nausea to the point of vomiting. A terrifying experience for a first-time faster. The faster your metabolism, the harder it will be to water fast. If your metabolism is slow, you usually will find water fasting easy, unless you are very toxic.

Healing With Water Fasting

In combating cancer, water fasting aggressively cleanses the body tissue, which can be more beneficial than juice fasting when combating cancer. Cancer fights the body for glucose. Water fasting cuts off cancer's food supply and strengthens the immune system. Water fasting is also beneficial with Candida, which lives on blood sugar. It is not advisable to water fast under the conditions of hyperglycemia, hypoglycemia, schizophrenia or a chronic heart condition.

How Much Water Should I Drink?

Drink according to the needs of your body. It is common to drink only 2-3 glasses of water per day. The concept of drinking large amounts of water to flush out toxins is not valid. During water fasting, digestion is not required, and the body needs only a small amount of water for its processes. I believe that excessive liquid intake reduces scouring action and disturbs the detoxification process.

Avoid water straight from the faucet. Distilled water is the best for cleansing because of its inherent, magnetic properties and its ability to absorb and suspend large quantities of toxins, flushing them from the body. The perceived value of mineral water is misleading because the inorganic minerals are like huge boulders to the cellular membranes, impossible to assimilate by the cells. Distilled water is best followed by spring or filtered water. A Brita Filtration System is inexpensive

and effective, but change the filter regularly. You can also add freshly squeezed lemon juice and a teaspoon of honey if the water fast becomes too difficult.

Water Fasting Tips

1. Water fasting demands mental preparation; don't enter into day one by planning a ski trip. If you are fasting for the weekend, clear the calendar; the fast will be an event enough. During a water fast, the less pressure and responsibility you have the better. Think of it as a holiday from your normal patterns of living.
2. One week before your fast, drink fresh juices and eat mostly raw fruits and vegetables to cleanse the body so the detoxification during water fasting will be less aggressive.
3. Be careful of dizziness and blackouts. The heart is resting as much as it can during water fasting. Before you stand up, take one or two deep breaths to increase oxygenation and improve circulation. If you start to black out, sit down or crouch down on one knee. This will immediately stop the dizziness.
4. If you are juice fasting, occasionally doing a few days on water will intensify the fast and, if you have a slow metabolism, will assist with weight-loss.
5. One advantage of water fasting over juice fasting is that there is usually zero hunger on a water fast. While on juice, there is some stimulation of the digestive system and results in hunger.
6. During a water fast over 3 days, it is wise to use an enema.

Chapter 9

Detoxification

A single cell within the human body is more complex than the most modern supercomputer. The process of removing a hundred thousand antigens, each with unique molecular properties, from trillions of functioning cells is indeed a complex process. Imagine three trillion cells being repaired during the function of countless biochemical processes needed for life. Even the best mechanics have to turn off the engine. Yet, the body has millions of micro mechanics that do this with ease.

One of the body's automatic maintenance processes is the destruction of foreign microorganisms. When looking through a dark-field microscope, countless parasites are clearly visible. I observed parasites living inside blood cells. Several could be seen eating cholesterol, and I was amazed to see one swim. Watching lymphocytes moving in the blood was like a science-fiction movie. These complex, lymphocyte organisms attached themselves and engulfed toxins. As they did, their colorations flowed into fascinating patterns leaving me with a sense of wonder and respect for the miraculous ability and infinite complexity of the human body.

Detoxification Stages

Here is an overview of the detoxification stages during a juice fast. The time periods are a general estimation.

Stage 1 (Day 1 To Day 2)

On the first day of fasting, the blood sugar level drops below 70 mg/dl. To restore the blood to the normal glucose level, liver glycogen is converted to glucose and released into the blood. This reserve is enough for half a day. The body then reduces the basal metabolic rate (BMR). The rate of internal chemical activity in resting tissue is lowered to conserve energy. The heart slows and blood pressure is reduced. Glycogen is pulled from the muscle causing some weakness. The first wave of cleansing is usually the worst. Headaches, dizziness, nausea, bad breath, glazed eyes and a heavily coated tongue are signs of the first stage of cleansing. Hunger can be the most intense in this period unless the enema is used which quickly assists the body into the fasting state by ending digestion in the colon.

Stage 2 (Day 3 To Day 7)

Fats, composed of transformed fatty acids, are broken down to release glycerol from the gliceride molecules and are converted to glucose. The skin may become oily as rancid oils are purged from the body. People with problem-free skin may have a few days of pimples or even a boil. A pallid complexion is also a sign of waste in the blood. Ketones are formed by the incomplete oxidation of fats. It is suspected that the ketones in the blood suppress the appetite by affecting the food-satiety center in the hypothalamus. You may feel hungry for the first few days of the fast. This effect is temporary. The desire to eat will disappear. Lack of hunger may last 40 to 60 days, depending on whether you are on water or juice. The body embraces the fast and the digestive system is able to take a much-needed rest, focusing all of its energies on cleansing and healing. White blood cell and immune system activity increases. You may feel pain in your lungs. The cleansing organs and the lungs are in the process of being repaired. Periodically, the lymphatic system expels mucoid matter through the nose or throat. The volume excreted of this yellow-colored mucus can be shocking. The

sinuses go through periods of being clogged, then will totally clear. The breath is still foul and the tongue coated. Within the intestine, the colon is being repaired and impacted feces on the intestinal wall start to loosen.

Stage 3 (Day 8 to Day 15)

On the latter part of an extended fast, you can experience enhanced energy, clear-mindedness and feel better than you have felt since childhood. On the downside, old injuries may become irritated and painful. This is a result of the body's increased ability to heal during fasting. If you had broken your arm 10 years before, there is scar tissue around the break. At the time of the break, the body's ability to heal was directly related to lifestyle. If you lived on a junk-food diet, the body's natural healing ability was compromised. During fasting, the body's healing process is at optimum efficiency. As the body scours for dead or damaged tissue, the lymphocytes enter the older, damaged tissue secreting substances to dissolve the damaged cells. These substances irritate the nerves in the surrounding region and cause a reoccurrence of aches from previously injured areas that may have disappeared years earlier. The pain is good as the body is completing the healing process. The muscles may become tight and sore due to toxin irritation. The legs can be the worst affected, as toxins accumulate in the legs. Cankers are common in this stage due to the excessive bacteria in the mouth. Daily gargling with salt and water will prevent or heal cankers.

Stage 4 (Day 16 to Day 30)

The body is completely adapted to the fasting process. There is more energy and clarity of mind. Cleansing periods can be short with many days of feeling good in between. There are days when the tongue is pink and the breath is fresh. The healing work of the organs is being completed. After the detoxification mechanisms have removed the causative agent or render it harmless, the body works at maximum capacity in tissue proliferation to replace damaged tissue. While a short fast will reduce the symptoms, a longer fast can completely heal. Homeostatic balance is at optimum levels. The lymphatic system is clean except for a rare discharge of mucus through the nose or throat. After day 20, the mind is affected. Heightened clarity and emotional balance are felt at this time. Memory and concentration improve.

Stage 5 (Breaking the Fast)

The sticky, toxic, mucoid coating on the intestinal wall is loose, and the first meal frees it from the intestinal wall. Toxins enter the blood through the colon. The gallbladder dumps its waste in a heavy discharge of bile. This can cause an instant bowel movement upon eating followed by intense diarrhea. If the symptoms are too uncomfortable, an enema will help.

Effects Of Fasting On The Immune System

Here are various effects on the immune system that have been observed during fasting.

Elevated Macrophage Activity: Macrophages engulf and destroy bacteria, viruses and other foreign substances. They can ingest worn-out or abnormal body cells. Macrophages form an important first line of defense against harmful particles that have reached the body's interior.

Increased Cell-Mediated Immunity: Lymphocytes are the white blood cells responsible for the body's ability to distinguish and react to foreign substances, including those of which microbes are

composed. Lymphocytes have about 100,000 identical receptors on their cellular membrane that enables them to recognize specific antigens. Each receptor has proteins containing grooves that fit into patterns formed by the atoms of the antigen molecule so the lymphocyte can bind to the antigen. This works somewhat like a key fitting into a lock. There are more than 10 million different types of grooves in the lymphocytes of the human immune system. The *T* lymphocytes are responsible for continuous surveillance of cell surfaces for the presence of foreign antigens. Lymphocyte production is regulated by growth factors, known as lymphokines.

Increased Immunoglobulin Levels: Immunoglobulin is used to provide passive immunity to a variety of diseases such as measles, hepatitis A and hypogammaglobulinemia.

Increased Neutrophil Bactericidal Activity: Fifty-to-eighty percent of the white cells are neutrophils. Neutrophils move with amoeboid motion. They extend long projections followed by contraction of filaments drawing the nucleus and rear of the cell forward. In this way, neutrophils rapidly advance along a surface. Neutrophils are actively phagocytic engulfing bacteria and other microorganisms and microscopic particles. When they arrive at the target, neutrophils have microscopic packets of potent enzymes capable of digesting many types of cellular materials. The bone marrow of a normal adult produces about 100,000,000,000 neutrophils daily. When a bacterium is engulfed by a neutrophil, a metabolic process within the granules produces hydrogen peroxide and a highly active form of oxygen called “superoxide”, which destroy the ingested bacteria.

Heightened Monocyte Killing and Bacterial Function: Monocytes are the largest cells of the blood, averaging 15-18 micrometers. They make up about 7 percent of the leukocytes. Monocytes are actively mobile and phagocytic. They are capable of ingesting infectious agents and other large particles. Monocytes usually enter areas of inflamed tissue or at sites of chronic infections.

Enhanced Natural Killer Cell Activity: Natural killer cells were first recognized in 1975. Researchers observed cells in the blood and lymphoid tissues that could kill tumor cells and cells infected with viruses. Most immunologists feel that natural killer cells play an important part in checking the growth of tumor cells and cells infected with some viruses.

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Basically, you get to laze around while your immune system and cleansing organs do all the work. Billions of tiny employees working 24 hours per day, cleaning up your mess and working for free without any appreciation. You should feel guilty.

Methods of Detoxification

When it comes to detoxification, you have many choices. Even eating fruit in the morning will have a detoxifying effect. I recommend juice fasting but there are many alternatives that can suit your lifestyle and personal preferences.

Juice Fasting: The best choice for detoxification, because it supplies an abundance of nutrients, including enzymes and calories to reduce the cleansing intensity to a more comfortable level.

Fasting on Lemon Juice and Honey: This is easier than water fasting. The honey and lemon supply nutrients that assist in detoxification and the honey reduces the rate of cleansing to a more comfortable level.

Juice Fasting with a Blender: If you do not have a juicer, you can fast by blending fruit and filtering it. You can add some Sucanat or Panela for sweetness (dehydrated cane sugar). An enema is not required as there is enough pulp to keep the digestive system moving

Water Fasting: Water fasting demands the most calories therefore the cleansing is more intense.

Raw Food Diet: Similar cleansing reactions experienced on a juice fast will also be experienced on a raw food or fruit diet, but the process is slower. Raw nuts, fish, or baked chicken are a good source of protein. The diet does not have to be totally raw to work. Dairy products, cooked starches or greasy food will halt the detoxification for several hours.

Eating Less: This is a good way to start the detoxification process but can require the greatest discipline. It is hard to change a lifetime habit. Chew food 30 times and eat smaller amounts. If you leave the table a little hungry, the hunger subsides in a few minutes but our emotions make this difficult to do.

Vegetarian Eating: A light, vegetarian diet will also aid detoxification. For example, fruit for breakfast, a salad for lunch and a meal of cooked vegetables with some raw nuts for dinner. For best results, sparingly eat cooked starches.

Exercise: During exercise, the lymphatic system is being flushed and the cells are being flooded with health-giving oxygen. Walking, aerobics, sports, stretching and light exercise can assist detoxification.

Colonic Irrigation and Enemas: An enema or colonic irrigation gently flushes the colon with water and provides an avenue for toxic bile to leave the body. The use of enemas should be limited to fasting time. Misuse of enemas can affect the normal bacterial flora of the intestine and cause a dependency on the enema for regular elimination. A colon flush can also greatly assist recovery from food poisoning, stomach flues and diarrhea.

Detoxification Procedures: This includes homeopathic remedies, ozone therapy and acupuncture, massage, thermal chambers (sauna), herbal liver and kidney cleansing formulas, antioxidants, mega vitamin/mineral supplements. Each have benefits but fasting and a diet high in raw food is always the most effective way to detoxify.

Detoxification Aids: To assist the cleansing process, drink fresh juice made with a juice extractor once a day. Daily take a high-quality, multi-vitamin supplement and antioxidants such as E and Q10, and one to two tablespoons of mixed essential oils daily such as Udo's Choice (found in a health food store).

Chapter 10

Fasting Downs and Highs

With my toes on the edge of the cliff my adrenaline is pumping. The black water, 40 feet below, demands respect. I lean forward, kick off the cliff into freefall and feel the wind in my ears, then a chilling rush of cold water. Bobbing to the surface, I feel like doing it again. Each dive causes less adrenaline. The fear barrier is broken.

This book will provide most of the information you will need to start fasting, but, no matter how long you study, eventually you will have to stand on the edge of the cliff and jump.

Fasting is a roller coaster ride full of ups, downs, swerves and turns. During a fast, you can be flying high on the jet streams of exhilaration and unexpectedly nose-dive, free-falling face first into physical weakness and disturbing emotions. A little scary if you do not know it is coming. It would be great if I could hand you a daily forecast of how you will feel on each day of your fast, but fasting moves in mysterious ways. The body does the work of cleansing in cycles alternating between two very different states. In one state, you feel amazing, and, in the cleansing state, you feel badly. Feeling good is a sign the fast is working; feeling bad is a sign of detoxification. Every faster will experience the cleansing periods during a fast. Many bail out in disillusionment because they were unaware of just how difficult it is to endure three days of feeling weak and apathetic.

Fasting Dips, Downs and Cleansing Crisis

At the beginning of a fast, the lymphocytes seek out the dirtiest, toxic residues and burn this toxic filth as fuel. The body is finally able to rid itself of damaging carcinogenic pollutants which have built up in the system, but, at the same, time the burning of this unclean fuel results in physical discomfort. As the fast progresses, you will become cleaner and energy will increase until your body enters another cycle of cleaning. Changes can happen within hours, passing from a cleansing crisis, due to toxin elimination, to an energy peak.

When the toxic residues enter the blood, they affect mind and body functions. Ketones, an intermediary metabolic product, may accumulate in the blood to high levels and cause ketoacidosis. Combined with high levels of urea, resulting from protein metabolism, this state can cause intense discomfort, headaches, back pain, dizziness, weakness and nausea.

You will never get to the peak moment of fasting without passing through some fasting dips and detox periods. The cannibalization of sick cells, dirty fat, chocolate bars, Big Macs and fries make you feel dreadful. When the feeling intensifies, it can be truly fearsome. It has been termed a *Cleansing Crisis*. The good news is the body is finally able to rid itself of years of accumulated toxins.

Enduring a cleansing crisis is the hardest part of the healing process. To stop feeling bad, most people want to eat, but do not eat during a cleansing crisis. The body is overloaded with the work of removing toxins. Digestion makes matters worse. Using the enema kit and drinking juice will help. Herbal tea with honey warms the shivers.

Dips and Downs are the periods when the body is moderately cleansing causing periods of feeling down, like having a bad cold. You feel weak and lethargic. The mind rationalizes, *I feel horrible; this can't be working*. You can maintain a normal routine of work on a dip; it requires willpower and determination. It also helps to know that the longer the down period, the greater the fasting high.

On a juice fast, the body can go weeks before there is a serious detox or you can be blasted with headaches, nausea and weakness on the first day. The Downs usually last from one-to-three days, and may hit day 2 or day 28 of a fast. Dips, which are shorter, last only a few hours. The greater the quantity of toxins in the blood, the worse you feel. As unspiritual as an enema may seem, it has helped many end or reduce the crisis by removing toxins from the colon. Emotions and thinking are affected; old memories and negative feelings arise from the dead, like a detox of the soul. It is easy to become discouraged, feel irritated, short-tempered or mildly depressed. These cleansing periods require faith that it will pass.

Energy packets of glycogen are stored in the liver and muscles for use during bursts of physical activity. During The Downs and Dips, the body utilizes glycogen from the liver and muscles for energy. This results in the familiar feeling of weakness. During a peak, the body has an abundant supply of glucose, and glycogen replacement occurs at a rapid rate creating abundant energy. Also, there is an intermediate state when glycogen is starting to be replaced. You will feel energetic but lack the endurance to match. Persevering through these various fasting states and energy levels is necessary for success.

Fasting Peaks and Highs

Pain is a sign of a problem. Feeling incredibly good is a sign your body is functioning at peak performance. Narcotics can alter your body's chemistry to make you feel good, but the feeling of well-being is not connected to the state of your body. Drugs will increase endorphin levels, but with continual usage the body becomes accustomed and cannot produce endorphins without the drug. Meanwhile, the health of the body deteriorates from the impact of the drug. The high of fasting is the natural high of being clean as a baby and living in the state close to what God intended for Adam and Eve. The peaks and highs of fasting can be better than any drug. Like never before, with a child-like innocence, you feel truly alive and laughter and love abounds. Every flower and butterfly embraces a secret about God and every minute is a wonder-filled treasure.

Dr. Ehret, an avid faster who wrote *Rational Fasting* in the 1900's, describes this state, "An indescribable feeling that gave me great joy and happiness just to be alive. Greater power, energy and endurance ...All my faculties were improved, beyond the healthiest part of my youth." The experience is similar to driving an old car that has needed major repairs. After a week in the garage, you pick the car up shining with fresh paint, new brakes, and a finely tuned engine. Driving, you remember how much you love your car. But this is more than a car; it is a fine-tuning of your mind, body, and spirit which is your connection with God and the world around you. The value is beyond measure.

The physical side of a fasting high is due to increased health, which increases endorphin levels similar to the endorphin high experienced by long distance running. Also, a cleaner brain functions with harmony and balance.

The spiritual side is just as powerful. When you draw closer to God, He draws closer to you. God is the source of joy, peace and love, and the closer you are to Him the more these qualities resound in your heart. When you live according to biblical standards, there are many blessings.

During fasting peaks and highs, there is a seemingly endless supply of physical energy. Don't be fooled by this, you are still fasting, and conservation is the wisest practice. Energy can be fickle during the first stage of a fast. During water fasting, the detox is more aggressive and generally, it can take days to get to an energy peak.

Beware of intensified thoughts and emotions in this state. Fasting speeds up emotional states to the point where, one moment you feel a special closeness to God and peace, and then 2 hours later, it

fades and you feel empty and cold. Strong emotions are common and the brain starts speed thinking. It feels as if everything around you is slowing down and becoming lifeless. Mental energy in the right direction can achieve much, but if misdirected, like towards Grandma's apple pie, the outcome can be disastrous. I broke several fasts because I failed to wisely handle the excess mental energy of a fasting high.

The longer you fast, the higher the peaks and highs. The best highs are after 20 days of juice fasting or the day when you end a water fast and go to juice fasting. The water-to-juice fasting highs are the most radical. While water fasting, you can feel horrible. When you switch to juice fasting, the energy of the juice surges through the veins, saturating the cells and catapulting you into this astounding state of well-being. The difference in how you feel can be extreme to the max. Peaks are the moments when the entire vista of your life can be seen with one sweeping glance. Purpose, conviction, resolution, determination and resolve burn strong. No challenge is too great. The only way I can describe it is a feeling of in-depth connection and a deepened sense of responsibility in purpose before God.

These peaks and highs are some of the blessings of fasting, and no matter how good you get, your diet will never be able to match the highs of a long fast, but you will be able to live in an amazing state of health and well-being.

Chapter 11

Principles Of Fasting

The perfect location to fast is a beach with fresh ocean air, tropical temperatures and peaceful seclusion, but life is not like that. Fasting is usually a response to illness and crisis, often at the hardest times of our lives. I have fasted in minus-40 degrees of a cold, Canadian winter during Christmas, and once, while working on a construction site, and after breaking both heels in an accident. I have fasted from a breakup with someone I loved and for guidance due to financial problems, basically, the worst times of my life. Fasting is perfect for these times because fasting enables a heightened connection with God, a peace of mind that brings clarity, and a quick recovery from illness. The best time to fast is when you need to. During these fasts, I learned some basic principles that help.

1. Do Not Advertise Your Fast

When you make your fast public, you will set yourself up for failure and disappointment. Most people will believe that you are crazy. *You look as if you have AIDS! Are you under a doctor's supervision? You're going to become protein deficient!* If you do not fear fasting, they will supply all the fear you need, and the last thing you need on a fast is fear. Fear is the opposite of faith. It can defeat us before we start or cause us to quit when victory is hours away. If you tell your church you are going on a 30-day juice fast, you will also feel really bad if you only make two days. Tell one or two people who understand and are willing to support you.

2. Get Time Alone

Taking care of a church, business or family can make constant demands on your time. Time alone can become a rare privilege but the busier you are the more you need solitude. Your ministry, company or family will survive a few hours without you. Christ got alone each day to recharge. In the midst of constant demands, He made the time for solitude and prayer.

3. Read the Bible

Channel surfing is the furthest thing from a spiritual high. With each click of the remote, inner emptiness grows. In that state, it becomes exceedingly difficult to read the Bible. Yet, the words of the Bible are spiritual food that recharge our spirit and stir our faith. Psalms are great if you are going through hard times. Ephesians, Philippians, James, and Colossians are great for practical guidance. During your fast, make it a discipline to read the Bible each day.

4. Meditate

Many Christians, in North America, consider meditation a pagan practice. *But his delight is in the law of the LORD, and in his law he meditates day and night (Psalm 1:2).* Meditation is a mental exercise where you take control of your thought life through focusing on a single thought or deep relaxed breathing. If you are distracted by sounds that cannot be silenced, use some earplugs. Do not fight with your thinking; just let it go and return to focusing on the one single thought. Stay aware of your breathing and the tension in your body. Breathe deeply and try to relax your muscles. If you can spend 20 minutes of time in meditation each day, you will be more at peace throughout the day. Here are some examples of thoughts to meditate on: *I am loved by God. I have been forgiven for my*

sin. God is with me. If you lie on a bed, you will most likely fall asleep. Sitting upright in a chair is good. I prefer kneeling on a cushion and leaning over a chair or my bed as in a position of prayer.

5. Walk in Nature

Flowers, butterflies and stars are the expressions of an Artist who paints with living color on a canvas the size of the universe. His work is worthy of appreciation. On a fast, walking in nature is an awe-inspiring experience. It is like seeing for the first time. Colors are alive and vibrant. The skin tingles with a breeze. Clear sinuses detect the most delicate fragrance. Unlike draining electronic TV imagery, connection with nature brings peace to the soul. Even in the worst time, a good walk can bring a sense of balance to chaos. It is a good time to pray and give thanks to God for the many blessings in your life. If God can create and sustain such an amazing planet, He can certainly take care of you.

6. Take a Phone Break

I find it almost impossible not to answer the phone. I always think every call is important and to take the phone line out of the wall is being totally irresponsible. The world clamors for our attention and so to get time uninterrupted, you have to push for it. To renew any relationship needs intimacy time without interruptions.

7. Sleep

The first few days of a fast your body will want to sleep a lot. Most of us live on the edge, rarely getting enough sleep. During a fast, the body demands more sleep as part of the healing process. Do not ignore it. Take time just to laze around and nap. Pretend you are on vacation. Don't feel guilty; you are healing. The most vivid dreams are during fasting.

Chapter 12

Intercession

The wind-swept summit held no treasures or mysteries to be discovered, just another mountain to climb. Within 300 feet of the top, every inch extracted excruciating effort. Shivering, weak and soaked with sweat, the peak defied the solo climber. It mocked his tiny hammer and pins. Resolve strained like a worn thread, yet deep within, in the place where dreams are forged, determination held. After three months of preparation, ten days of hiking and three days of climbing, the moment of glory came; the climber stood at the top of the world, the edge between heaven and earth, for nine wondrous minutes. Transparent blue sky above, mountain peaks and cumulus clouds below, the sweetness would linger for months.

Fasting and intercession is like climbing a mountain. Not for the weak at heart or the undisciplined. No cheering crowds to stir you on and the mountain is just another request before God that defies conquering.

Humility

Before the mountain climber climbs, he must get to the mountain, and so the intercessor must first descend to a dark valley before climbing the mountain of God. The valley is a smelly place full of the dirty garbage of sin. It is all laid out before God in painful remembrance. It hurts, we want to believe the best about ourselves and to do the opposite is indeed painful. Yet, through repentance, humility grows strong. Only when we realize how weak and powerless we are before God, can we begin to realize how much we need Him in every aspect of our lives. A humble, broken soul stripped of the weight of sin stands prepared at the base of the most powerful mountain on earth.

The mountain of intercession and fasting is the ultimate pain zone for pride. It becomes a giant groan before God. When the flesh is the weakest, the Spirit is the strongest. When pride is stripped away with humble remorse and heartfelt confession, angels gather to watch.

You cannot climb the mountain of intercession with the weight of pride on your back. It has to go. If you want to kill pride in your life, pray for another; if you want to develop compassion, empathy and patience then take on the burden of another soul. Feel their sorrow and embrace their pain and you will grow in humility and compassion will burn bright.

Flickering Faith

Water fasting is tough enough, but intercession and fasting are like climbing a mountain with a hundred pound backpack. You carry the weight of another's sin or even an entire nation. Every cell and emotion ache. Blackness never seemed so bleak and God so far away. No stirs of the Spirit, only weakness that drains faith.

During water fasting and intercession, faith can waver and be weak and miniscule. You don't believe your own prayers. Yet, God listens intently and moves each request to the top of His *To Do List*. Your prayers will be answered.

If you were to sneak into my room during one of these fasts, you would not see a guy glowing with a halo in the presence of God. Mostly, I lay in bed with a glass of water and an open Bible. My mind gets foggy and it is hard to pray or read. Feeling lethargic makes it easy to dwell on problems, and so I have to fight to think victorious thoughts. I can start to believe the fast is pointless. Somehow, I keep going, doing my best and knowing that this is enough for God. I know this because

the mountain has moved many times, and if it does not I will know why and be given the patience to accept it.

Intercession Duration

Each time I have fasted in prayer, my prayers have been answered in only three days. They were the three longest days of my life. Exceedingly difficult and requiring much resolve but when the presence of God came, weariness was washed away with joy.

I have heard many people say that they are water fasting for long periods then quit after the first day. Forget 40 days of water fasting for your first fast. A fast of that length is like climbing Mount Everest on your first climb. It is good to learn to walk before you climb a mountain and juice fasting is a perfect preparation for water fasting and intercession.

For those with a fast metabolism and intense work demands, water fasting can be impossible, but a restricted juice fast can become the vehicle of intercession. When choosing the length of time, listen to your body and you will know when to quit. During a water fast, you can alternate to juice fasting to get through some demanding times, then return to water fasting and prayer. You can intercede on a juice fast, but for me, it has to be water fasting. Juice fasting is a high-energy burn, but water fasting slows me down and demands inner reflection, which is so important in intercession.

Once you get the hang of it, and get a few prayer fasts behind you, it becomes an instant reaction. I can be in the midst of woes and concerns of regular life when a catastrophe hits and my faith flickers. I thank God and believe in the best, but I know it is not enough. Conviction wells up inside that I need to get serious before God. The greater the problem, the greater the conviction. Instead of water fasting being a huge undertaking, the conviction reduces the process to a simple act of filling a glass of water, closing the door to the room and kneeling in prayer. No preparation needed, the only requirement is a problem big enough to rock the soul.

Moses

When Moses climbed Mount Sinai in obedience to God, he did not know the reason or the length of time. All he knew was that his next step and a growing sense of importance. He knew God and had fasted many times. He lived a life of sacrifice and service. He could feel the pulse of God's heart.

Ancient Israelites were a hard people. Even in the presence of the glory of God, they hung onto carnal beliefs that mocked God. God's initial desire was to love and bless His people. God also has anger. He can become provoked, and the last thing you want to do is get God angry. That's what the Israelites did. Destruction was imminent, then Moses argued with God, pleading for mercy, offering his own life in sacrifice, and then the impossible happened. God changed His mind, and a man who stammered in speech altered the fabric of eternity.

Like Moses, the intercessor, wrestles with God, refusing to take nothing but a *yes* as an answer. In Scripture, she is the irritating woman who tenaciously implored the Judge until her request was granted, and the midnight doorknocker who would not let his friend sleep until he gave him bread. The intercessor holds the most powerful position on earth. Whoever moves the hand of God alters the outcome of eternity.

Faith-Filled Joyful Intercession?

Faith smiles when the problem is hopeless because you have decided that God will make this work out for the good. No fluffy spiritual theory, faith is an action, doing the opposite of how you feel. Rejoicing, dancing around, acting silly and being happy releases the problem to God. Imagine

yourself happy with victory. Plan for a victory celebration. If you fill your mind with victorious thoughts, then faith can do its work.

Where Are The Intercessors

A church filled with bulging bellies must bring great sorrow to Christ. Instead of a trained army skilled in spiritual warfare, He sees a motley crew of tired, groggy complainers. What is a disciple without discipline or an intercessor without fasting? It is no wonder that North America has degraded into a modern day Babylon. The guards on the watchtower are asleep.

Most Christians that come to fasting, want to start fasting want to get real with God. They are tired of empty, meaningless religion and desperately hunger for Christ. If you are one of these people, you will suffer much in your life, for anyone who's called to intercession will be a target for Satan from a young age. Nothing will come easily, and your life will have more problems than most. You may even think there's something wrong with you and that you have a mental problem, but in reality, Satan is moving in your life, and he will not quit. You have no other choice than to pick up the standard of Christ and fight.

The intercessor has one of the most unappreciated positions on earth. No *Masters in Intercession* degree to attach to your name, no pulpit lights or applause, no support staff, no works to show and no recognition. Instead, the intercessor stands before a heavenly audience of millions, illuminated by the light of God with angels as support staff, and eternal recognition given to your name in the Book of Life.

There is no request too big or challenge greater than the power of God. If He is willing, He is more than able, but big prayer requests cost, and the price is paid on your knees, interceding and fasting.

When God looks down in this world, He sees each prayer request as a tiny light but the intercessor burns bright before the Throne of God. The flames consume his/her very being, and if that fire burns bright enough, hot enough and long enough it can set fire to a nation.

Chapter 13

Cleansing The Colon

The intestinal wall contains over four million microvilli. Their job is the absorption of nutrients. Due to the vast number of microvilli, the total effective area for absorption within the colon is more than 2,200 square feet. Every square foot needs to be cleaned with fiber or filth will build up.

Most people have a dirty colon due to lack of dietary fiber. The average person has 7-10 lbs. of impacted fecal matter adhered to the colon wall impeding digestion and creating an environment for parasites and weakening the colon's resistance to disease.

North America has one of the highest rates of colon cancer in the world. This is due to three main causative factors: meat, refined flour products and dairy products. The overeating of refined wheat products and fibreless dairy products form mucus in the intestine. The Journal of the National Cancer Institute reported that high meat intake was directly linked to a high rate of colon cancer. The contributing factor to cancer is because meat and animal products have no fiber. Fiber is the cleaning broom of the intestine. Without fiber, the heavy saturated grease of animal fat clogs up the intestine. Neither milk products poultry, eggs, fish, nor meat have any fiber causing a slow transit time, constipation and putrefaction. Putrefying flesh foods becomes a breeding ground for microorganisms that excrete carcinogens as waste. Without fiber, carcinogens are absorbed into the intestinal wall, thus causing colon cancer

Types Of Fiber

There are two types of fiber—soluble and insoluble. Soluble fiber dissolves in water. In the blood, soluble fiber helps to lower serum cholesterol by binding with low-density lipoproteins. Water-soluble fiber can be found in apples, oranges, oat bran and beans.

Insoluble fiber is the substance in food that cannot be digested or absorbed by the intestine. This category includes pectin, cellulose, hemicellulose and gums. Insoluble fiber is found in plant foods such as fruits, vegetables, nuts and whole grains. Eggs, dairy products, and meats do not contain any form of fiber.

Studies found cultures that have a high fiber diet have a much lower incidence of diverticulosis; a disease that causes a weakening in the large intestinal wall caused by the pressure from hard feces. This disease affects 30 million Americans. The American Journal of Digestive Disorders reported that 85% of diverticulosis sufferers were successfully treated with a high fiber diet.

Fiber cleans out mucus from the intestinal tract and lowers cholesterol. Fiber decreases the transit time through the intestine. Animal products do not have any fiber so their passage through the intestine is slow. Nutritionists recommend a salad with a meal high in meat or dairy products. The fiber in vegetables slows down fermentation and neutralizes some of the toxins in the bowel.

Although fiber is important for a healthy diet and a clean colon, during fasting, fiber slows down the healing process. It requires the digestive system to work harder. If you eat five pounds of raw carrots rather than drink the juice, your body will have to do the work of extracting nutrients and moving the fiber by peristalsis. Allowing the digestive system to rest is essential in healing. For this reason, juice fasts are more effective in healing when the intestine is empty of fiber. During a juice fast, it is best to use a strainer to filter the pulp from vegetable and fruit juices.

The process of discharging toxic waste is accelerated during a fast, especially during water or restricted juice fasting. Regular bowel movements are disrupted because of lack of fiber. Therefore the toxic waste discharged into the intestine ferments and can be reabsorbed into the bloodstream causing a cleansing crisis or general irritation.

Taking An Enema

Enemas are far from being a spiritual experience, yet they can have a beneficial role to play in fasting. The thought of inserting a liter of water into the intestine to flush out waste may seem beyond consideration. But the quickest and most efficient way of removing toxic waste from the intestine is an enema. The lymph glands, which line the intestinal wall, absorb and filter fluid from the feces. Flushing water through the colon causes a healing reflex. Lukewarm water cleanses the lymph attached to the colon, and waste is washed from the system. The cleansing process works best when the intestine is empty of food.

At the start of a fast, using the kit can be uncomfortable. By the third time, the water will pass through the intestines without obstruction. To lessen this initial discomfort, live on a raw food diet for a few days before using the kit. Fill the kit full of lukewarm water, preferably filtered, spring or well water. Hang it approximately three feet above the floor. This height will create a comfortable pressure level. Release the clamp and void the first bit of water and air into the toilet. Lubricate the tip of the nozzle. Now lie on your left side and gently insert the nozzle into the rectum.

The release clip controls the water flow. As water moves up the intestinal tract, you may experience slight cramps. If so, press the clip to stop the flow. Relax for a moment and massage the stomach in an upward motion. This massaging will release hardened mucus in the intestinal folds. As the cramps subside, release the clip again. Make sure that you have close access to a toilet for at least twenty minutes in case there is additional discharge.

Use the kit daily for at least the first three days of fasting. It takes this long to empty the intestine. Afterward, use the kit every second or third day. With the intestine empty, the body is able to cleanse the intestinal walls of the hardened deposits in the corners and folds. As fasting continues, more embedded toxins are released. You can fast 40 days on water and still have a stool of impacted feces, embedded in your colon. One lady testified of having a piece of blue crayon pass in the stool that had been swallowed at age seven.

Do not use chlorinated water. It is harmful to the colon's beneficial bacteria. If tap water is your only choice, after the fast, replace the intestinal bacteria with the replacement technique mentioned later in this chapter. It is preferable to use the enema on water fasts that are longer than three days and juice fasts that are longer than five days.

The more toxic your diet has been or if you are sick, the more you need to use the enema during fasting. Drug residues, food additives, toxic fat, pollutants, food additives, preservatives, flavor enhancers and contaminants are the leftovers of modern living. You want to do everything possible to help their quick exit from your body. An enema is valuable in other situations such as food poisoning, diarrhea, constipation and colon problems.

Colonics

Colonics cost about \$30 and are conducted by naturopaths or colon therapists. The colon is flushed with gallons of water while the colon is being massaged. Although colonics are not necessary if you are using an enema, they are beneficial at the start of a fast to effectively cleanse the entire intestine.

Psyllium Husk and Flaxseeds

For those who are uncomfortable with using the enema kit, psyllium husk or flaxseeds are an alternative. You can safely juice fast for extended periods using psyllium husk. The substance is a bulking agent (mucilage). It swells within the intestine to a gel, helping to absorb toxins and speed transit time of waste through the intestine. This reduces the toxic build-up that can occur during juice fasting. Both psyllium and flaxseeds contain a demulcent, which is an agent that soothes and protects the lining of the intestine. They also reduce occasional bouts of diarrhea that can be caused by fruit juices. The psyllium eliminates constipation that can occur upon breaking the fast. Two or three teaspoons of whole psyllium husk or two teaspoons of flaxseed a day (available at health food stores), as a regular supplement to a diet or while juice fasting can be somewhat beneficial. A drawback of using psyllium or flaxseeds during a fast is the mucus-forming effect that slows down the healing process. Using psyllium while on a water fast has a definite sinus-clogging effect. The enema kit is still the best for assisting healing. Using psyllium husk and flaxseeds to help cleanse the colon is a compromise. Psyllium is not needed in a raw food program because of the abundant soft fibers in fruit.

Colon Cleansing Formulas

There are various herbal blends designed for the recovery and healing of the intestines. These are mixtures of several dietary fibers, both soluble and insoluble. They may include various herbs that have a cleansing effect on the colon. These are superior to psyllium husk, but are more expensive and range in prices from \$10 to \$30.

Intestinal Bacteria

Inside a healthy lower intestine are billions of beneficial intestinal bacteria or micro flora. These bacteria are of the bifidus and acidophilus strains and were transferred by breast-feeding into our intestines as newborn infants.

The acidophilus and bifidus are used by the body in the final stages of digestion. They do this work and reproduce themselves in total harmony with the body. Toxins, drugs and antibiotics can damage or destroy these beneficial bacteria, allowing harmful bacteria to take over. Harmful bacteria produce by-products like ammonia, purines and ethionine, which can increase the chance of cancer. Deficiencies of beneficial bacteria are common, especially after heavy use of antibiotics, narcotics or after a severe bout of diarrhea. The devitalizing effect caused by harmful bacteria in the intestine is rarely diagnosed. Headaches, skin infections, weakness and constipation can be symptoms of depleted intestinal bacteria.

Intestinal Bacteria Replacement

Fasting depletes the beneficial bacteria because large quantities of toxins are dumped from the lymph glands into the colon. There is little food substance left on which the bacteria can live. Using the enema kit also depletes the beneficial bacteria, especially if chlorinated water is used.

To re-establish intestinal bacteria, purchase plain yogurt with the correct lacto-bacteria content. Look for acidophilus and bifidus bacteria in the ingredients. Most regular brands of yogurt will not work because the culture contained in them is the type found in animal's intestines. You may use acidophilus and bifidus capsules available in health food stores. Mix one tablespoon of yogurt or 2 capsules with one-half cup of water. You may add some warm water but do not heat the mixture or use tap water due to chlorine. After blending the mixture, add it to the enema kit, hanging it high. Try to retain the mixture for ten minutes, allowing the beneficial bacteria to pass up through the

intestine. This procedure will ensure a healthy culture that will propagate indefinitely without further implants.

Bifidus and acidophilus capsules are encapsulated to prevent destruction of the bacteria by stomach acid. On the day before you break the fast, swallow two capsules with a glass of warm water. It will take four days for the bacteria to reproduce themselves into a healthy culture.

Laxatives

Fruits and fruit juices have a natural laxative effect. The soft fibers have a cleansing effect on the intestine. This laxative effect stops after the colon happily adjusts to the soft fibers. If fruit juices cause excessive diarrhea during fasting, use psyllium or the enema to eliminate the problem.

If used moderately for short periods, laxatives can help remove toxins from the intestine during a fast. Some people feel that the most effective cleansing is in using the enema kit combined with natural laxatives. Others prefer using psyllium and a glass of prune juice or senna tea. If you choose herbal laxatives, never take them for prolonged periods.

Coffee Enemas

This process involves steeping eight heaping spoonfuls of coffee in 8 cups of boiled water then inserting the mixture into the colon. The caffeine is absorbed more quickly and in higher concentration through the colon wall than it is when coffee is drunk. Coffee enemas have the impact of drinking ten strong cups of coffee in ten minutes. Although highly popular and a commonly discussed on the Fasting.ws bulletin board, I am against the use of coffee enemas. Caffeine is not good and is even more damaging during a fast. The body needs to rest for healing and high amounts of caffeine stop this process.

Salt Flush

This involves the drinking 2 quarts of water mixed with 1 level tablespoon natural sea salt. The body reacts by flushing the colon. The enthusiasts of this process emphasize using Sea Salt because supposedly is not absorbed by the intestine but kept within the walls of the intestine. The common reaction is a watery discharge from the colon. The antiseptic quality of salt may have a benefit by killing harmful bacteria within the intestine. However, the body does absorb sea salt. Saturating the body with salt is not healthy especially during a fast.

Epsom Flush

The reported colors of pigmented stones observed extensively in patients are black and brown. The stones that people report being flushed in the process are green and float. Green stones are rare among all the known pigmented stones. The small green balls, floating in the toilet that are excreted by an Epsom flush, are nothing more than the byproduct of bile, Epsom salts and one-half cup of olive oil. The break up easily and cannot be considered gallstones. At the present I am convinced that the value of the Epsom Flush has been inflated by the fact that people believe they have excreted gallstones. It is difficult to drink to then point of vomiting and the diarrhea reaction is uncomfortable. I would like to hear from anyone who has pass hard stones from this process.

~

Eating processed, fiber-less, mucus-forming foods is a major contributing factor in sickness and disease. Eighty-percent of nutrients are absorbed through the intestine. Having a healthy intestine is vital to a healthy body. If we eat the way God intended, our intestines will be clean and healthy. God has designed fruits and vegetables with a healthy intestine in mind.

Chapter 14

Persevering In Fasting

I can't count the number of fasts I blew when I first tried fasting. It was like trying to get on a slippery surfboard. As soon as I felt confident, something bad would happen and I would eat and break the fast. Failing was never easy for me, smacking my self-esteem firmly in the face. It was only through raw determination and many failures that I mastered fasting.

Most people have had some experience with fasting and have quit within a few hours or a day. There are many excuses for failing a fast such as *I just had to try one bite*. Whatever the reason to quit, the result is the same; you slide back to the comfort zone of eating.

Fasting is a huge leap out from your comfort zone, and the further you are away from that zone, the greater will be the battle to return. At times, the battle will peak in intensity and you will either win or lose. Some have fasted 30 days on their first fast but many have failed to make day two.

If you fail, take no time for self-indulgent guilt or self-pity. Shake yourself up, get determined, because failure proves you are only human. Failure is like a bar on the high jump. If you improve your skill and technique, you can jump higher. Failure demands you learn to jump higher or walk away in defeat.

Getting Started

Sometimes, the hardest part of going to the gym is packing my gym stuff. Once I am moving, I will get to the gym for a workout. Fasting is like that. The hardest part is getting moving. Once started fasting gets easier. Here are some steps to get you in motion.

1. Buy the produce you need.
2. Put an X on your calendar as your start date and each day you fast.
3. On the night before the fast, use the enema and again that morning.
4. Spend some time in prayer and think of all the reasons why you want to fast.
5. Clear your schedule as best you can.
6. Get things done so you do not have to do them on the fast.
7. Practice making juice to find the mixtures you like.
8. Buy some quality herbal teas.
9. Buy some uplifting praise music and a book to inspire you.
10. If possible, remove temptations from the kitchen.

You Will Be Tempted

After forty days in the desert, Satan came to tempt Jesus. You also will be tempted. Satan will not ask you to turn stone into bread but bread into toast because he knows the aroma of fresh toast is deadlier than kryptonite to a person fasting. During fasting, all five senses increase in sensitivity. When the next-door neighbor pops bread into the toaster, you will smell it like never before. You can almost taste the molecules floating in the air. The brain is invaded with the smooth, delicious flavor of peanut butter melting on freshly browned toast. It feels as if you have not eaten for months. Feelings of being deprived start to surface and it is easy to open the refrigerator just for a look.

There is no temptation stronger than God has allowed. The victory of Christ is within you. Resist and he will flee. Try to remember that toast is mucus-forming.

Staying On The Fast

Try to avoid temptations. Watching a friend eat your favorite food is a torture you do not need. Sure, it is a show of discipline that will amaze people but that urge to eat may be suppressed ten times and on the eleventh you break.

If you need to make food for a family you can talk to them and ask for support. Come up with a meal plan that does not require you to hang over a stove smelling food for 20 minutes. Kids will enjoy the change and learning to make their own food will be a benefit to them.

The greatest enemy of a fast is lack of faith. Like a silent enemy, you cannot see it coming. Fasting's lethargic down times sneak up on you. Thoughts become dark and depressive. Nothing seems to matter, and there is a deep ache inside. You don't even feel like eating but you do because you don't care. Breaking the fast, at this time, can cause a period of hard depression taking a few days to return to normal.

Women have a hard time with their emotions each month due to changes in hormones. Toxins interfere not only with hormones, but also the biochemical balance that sustains mental balance, concentration and emotions. It can be a wild ride and the moods are powerful. At these times, do not trust your emotions or make any big decisions like putting your kids up for adoption. This is a time for prayer and drawing close to God. Prayer is so deep in these times. Your whole being cries out to God through pain and emptiness.

There are times I do not want to write, but when I do, I get into a zone and hours disappear. Fasting has a zone. It takes a few days to get into the swing of it, but if you hang in through the first few days, it gets easier and easier. Fasting becomes normal life, and you no longer have to fight major battles of willpower.

Here are some points to keep you on a fast

1. Mark an X on the calendar for each day you fast. Stare at it daily and feel good about your accomplishment.
2. Write down your fasting goals and read it each day.
3. Keep your mind positive and full of encouraging thoughts.
4. Avoid the TV because of the number of food commercials.
5. Pray daily for God to support you on your fast. Admit you need Him.
6. Find a fasting partner if you can; www.fasting.ws has a bulletin board for this purpose.
7. Do not put yourself in stressful situations.
8. Avoid negative people.
9. Stay thankful.

Chapter 15

Battling Cancer With Fasting

Before I start this crucial chapter, please know that I am not a doctor nor have any degrees. What I share with you is my personal theory. Cancer is infinitely complex; to even profess some understanding is to take a risk that everything you know may be wrong. Yet, there is a common consensus amongst natural health practitioners that cancer is caused by these main factors.

Main Cancer Causing Factors

1. Genetic predisposition
2. High levels of acid in the blood due to excess meat and processed food that require hydrochloric acid for digestion.
3. Low oxygen from lack of physical activity.
4. A buildup of toxins in the cellular structure.
5. Trans-fatty acids (store-bought oils), which can enter the cell membrane and interfere with the information process of the cell.
6. Stress and lack of sleep, which reduce the body's regular maintenance procedures.
7. Lack of antioxidants, which increases free radical damage.
8. Parasites in the blood that create carcinogens in their metabolic process.
9. Destructive emotions such as excessive guilt, anger and resentment.

Most of these factors are not only implicated in cancer but all disease known to man. In seeking healing, the most important aspect is the reversal of the causative agents. Modern medicine may offer surgery and chemotherapy but this does nothing to address the cause of the cancer. The best response to cancer is to address every causative factor and support the body in its defense through a combination of juice and water fasting.

Fasting Addresses the Above Cancer Causing Factors

1. Genetic weakness can be strengthened.
2. The juices of melons, grapes, oranges and lemons are highly alkaline as they are acidic and require an alkaline digestive substance to digest.
3. Oxygen increases in the cells as there are no large, sticky, fat molecules in the blood slowing blood circulation and the lungs are being cleaned for greater oxygen absorption.
4. Toxins are cleansed at a rapid rate.
5. Toxic fat is used as fuel and the fast can be supplemented with essential oils.
6. Stress is reduced and the body is given a much-needed rest.
7. Fresh juice is loaded with antioxidants phytochemicals and other protective agents.
8. Fresh ginger can be added to the fruit juices and cayenne pepper, oregano powder and garlic can be added to the veggie juice as well as supplements for parasites cleansing.
9. Inner reflection afforded by fasting can resolve many emotional issues.

By far, an extended juice fast is the most powerful measure in preventing the factors that cause cancer and disease. A yearly fast in combination with daily exercise and a diet high in raw food is an insurance policy guaranteeing your retirement will not be one of suffering and restriction.

Recovery From Cancer

Many have overcome cancer with fasting. For those who have the discipline and faith to complete fasts of 20 to 30 days, the healing results are astonishing, such as terminal cancer being entirely dissolved in less than ten days. Meanwhile, others have completed a long series of juice and water fasts yet the Lord called them on. With cancer, one humbly faces the fact that our fate is in God's hands. We do our best, but it still comes down to trust. And if death is the end of the battle, it has no sting for those of us in Christ, as death is only a release to glory and joy for eternity.

I wish I could be more positive and say that you will get healed if you fast, but that would be a lie. Yet, no matter what the outcome, fasting is still the most effective natural response to cancer. Fasting speeds healing after surgery, reduces the damage of chemotherapy, and strengthens the immune system. It greatly increases your odds of survival and, in the worst-case scenario, will postpone death.

Cancer is caused by an information breakdown within the cell. Like a computer virus, the computer no longer responds to the control from the operator, instead replicates in a destructive fashion. And so, cancer is out of touch with homeostasis and replicates destructively. It becomes greedy and steals the body's resources. The wasting away seen in cancer is from the cancer consuming the glucose in the blood. As cancer cells increase, the normal cells get less and less nutrition. At this time, caretakers will try to supply extra calories to slow the wasting process, but this is the opposite of what needs to be done. If cancer requires large amounts of glucose for reproduction, then the first defense needs to be reducing glucose in the blood. Healthy cells can live quite well on small amounts of glucose, while the cancer cells have greater calorie needs and are weakened by the lack of glucose. Fasting reduces glucose in the blood. It works best with a combination of water fasting and juice fasting using 2-5 glasses of juice per day followed by periods of eating small portions of fruits and vegetables. This approach will be the opposite of what doctors recommend, and it may be hard to convince a cancer patient of the wisdom of this. I have watched terminal cancer patients die because they put their faith in modern medicine and gave up any form of natural therapy. One can only respect their decision.

Another fact to consider is that fasting intensifies the scouring action of the immune system. The clean up cells approach the trillions of cells of the body and read the chemical label that tells the state of the cell's health. If it is dead, diseased or dying, it is removed. On the first stage of cleansing the immune system checks a cancer cell to see its condition and reads it as healthy. Then it moves on looking for another cell to cannibalize. Initiated by low blood glucose levels, this inspection process increases in scrutiny with continued demand for cannibalization. Eventually, fasting will break down tumors. How long into a fast before cannibalization does this is unpredictable.

There is another interesting factor brought in by fasting. Fasting causes an increase of toxins in the blood. The cancer must also endure this barrage. It is sort of like a natural form of chemotherapy. Meanwhile, the immune system is being given every resource it needs and allowed to fully focus on scouring the body.

It is the combination of all these factors mentioned that enable the body to heal.

A juicer is necessary. The key to battling cancer with juice fasting is small amounts of low-calorie, nutrition-packed juice. Thus, you get the maximum scouring action. Make green vegetable juices from kale, spinach, green lettuce, leeks, and lemons, using carrots, beets and apple for the base. Strain the juice. Drink Essiac Tea or water between the juices. If possible use an enema daily. Go to your local health store and buy the herbs and supplements that are recommended. Ask your friends to pray. When faced with the decision for surgery or chemotherapy, get alone and pray until

you get peace about the decision. When you have peace, you have reached the right decision. Do not make decisions out of fear and family pressures.

The Cancer Killer Juice

Rudolf Breuss's anti-cancer mixture has helped thousands of suffering people. During fasting, this juice blend exerts a deathblow on cancer. Its composition is: 55% beet root, 20% celery, 20% carrot, 3% potato, and 2% radish. Over 24,000 patients wrote him describing relief from their diseases. His patients were given small amounts of this juice over 42 days. A tea composed of nettle, St. John's Wort, marigold, artemisi and monarda was also given. By "starving out" the cancer, Rudolf Breuss reported a 96% success rate for the thousands of patients he treated over 30 years of practice. Rudolf Breuss died in 1989 at 93 years of age.

The Right Attitude

Cancer in the body is bad enough but cancer of the soul is worse. It starts by giving up hope and every thought becomes malignant with negativity, resentment, hatred and frustration.

An A.I.D.S. victim lay in bed, waiting out his last months till death. Life had no meaning only darkness. A change of heart came and he decided to fight. Even if he would lose, he would fight. He decided to live life to the fullest, and leave this planet knowing he had given rather than taken. He became a volunteer to help other needy people. Those around him were astounded at his positive change in attitude. He had become a different person because he had chosen to look at life differently. A day is a gift from God.

For those who are sick or diseased, self-discipline can seem an insurmountable task. Yet, it is from this standpoint that we must take steps to overcome our illness. The battle with cancer is a battle of faith. God's desire is for us to be healed. Even in the face of the worst news you have to make a stand on faith that you will be healed. Make your decisions and do the best you can believing the Lord will carry you through this valley of darkness.

Chapter 16

Breaking The Fast

Breaking an extended fast can be difficult. You will quickly discover that breaking the fast is harder than fasting. A slumbering digestive system is sensitive, and although you might want to try every food on the planet, you cannot because your system needs time to get back to speed. The longer the fast the more time is needed for breaking the fast. Water fasting demands the longest time to break. The longer the fast the more difficult it is to break correctly. Here is an email that shows just how bad it can be.

When it came down to actually breaking my fast, I had no idea how difficult it would be. The moment I put anything inside my body, I lost that natural euphoric high I'd had during the fast, and that feeling of losing control caused me to overeat until I was sick. I ate like a pig and even smoked! I was sure I would never have the desire to smoke again. I'm also feeling a bit ill. I feel like I felt before fasting: tired, frustrated, bloated and achy. Everything looks messy and out of control right now. I feel like I want to cry all the time. I don't understand it! I had such discipline during the fast! What happened? Do you have any insights for me? Thank you for being there!! Love, Mia

If you are a compulsive eater, breaking a fast can be exceedingly difficult. During the fast, you are free from the bondage of food, but as soon as you eat, the battle engulfs you at full intensity. There is a nervous anxiety about eating. Part of you wants to enjoy the food and part of you is fearful of losing control. Reading the book, *Eating In Freedom*, during your fast will have prepared you for victory.

There are erroneous beliefs that will destroy your discipline and healthy breaking of the fast. One is that *I have deprived myself; now, I get to enjoy food*. The other trap is the newness of the experience. Flavors and textures of food will be enhanced by super-clean nasal passages. Eating will be a brand new experience. There is a desire to try every food just to see how it tastes. A bite of this and that leads to a belly full of an indigestible mixture.

If you have dreamed of eating pizza after a fast, the first thing you will eat after breaking the fast will be pizza, because you have programmed your mind for the event. Be careful not to lust after food during a fast.

When you break a fast and start to eat, do not expect that the food will give you energy. Often, it is just the opposite; after fasting, the digestion of food can stir up more toxins. The first few meals move through the intestine like a broom that pushes ahead of it loosening waste from 30 feet of intestine. You can actually go from feeling great to feeling toxic after eating one small salad. Losing that exhilarating feeling and clear-mindedness, experienced on the fast, can be depressing. Don't worry if this happens, it will pass in a few hours. A healthy diet high in raw food, can maintain the benefits of fasting.

Eating small amounts of raw fruits and vegetables for the first five or six days will allow the body to gently wake up the digestive system. Once you have eaten, wait till you feel hungry. Do not eat according to the clock or because you feel you should be eating more. When breaking a fast, overloading the digestive system causes feelings of apathy, depression or sluggishness. However, if you do overeat, the effect can be remedied by fasting until hunger returns, and then continue to break

the fast. One of the tricks I have learned on breaking a fast is to pretend I am still fasting but eat the occasional fruit.

Guidelines For Breaking The Fast

For six days, gradually increase the amount of raw fruits and vegetables in your diet. To break a fast and gorge on meat, bread or junk food will be a disaster. Jarring the system this intensely, when the digestive system is re-awakening, can cause stomach cramps, nausea and weakness, negating some of the benefits of a fast.

First day: Eat a piece of fruit in the morning and a small bowl of raw vegetable salad for lunch; vegetable broth also is good. Drink freshly made juice for the rest of the day.

Second day: Soaked prunes or figs for breakfast. Small bowl of fresh vegetable salad for lunch. Vegetable soup made without salt at dinner. Two apples or a fruit salad eaten between meals. All this in addition to freshly made juices and broths.

Third day: Same as the second day, but add a handful of dates or raisins.

Fourth day: You may return to the diet you have chosen, but it is important to listen to your stomach, eat smaller meals, chew your food and eat according to hunger.

NOTE: When breaking a fast over ten days, a good rule of thumb is that the break-in period should be extended one day for every 4 days of fasting. When breaking from water fasting, go to a juice fast for two days or eat sweet fruits like oranges, mangos or pears.

Healthy Eating Habits

1. Eat slowly and chew your food well. Saliva has enzymes that assist in digestion. The enzymes in saliva can digest up to 80 percent starch, 30 percent protein and 10 percent fat.
2. Do not overeat! Listen to your body. Discover the amount of food that your body needs to live a vibrant, healthy life.
3. Decide ahead of time what you want to eat and the amount rather than eating from an urge.
4. Make juices during the breaking period. Juice is gentle nourishment to the body. Most fasters continue to include juice in their daily routine for the rest of their lives.
5. Continue in the same prayerfulness you had during the fast. God should be as much a part of your diet as He was a part of your fasting.
6. Be relaxed. Try to unwind when eating.

7. Stay focused on eating rather than on unsettling thoughts. Pay attention to the texture, smell and the sensation of eating. Be aware of how it feels in the stomach.
8. Enjoy eating to the max. People are starving and you have the privilege to eat.
9. Work at making healthy food appealing. A banana and pear taste great without preparation but having them sliced into a fancy bowl, sprinkled with chopped dates and chilled in the refrigerator will maintain your enthusiasm for eating healthy.
10. Discern the difference between cravings and hunger. Never feed your emotions by eating from stress, depression or boredom.
11. You will feel satisfied with smaller amounts of food and sluggish and tired when overeating. Rich foods full of fat, salt and processed sugars will cause nausea, headaches and weakness. A handful of fruit will be thoroughly satisfying. Because the digestive system has to work less, there will be boundless energy to spare.
12. Have an exit activity for after eating. Make it something you want to do. It will be easier to move away from the table.
13. Educate yourself on how to begin a lifestyle of healthy eating. *God's Banquet Recipe Book* will teach you everything you need to know about eating healthy. Fasting is a wonderful new beginning, a foundation for a lifelong, healthy diet.

Returning To A Toxic Diet

For those who insist on returning to their old toxic diet undoing the revitalizing of fasting, here are some tongue-in-cheek suggestions.

1. Slowly begin to reintroduce harmful foods. Suggestions are potato chips, pizza with extra cheese, white bread, milk, milk shakes from edible oil products, fried chicken, fries deep-fried in beef fat, eggs from chemically raised chickens, barbecued steak with a small portion of overcooked vegetables. Include lots of coffee and donuts to insure an optimum toxicity level.
2. Eat very few raw fruits and vegetables. If you must eat vegetables, make sure the life has been cooked out of them or buy canned. The best fruits are canned and preserved in sugar syrup.
3. Drink lots of Coke or Pepsi. Canned vegetable juice is fine in small quantities because the enzymes have been destroyed through pasteurization. If you buy fruit drinks made from powder, make sure you see food coloring and synthetic sweeteners and a few unpronounceable chemicals listed in the ingredients.

4. Eat ravenously as if every meal is your last. Swallow food with the least amount of chewing. Eating your meals in less than three minutes will guarantee minimum saliva content. Use butter as a lubricant. Deep-fried foods will also require less chewing.
5. Eat as much as your stomach can take. This forces the muscles that support the stomach to stretch out of shape. Try to eat till you feel stuffed to the point breathing is difficult and sitting requires that you loosen the button of your pants. Mixing proteins, starches, and sugars together with lots of liquid will reduce digestion and increase fermentation, which is necessary to create an achy bloating effect and effective high-powered flatulence.
6. Avoid fiber at all cost. If forced to eat whole-wheat flour, pick the bits of bran from the bread. This will allow the food to pass more slowly through the intestine so the body may absorb optimal toxic chemicals.
7. Do not exercise. Exercise oxygenates the cells and triggers the lymphatic system to cleanse the body. Try to remain in an inactive, horizontal position. TV watching on a sofa is perfect. Try to take as many snacks as possible to the sofa so you do not have to walk back and forth to the fridge.
8. Snack regularly during the night so as to curb the body's natural tendencies to detoxify during sleep.
9. Attend lots of church potlucks for toxic-diet encouragement from other Christians. Do not be embarrassed about going up for seconds, thirds and fourths. Attend every Bible study carrying donuts and a jumbo coffee in hand in case there is not enough for you. Avoid all the Scriptures that talk about discipline and the body being the Temple of God.

Maintenance Diet After The Fast

Fasting increases your body's ability to utilize food. The colon wall is clean of mucus coating, allowing the full absorption of nutrients and the digestive organs to be fully functioning. After a fast, the body is more efficient in digestion and absorption of nutrients. For this reason, underweight people, due to impaired digestion, will gain weight after a fast.

For a person who has lost weight through fasting, returning to the North American Diet can cause rapid weight gain. To keep the weight off, your fast should usher in a drastic change of diet. When your diet is mostly raw fruits and vegetables, you will be removing toxic fat, sugar and refined starches. Your body gets fewer calories and more nutrition.

Exercise is a vital part of this equation. Exercise increases base metabolic rate. When you exercise, the muscles use their glycogen reserves for the workout. For several hours after the workout, your muscles are reabsorbing calories from the blood to replace the glycogen reserves.

Healing and vitality will deteriorate on a diet high in starch, sugars and fats. You also will become aware that spiritual focus and discipline are affected by a poor diet.

Eating healthy takes education, experimentation and some time for adjustment. You have to test what diet works for your lifestyle and unique metabolism. It took years to get my diet to where I wanted it. Now it is easy. I drink fresh veggie juice for breakfast followed by fruit shakes blended with ice and Sucanat. About 2 hours later, I eat frozen, banana slices over fresh fruit and sprinkled with Sucanat. For dinner, I eat green leafy salads with fish using flax seed oil and spices for

dressing. I eat yams and cooked vegetables occasionally as a treat but find them heavy. I avoid starches, dairy products, chicken and meat but I am not strict or legalistic about eating and occasionally eat something totally off track like ice cream, but because 99% of my diet is healthy and I exercise, it has little effect except to clog the sinuses for two hours.

Increased Food Sensitivity

The first reaction to smoking a cigarette is nausea. If you keep smoking the body will become immune to its poisonous effects. After a fast, a clean body becomes like a thermometer to these harmful foods, no longer immune to their poisonous effect. Your body is clean, and has far less tolerance to the poisonous foods that you were used to eating previous to the fast. The sick feeling you will get from eating poison is a sign that your body is functioning normally.

I remember the one piece of apple pie that totally eliminated all the amazing feelings of health and well-being of the fast. After five minutes in my stomach, I was back to my old state of life. Thirty minutes later my sinuses clogged and my head was foggy. My emotions lost that childlike freedom I had become used to. I then realized that the elation of fasting is totally dependent on the blood being clean. The fact that these good feelings can disappear so quickly verifies, in dramatic fashion, the toxic nature of the Modern Diet and its effects on our state of well-being.

A lifetime of eating these adulterated foods has destroyed healthy sensitivity. The cleansing of this waste through fasting has allowed this sensitivity to return. The cleaner you become, the more you will be able to sense both the good and bad effects of various foods. This is the way it should be. A healthy body has a sensitivity that teaches us what we should and shouldn't eat. Chocolate tastes sickeningly sweet. A hamburger is heavy in the stomach, digests like a rock and makes the skin greasy. Pizza clogs the sinuses for two days. Meanwhile, a cantaloupe digests with ease without any negative effect and feels good. Having a healthy body may limit your ability to tolerate what you were previously free to indulge in, but the limitation is a blessing from God.

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You've walked a hard road to reach your goals. Do not allow your emotions to disrupt the logic and discipline that has brought you this far.

Chapter 17

Commonly-Asked Questions

This chapter is especially written to answer the questions that we are most commonly asked about fasting.

How can I be sure that fasting is safe?

Everything has risks, but juice fasting is a safer healing method than medications. Your physician will monitor a fast if you request it. Pray and ask God to give you peace about going on a fast. Besides, Jesus did it!

Can I exercise while fasting?

Exercise oxygenates the blood. The pumping action of the muscles flushes the lymph system and cells of metabolic waste. Exercise is important but not necessary during a fast. You will feel weak during water fasting, and rest is advised. While juice fasting, you may experience an abundance of energy that can make exercise easy. At other times you will experience energy loss. At these times, limit yourself to stretching exercises, light walking or deep breathing. During a fast, try to avoid intense, physical activity even if you feel energetic. You can feel tired and weak for the next day or two after intense exercise as your body tries to recover the glycogen reserves in the muscles.

How much should I drink?

As much as you want! When water fasting, drink when thirsty. Your body has a homeostatic mechanism that triggers thirst in relation to the body's need for liquid. On a water fast, I drink small amounts of water but a juice fast is another world. More juice means more calories and more energy. Drinking less juice means more intense detoxification and less energy. Working 14 hours a day of hard physical labor may require the calories of three cantaloupes or honeydews, one watermelon, plus herbal tea with honey and a vegetable juice combination. That is a lot of juice. If you do not have to work at hard physical labor, you can cleanse more quickly by drinking smaller amounts of juice.

Be careful not to drink too much watermelon juice in the morning. Gastric secretions are also waking up to activity. Too much acidic juice early in the morning may cause stomach cramps.

Will I become protein deficient?

We are terrified of protein deficiency; meanwhile, we never hear of anyone being diagnosed with protein deficiency. A number of years ago, it was theorized that protein loss during fasting was harmful and that a fast should be supplemented with protein. Fasting with protein became known as the *Opti-fast*. Fasters took nothing but water and a protein drink. Sadly, several people died. Protein digestion of whey or soy during the fast creates an overload of urea and the blood becomes acidic. In this condition, the organs become more damaged instead of healing. Your body has sufficient protein reserves for a 30-day water fast or longer. Fasting is a natural process. God has not overlooked any factors. You can take Spirulina during a fast, which is over 50% protein, and will benefit the fast.

Will I get too thin?

If you are thin or average weight and you fast for 30 days on juice or 10 days on water, you will become very thin. Ribs will show, the face will become gaunt, and friends and family will display concern. But the body will quickly normalize its weight in 5-to-10 days after the fast. If you are thin to start with, fasting may allow you to gain additional weight after the fast. Metabolism is normalized due to the cleansing process. It is very important not to try to gain weight too quickly. The body can rebuild only at a set rate. Overeating will burden the body and undermine the rebuilding process.

Will fasting shrink my stomach?

From years of over-filling the stomach, it is no surprise that it has lost its natural elasticity. Fasting helps recover the stomach's natural elasticity, restoring a flat stomach. After water fasting, you cannot eat big meals without feeling bloated, but that is a sign of a healthy body.

Breast Feeding Questions

Fasting.ws has received numerous questions from mothers wanting to juice fast while their infants are breast-feeding. They want to know if the increased release of toxins will hurt the baby. It is certain that fasting increases toxins in the mother's milk and whatever is in the blood ends up in the milk in trace amounts. The baby does have an immune system. Will there be damage, possibly. But, the greater question is, why be labeled insane. Friends and family will think you are a crazy heretic who does not care about her child. That is unwise. They will not even want to understand. All your pleading for understanding and logic will fall on deaf ears. Where there is a will there is a way and you and your baby will both be blessed with the joy of health. Here is a simple method to supply the maximum amount of balanced nutrition for both you and the child and allow you to lose weight gained during pregnancy.

1. Drink fresh juice daily.
2. Make nut milks and drink two glasses per day.
3. Powder some nuts and add them to the salad or add some tuna to the salad.
4. Take essential oils 2-3 tablespoons per day or make a salad dressing with it.
5. Eat one small salad with several vegetables to get a wide spectrum of nutrients.
6. Eat fruit salads daily.

Chapter 18

Fasting Problems And Reactions

Bad Breath: Waste passes through the lungs, which are an eliminative organ. Brushing the tongue with a toothbrush, using dental floss and rinsing with mouthwash will reduce bad breath. I do not recommend chewing gum for a fast as it stimulates digestion, but if you have a meeting with a big client, it may be wise to chew a breath freshener. Health food stores have natural breath fresheners.

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

Cankers: During a fast, unhealthy bacteria increase between the teeth, and the tongue becomes coated with waste that can cause cankers. To stop cankers, gargle with sea salt mixed with water several times daily. The most effective remedy is to dab salt on the canker but the pain will be very intense. Dabbing the sore with tea tree oil or vitamin E quickens the healing process. During fasting, the cankers can be large and very painful.

Chills: Almost everyone becomes sensitive to the cold during a fast. You will need to dress warmer and take extra clothing if you go out. A hot water bottle brings great comfort.

Cold Virus: Mucoid is the perfect food for viruses. Toxins weaken the immune system. When large quantities of toxins and mucus are in the blood due to a fast, the body can become susceptible to colds. To fight a cold, continue fasting to eliminate the mucus. Reduce the liquid intake and drink lemon juice. When your body is clean from mucus, you will never catch a cold again.

Diarrhea: Fruit juices have a laxative effect, which is more pronounced after water fasting. Using the enema can stop it. Using psyllium husk during diarrhea will help regulate the system. If there is rectal burning use Vaseline.

Hair Loss: It can be a terrifying experience to start losing hair during a fast or raw food diet. Joel Fuhrman, M.D. (drfuhrman.com) states, *Hair loss after fasting is not uncommon, it even has a medical name called Telogen Effluvium. Telogen Effluvium results from the conversion of a large number on anagen (active) hairs to telogen (resting) hairs, with subsequent shedding. It is usually observed 1 to 4 months after a precipitating event but may occur up to 8 months later. Typically less than 50% of hair is lost and be noticed only by the person suffering with it. Many drugs can cause this, but it also can be precipitated by rapid weight loss, fasting, surgery, childbirth, illness, infection and psychological stress. No treatment is necessary for this self-limiting disorder, although the duration varies form 6 to 12 months. Hair regrowth is always complete.*

Headaches: Toxins can cause muscle tightness in the neck and shoulders. This can result in tension headaches. Massaging the neck and shoulders will help relieve the tension. The herb, Fever

Few, which is available in health food stores, is well worth trying. It is acceptable to take Tylenol to get through the early stages of fasting where headaches can be very painful.

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

Nausea: When waste is released too quickly by the lymph glands, some of the toxic overload is taken by the liver and secreted with bile into the stomach. This causes nausea. Drinking water or carrot juice will dilute the bile and toxin mixture, helping to flush it from the system.

Nervousness: The elimination of toxins can irritate damaged nerves. A hot bath or walking will relieve tension.

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

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

Chapter 19

Healing Supplements

Herbal remedies have been used effectively for medicinal purposes for thousands of years. Forty-percent of our present-day medicines are synthetic reproductions of natural substances. If you analyze medicinal herbs, you will find the active ingredients are alkaloids or organic compounds that alter the metabolism of the body.

Herbs affect the body in the same manner as medicines. For example, ASA, more commonly known as aspirin, was synthesized from the natural, pain-relieving compound found in white willow bark, which is a natural medicine that has been used for a thousand years.

Herbs have a therapeutic effect because they either adjust the body's healing mechanism or stimulate a cleansing reaction. Herbs work in alignment with the body, rarely causing side effects. Chemical medicines ignore the body's natural balance, often resulting in side effects and depositing toxic chemicals that can stay lodged in the tissues for years, causing deterioration of cell metabolism. Medicines are notorious for their side effects, stimulating healing in one area of the body while having a negative effect on the whole system. Medications work in opposition to the way God intended us to heal.

Chemotherapy is a clear example of this. Powerful chemicals and radiation destroy the cancer, and, for a time, the cancer goes into remission. Unfortunately, the immune system is harmed and often the cancer returns to run unchecked through a defenseless body.

No herb or medicine can compensate for a continual ingestion of dead, toxic, mucus-forming food. Vitamins, minerals, herbs, enzymes, antioxidants, ginseng, lecithin, and herbal teas are going to benefit a body that is groaning under the weight of a toxic, nutrient-deficient diet. As your diet improves, these health products will have less of an effect on a body that is being saturated with life-giving, nutrient-rich fuel. What healing herb could you give to Adam and Eve to improve perfect health?

Although there are many health products that have value, fasting and increasing fresh, raw fruits and vegetables will have a greater impact on your health than any product. Here are some of the best natural products that can assist in healing. They can be used safely during a juice fast or as part of a healing diet.

Aloe Vera: Aloe Vera is excellent for the healing of digestive and intestinal problems and has been successful in treating colitis and Crone's disease.

Antioxidants: These are naturally present in fruits and vegetables. The most commonly known are vitamins C, E and beta-carotene. Flavonoids have been recently discovered as a powerful antioxidant, neutralizing and damaging free radicals, and are naturally present in vegetables and fruits. One of the most powerful flavonoids is proanthocyanidins. The leading source is found in pine bark and extracts from grape seeds with grape seeds being the best. The proanthocyanidins and gallicesters, which are found only in grape seed extract, enhance the power of vitamins C and E, strengthen capillaries, enhance circulation, improve eyesight, restore skin elasticity and softness, and block blood platelet and LDL oxidation. At the turn of the century, Johanna Brandt, in the revolutionary book, *The Grape Cure*, wrote that, *grapes seem to ferret out the most deep-seated cause of trouble and drive it from the system.*

Chlorophyll Products: High-quality chlorophyll products are excellent because they oxygenate the blood, building its hemoglobin, similar to iron which increases healing and detoxification. Barley Green or similar product are excellent sources of enzymes and are high in chlorophyll. Wheat grass is less convenient and less tolerable in flavor, but an excellent source of chlorophyll and trace minerals.

Multi-Vitamin and Mineral Supplements: In healing, there can be great value in high-quality vitamin and mineral supplements. We recommend organically grown, naturally derived vitamins and minerals. Avoid cheap, synthetic vitamins.

Spirulina: Blue green algae contain a complete protein of 65-71% that is easy to digest. It has been found to help reduce weight, allergies, visual problems, blood sugar imbalances, carbohydrate disorders, anemia and many other disease conditions. Spirulina contains 8 essential amino acids, 10 non-essential amino acids, potassium, calcium, zinc, magnesium, selenium, iron, phosphorus, pyridoxine or B6, biotin, B12, folic acid, inositol, niacin, riboflavin or B2, B1, vitamin E, alpha-carotene, beta-carotene, xanthophyll, cryptoxanthin, echinenone, zeaxanthin and lutein. It has many beneficial enzymes.

Several years ago, the National Cancer Institute announced that sulfolipids from blue-green algae, like spirulina, were remarkably active in test tube experiments against the AIDS virus. In 1993-95, research showed that natural polysaccharides in spirulina increased T-cell counts, strengthened the immune system and raised disease resistance in chickens, fish and mice. In 1994, a Russian patent was awarded for spirulina as a medicine for reducing allergic reactions from radiation in the children of Chernobyl. Its deep, green color comes from its rainbow of natural pigments: chlorophyll (green), phycocyanin (blue) and carotenoids (orange). Spirulina's beta-carotene is ten times more concentrated than carrots. Spirulina contains the rare essential fatty acid GLA. Gamma-linolenic acid (GLA) in mother's milk helps develop healthy babies. Studies show that nutritional deficiencies can block GLA production in your body, so a good dietary source of GLA can be important. Spirulina is the only other whole food with GLA. Vitamin B12 is one of the most difficult of all vitamins to obtain from a plant source. Spirulina contains 250% more than beef or liver. These qualities have given spirulina the accolade of being a super food.

With this information and a few kilos of spirulina on hand, I tried a spirulina fast. I found a few tablespoons of spirulina mixed with honey and water every few hours could maintain my energy for the day. I felt excellent and was amazed that it worked so well with fasting. You can use spirulina as a diet supplement, with juice fasting or even do a spirulina fast.

Chapter 20

Fruit And Vegetable Guide

The Fruit Guide

Apple: All of these types are wonderful for making juice no matter what time of year it is. Apple juice is a powerful cleanser and a general tonic for the entire system. It has an abundance of vitamins A and C. The juice tastes strong and may be diluted with water or mixed with other fruit or vegetable juices, such as carrots, cucumbers or melons. To keep apple juice from turning brown, juice a lemon before juicing the apples. Apples should be crisp and firm. Soft, mushy apples do not juice well. Always store apples loosely in the refrigerator.

Apple Cider Vinegar: If you have a batch of carrot juice with a tart flavor, a few tablespoons of cider vinegar will greatly help the flavor. It contributes to healthy veins, blood vessels, and arteries. Apple cider vinegar has extraordinary potassium content and beneficial malic acid. When purchasing cider vinegar, it should have fuzzy sediment (mother) on the bottom, proving that the vinegar is still in the live fermentation stage. A tablespoon of cider vinegar and honey in hot water is a tasty health drink.

Cantaloupes: Cantaloupes are considered the most nutritious of all fruit. The Center for Science in Public Interest compiled a list of fruits rated by their nutritional value. Cantaloupes came in first place, followed closely by watermelon, then oranges. Next came strawberries, grapefruit, pineapples, tangerines and peaches. In last place the lowly plum.

Cantaloupes are packed with vitamins A and C. Per pound, this fruit has 15,000 I.U. of vitamin A and three times the vitamin C content of apples. They also contain myoinositol, a lipid that helps with anxiety, insomnia and in battling hardening of the arteries. Cantaloupes contain the greatest amount of digestive enzymes. The American Cancer Society recommends melons as powerful agents in the fight against intestinal cancer and the all-too-common skin cancer, melanoma. One average-sized cantaloupe contains approximately 100 calories, yet, is dense in nutrients. Melons are perfect for weight loss.

Cantaloupes should be purchased firm, sweet smelling with a soft navel. During the summer, cantaloupes are cheap. To check for ripeness press firmly against the fruit with your thumb. They should give a little but not be soft. Cantaloupes can look decrepit, but still produce excellent juice. A major part of the cantaloupe's nutritional value is in the rind but it is high in mould and fungus so scrub the skin well with water and an organic cleaner. Juicing the rind will give more nutrition but diminish the taste. Slice and juice, seeds and all. When juice fasting, cantaloupes are the most convenient source for large volumes of cheap, nutritious, delicious, refreshing, colorful, revitalizing, energizing juice.

Grapefruit: With five times the vitamin C content of oranges, this juice is a powerful cleanser. The tastiest grapefruit is grown in Texas and Florida. Pink is sweeter and less acidic than white. Many people can tolerate grapefruit more easily than oranges. Juice some of the white pith for valuable bioflavonoids. Grapefruits can be prepared in a hand citrus juicer quickly. All citrus juices should be drunk immediately because of the fragility of the vitamin C.

Grapes: There are between 40 and 50 different varieties of grapes that come in a rainbow of greens, whites, reds and purples. Grapes fill the mouth with an explosion of delicious flavors. Grapes are an excellent source of potassium, which encourage an alkaline blood balance and also stimulate the kidneys and regulate heartbeat. The restorative power of grapes is phenomenal, cleansing the liver and removing the uric acid from the body. In France, many people go on a grape fast during harvest time. Studies have shown a lower incidence of cancer in the areas of France where this grape fast is practiced yearly.

Grapes are the most over-sprayed of all the fruits; therefore, wash thoroughly. Always look for a faint, powdery appearance, indicating *blooming*. A grape bunch should have a few grapes either falling off or mushy. The stems should not be shriveled, but green looking. Grapes keep for a week in the refrigerator. Raisins are also a wonderful, healthy candy and a good source of iron.

Honeydews: When ripe, honeydews have a light green, juicy flesh with a sweet flavor. It is a good source of vitamins A and C, potassium and zinc and excellent in digestive enzymes. To juice, wash skin and juice with seeds. Look for honeydew melons that have a creamy, yellow navel and are slightly soft when pressed by the thumb. Rock-hard honeydew melons will not be sweet and will take a long time ripening. They should also have a pleasant honey aroma. They will store well at room temperature or in the refrigerator.

Lemons: Lemons are the king of citrus fruit. Because of their high source of bioflavonoids, they are powerful in detoxifying the body. They are also an excellent diuretic. During fasting, lemon juice has a tremendous ability to dissolve mucus and scour toxins from the cellular tissue. When juicing lemons, leave some of the inner white peel for the bioflavonoids. Dilute five-to-one with water. One of the most refreshing drinks on a hot summer day is chilled mineral water with a splash of freshly-squeezed lemon juice. Juicing a lemon before juicing apples keeps the juice clear and pleasantly colored. Lemon juice is an excellent addition to vegetable juices. It acts as a delicious lift to the heavy flavor commonly associated with vegetable juice.

Limes: Similar to lemons. They are an excellent addition to any juice.

Oranges: What is breakfast without a fresh, tall glass of orange juice? Some of the highest quality oranges are grown in the sunny state of Florida. Florida oranges have higher juice content than oranges from California. The Valencia and Navel oranges from California are considered excellent for eating. Orange juice, fresh from the juicer, has a live taste. The powerful healing effects of fresh juice come from the dramatic increase in enzymes available to the body. Orange juice, frozen or bottled, has no enzymes, but can be added to freshly made juice.

Green skin on oranges is not necessarily an indication of their being unripe. In fact, the familiar bright orange color is a result of an orange dye having been applied to the skin. Oranges in their true color are yellow and green. It would be far healthier if the consumer could grow accustomed to what would appear to be an esthetically unappetizing orange. Look for thin skin, heavy fruit, and store in the refrigerator.

Pears: When pears are perfectly ripe—not too soft and not too firm, they are the most delicious of fruits. The juice from a pear is thick and sweet and can be diluted with apple juice. They are high in thiamin, riboflavin, niacin, and folic acid, which help establish a healthy cardiovascular system.

They are also a good source of vitamin C, calcium, potassium, phosphorus, and minerals. Levulose is the fruit sugar in pears easily tolerated by diabetics. Pears are higher in pectin than apples, which encourages regularity. Common varieties are Bartlett, Bosc, Anjou and Comice. The sweetest and juiciest are the Bartletts, with their bright yellow skin. Bartletts are available from summer to fall.

Look for slightly soft flesh around the stem area. For juicing, a firmer pear is desirable, so that it will not clog the juicer. Firm pears can be ripened on the counter in a couple of days. Keep juicing pears in the refrigerator.

Pineapples: Take a cold, fresh glass of ripened pineapple juice in crushed ice. Find a quiet, comfortable corner in your home and close your eyes. You will begin to hear the waves of the ocean lapping on the powdered, white shoreline of a tropical island. Above you, the gentle dance of palm leaves moved by hot tropical breezes. Add a pinch of coconut juice and you have been transformed into Robinson Crusoe, living a life of solitude in a tropical paradise. Pineapple has the taste of sun-soaked tropics, especially if you find one that was picked in its ripened state.

Pineapples are jam-packed with minerals, potassium, choline, sodium, phosphorus, magnesium, sulfur, calcium, iron, and iodine. They have loads of vitamins, including vitamin C, and are an excellent source of bromelain, an enzyme that helps digestion. Bromelain has also been known to cure laryngitis, and is soothing to the throat.

To cut pineapple for juicing, remove top and bottom. If not organically grown, stand vertical and remove skin. Cut in slices, including the core and pass through the juicer. Learning how to choose a sweet pineapple may take some practice.

Your pineapple ought to have a strong, sweet aroma. Look for a large plump, heavy fruit. The leaves should easily pull out. The skin should be a dark golden color. The summer is prime pineapple season because the sun is at its strongest. *Jet-shipped* or *jet-fresh* are more expensive, but have been flown from the field a day or two before you eat them. The majority of pineapples is shipped by sea and are often months old. Always keep pineapples at room temperature unless cut.

Tomato: Tomatoes considered a vegetable but are really a fruit.

Providing tomatoes are vine-ripened, they are a high source of vitamin C; in fact, one tomato is equal to more than 50% of the recommended daily allowance. Good source of organic sodium phosphorus, calcium, potassium, magnesium, malic and oxalic acid, and sulfur.

The problem is that most tomatoes found in the supermarkets during the off-season have the quality, taste and vitamin C content of a baseball. Vine-ripened tomatoes may cost you a little more because of the difficulty in shipping, but it is well worth the money in nutritional value.

Tomato juice has a wonderful taste that is quite different from store-bought juice, which is boiled and stored in cans for months. The health-giving acids in tomatoes are beneficial to the body unless heated or canned.

Look for bright red, soft, sweet-smelling tomatoes. They ought to be plump, heavy and filled with juice. Always buy from your local farmer, when in season. Do not juice green tomatoes as they may irritate the kidneys.

Watermelons: There is nothing more refreshing than a slice of watermelon on a hot day. Why, it is even better than beer— legal to eat in a public place, and does not result in a hangover! For \$2.50, you can produce a gallon of juice. Whereas eating the rind would be hard on the stomach, juicing it is a wonderful source of chlorophyll, vitamin A, protein, potassium, zinc, iodine, nucleic acids, and

enzymes that aid in digestion. Ninety-five percent of all the nutritional content of watermelon is in the rind.

Thump a watermelon with your knuckles and if it sounds hollow, it's going to taste sweet. They should be dark green in color, dull rather than shiny, and their underbellies should have a pale yellow color. Store whole watermelons in a cool place.

The Vegetable Guide

Asparagus: Available in early spring. It can be expensive due to the difficulty in cultivating. Its claim to fame is the amino acid asparagine that is destroyed by cooking. Asparagine is a strong diuretic, stimulating the kidneys. Asparagus is a great blood cleanser and excellent for healthy bowel maintenance. Some find that it soothes a nervous mind. You may find your urine turning dark and develop a strong odor. This is a harmless by-product of asparagus. Asparagus contains beta-carotene, vitamins B1 and C, bioflavonoids, potassium, and vitamin C.

Fresh, it will be bright green and firm to the tip. Will keep a couple of days in the refrigerator. Asparagus is an expensive but delicious addition to any veggie juice drink. Excellent to juice with carrots.

Beets: Famous for their ability to cleanse the blood, beets contain calcium, sulfur, iron, potassium, choline, beta-carotene, and vitamin C. Beets are also high in minerals that strengthen the liver and gall bladder, and are the building blocks for blood corpuscles and cells. Beet greens are excellent for salads and juicing. Beet greens are a good source of carotenoids that help in the prevention of all types of cancers. They are high in manganese, an important mineral for brain function.

Beet juice is very concentrated. Do not drink it alone. Dilute with a milder juice such as carrot or apple. Beet juice has been proven therapeutic in the treatment of leukemia and cancer. In a clinical trial, 22 patients with advanced inoperable cancers were given 10 oz. of beet juice daily for 3 to 4 months. Twenty-one of these patients showed marked improvement in health.

Beets cause the stool to turn red and may give the urine a reddish tinge. When juicing beets, alternate between pieces of beets and pieces of carrots, otherwise the beet pulp tends to build up on the side of the spinning extraction basket and causes the juicer to vibrate.

Lactofermented beet juice is fermented with lacto bacillus, making it sweeter. On a juice fast, this delicious juice is like a bottle of Champagne.

Purchase firm, rock-hard beets. Being a root, they can be stored for months in the refrigerator.

Broccoli: Broccoli is a flower top picked before it blooms. It is dense in nutrition, full of beta-carotene and an excellent source of fiber. Inexpensive and available all year round. It is full of vitamins B1 and C, and has a generous amount of calcium, sulfur, and potassium. Surprisingly, forty-five percent of calories in broccoli are protein.

Broccoli contains indole-3. The National Cancer Institute discovered that indole-3 emulsifies estrogen, reducing the risk of breast cancer in women. Broccoli is excellent when juiced, stems and all, but like all green vegetables, it should be mixed with lighter juices such as carrot or apple. When buying broccoli, look for tight tops with no yellow, firm but not limp. Will store well for 5 days in the refrigerator.

Brussels Sprouts: In the cabbage family, similar in nutritional value to broccoli. A good source of vitamin C, potassium, calcium, sulfur, vitamin A, and contain a decent amount of protein. Forty-

four percent of calories in Brussels sprouts come from protein. Look for dark green coloration with no wilting or yellowing. Should have a light smell. A good addition to juice but adding too many will give the juice a sharp bite.

Cabbage: A vegetable full of history. It was a mainstay during the great depression, but unfortunately was often overcooked and garnished with fat.

Cooking cabbage destroys most of its nutritious value and causes gas because of the sulfur. Raw cabbage is an excellent source of beta-carotene, sulfur, vitamin C and the trace mineral selenium, which is excellent for fighting cancer, protecting against heart disease, improving conditions of arthritis, slowing the aging process, giving beautiful skin and increasing male potency. Within cabbage is a delicate amino acid called glutamine. This is excellent for healing stomach disorders, including ulcers. When making cabbage juice, it must be consumed within 60 seconds or this precious amino acid will begin to decay. If straight cabbage juice causes gas, mix with carrot and celery.

Will keep up to two weeks in the refrigerator.

Carrots: Deep within the soils of the earth grows a golden root that has amazed nutritionists and scientists alike in its powerful healing qualities. One 8-oz. glass of carrot juice contains 20,000 mg. of vitamin A. Toxicity can occur when vitamin A is taken in supplement form or in fish oil, but is completely safe in the vegetable form. Vitamin A is an antioxidant that is able to attach to free radicals in the body, stopping them in their tracks. The damaging effect of free radicals has been associated with cancer.

Carrots are a natural blast of high energy. The sugars are released more quickly than from white sugar, but without the harmful effects. A mug of carrot juice in the morning will give you a competitive edge over coffee drinkers. Like all root vegetables, they are packed with minerals. Carrots are rich in organic calcium that is invaluable to bones and teeth. Inorganic calcium is almost useless to the body. The calcium in milk and white bread is inorganic and known to cause arthritis and gallstones.

Carrots are an excellent source of vitamin C, including most of the B complex, iron, potassium, phosphorus, and sodium. Carrots are easy to digest and cause the liver to release bile and excessive accumulated cholesterol. They have an alkalizing effect on the blood, soothing the entire nervous system and toning intestinal walls. Carrot juice is the best base for vegetable juice combinations. It is delicious, sweet and readily accepted by children. Carrot juice is considered the golden juice of healing. Even drinking a few glasses a day has healed many infirmities without fasting. During fasting, its healing effect is increased. Carrot juice helps in cleansing the liver. Drinking large amounts may cause the harmless effect of a slight yellowish color of the skin. Skin will feel velvety soft. The beta-carotene present in the skin is a natural protector for the common skin cancer, melanoma. Also, the slight yellowing of the skin can make a tan look deeper.

Juicing two to five pounds of carrots a day is standard for juice fasting. Unless carrots are fresh, the juice tastes better if they are peeled. If you don't have the time to peel them, put the carrots in the sink and scrub with a brush. In purchasing carrots for juicing, your local vegetable wholesaler can supply you with large, juicing carrots in 50 lb. bags at an affordable price. Carrots should be firm, smooth-skinned, without cracks or small rootlets. The brighter the orange color, the sweeter the carrots. They will keep for weeks in the refrigerator and months in a root cellar.

Celery: High in magnesium, iron and chlorophyll—which is an excellent blood builder. One of the richest sources of organic sodium. This is excellent for those who enjoy vigorous workouts, maintaining valuable body fluid and electrolytes.

Celery juice is a superb nerve tonic. Celery juice alone, tastes a little bitter and is usually mixed with carrots or apples.

Great for adding a salty taste to vegetable juices. Do you have a headache? Drink a glass of celery juice. Even the ancient Greeks used celery for the universal problem of headaches. Do you live in the air-polluted inner city? Celery/apple juice is able to cleanse the body of carbon dioxide. Were you thinking of buying an air conditioner? Celery juice cools down the body and is great for hot weather. Are you on a diet and craving a Snickers bar? Celery juice helps curb the craving for sweets. Do you have a problem with muscle cramps and fatigue during workouts? The potassium/sodium balance in celery juice will be a great asset. Always leave the celery leaves on for juicing, but juice the celery stalks last because it is stringy and clogs the juice machine.

Look for firm, solid stalks with bright green leaves.

Cucumber: Being *as cool as a cucumber* comes from the fact that the internal temperature of cucumbers remains 20 degrees lower than the external temperature on a hot day. People living in the Middle East and India have been eating cucumbers for hundreds of years as a natural coolant. When buying cucumber for juicing, look for non-waxed which allows you to juice the cucumber in its skin. Always wash vegetables thoroughly before juicing. This juice contains 40% potassium, 10% sodium, 7% calcium, 20% phosphorus and 7% choline. It is an excellent source of silicon. Cucumber is good to rub on your skin, giving it elasticity, resulting in a more youthful complexion. It is suspected to help in reducing hair loss. Cucumber juice is usually mixed with other juices.

Look for firm cucumbers with a dark green, wrinkle-free skin. Will store in refrigerator for 6 days.

Collards: Per calorie, collards have more calcium than milk. Thirty calories of collards, one cup, contains an incredible 218 grams of calcium! It is twice as high in vitamin A as carrots. An excellent source of organic, highly absorbable iron, and high in chlorophyll.

Look for crisp leaves, free from wilting, and without spots.

Fennel: If you enjoy the taste of licorice, you will love fennel. This unusual vegetable looks like a fat celery plant with feathers. In fact, it is in the celery family and has much of the same nutritional qualities. Its distinct flavor really spices up a juice or salad. Some have found fennel juice good for relieving migraine headaches, and overcoming night blindness.

Look for a white, solid bulb with healthy leaves. Will keep in the refrigerator for one week.

Garlic: There are entire books written about the curative abilities of garlic. Research suggests that it reduces blood pressure, helps with the problem of blood clotting, lowers the LDL (which increases bad cholesterol), boosts the immune system and encourages recovery in heart attack victims. Garlic's famous smell comes from allicin, which inhibits bacterial growth and fungus. It also helps with an overgrowth of yeast in the body and is used in treating Candida. Therefore, do not use odorless garlic pills. If they don't smell, your body can't tell.

Garlic increases the flow of digestive enzymes and encourages detoxification through the skin. Despite the odor that comes through the skin, garlic is good for you. Throwing a clove of garlic in your vegetable juice every day will be excellent for your health; nonetheless, it may reduce your

social life. One clove in the juicer is enough. Five cloves will cause a life of solitude, unless you can convince all your friends, family and people within a thirty-foot radius to also take fresh raw garlic juice! A better solution is swallowing chopped garlic at night with water. It will not cause odor and will release its antibacterial agents into the colon throughout the night.

Ginger Root: If you feel a cold coming on, or if you have a bout of laryngitis, juicing a small piece of ginger root with your carrots is a perfect solution. Kills internal parasites and bacteria. Great for making ginger tea or spicing up herbal tea. For ginger tea, throw slices in boiling water to taste.

Kale: Has a similar nutritional quality to its close relative, the cabbage. An excellent source of calcium. Look for solid, deep green leaves. Will store in refrigerator for 5 days.

Lettuce: Iceberg lettuce or head lettuce is useless. You might as well drink a glass of water for the same amount of nutritional value. The leaves of romaine, Boston, Bibb or any leaf lettuce that is dark green in color will be rich in chlorophyll. Good source of sulfur, chlorine, silicon, B complex, all contributing to hair growth, healthy skin and defense against lung cancer. Lettuce is a wonderful addition to any vegetable juice. Adding any green, leafy vegetable to juice will add chlorophyll, which immediately enters the bloodstream.

Leaves should be crisp with no dark spots. The darker green, the better.

Onions: Onion is in the garlic family and has many of the same therapeutic properties. Their strong flavor is attributed to natural oil that strengthens the nervous system, and encourages the growth of healthy bacteria. Large, Spanish onions are sweeter and milder in flavor, which makes them better for juicing. A sliced onion added to a juice mixture is excellent in helping to loosen and rid the body of excess mucus. Look for firm onions with dry, papery skins. Do not store onions in the refrigerator.

Parsley: Ancient civilizations have used parsley in medications and in poultices on wounds, boils, cysts and to draw the pus out of an infected cut. Parsley is one of the highest sources of life-giving chlorophyll, which acts like iron to oxidize the blood. Chlorophyll will help neutralize the strong odor of garlic, and is used in chewing gum to sweeten breath. It is a cleanser of the kidneys, liver, and urinary tract. Parsley is effective for upset stomachs by stimulating digestive enzymes. Excellent for the colon by encouraging the peristaltic wave in the intestines.

Parsley juice, added to vegetable juices, will enter directly into the bloodstream, immediately impacting your body. Both flat and curly parsley have the same nutritional value. Look for healthy, dark green leaves. Parsley can be grown inside and outside the house. Will store in the refrigerator for a week. Always add parsley with other hard veggies like carrot so it will not affect the juicer. Parsley alone can be hard on a juicer.

Peppers: Peppers come in many different colors. The most common is the green pepper which is an unripe red pepper. Red peppers are more expensive but sweeter and higher in vitamin C. Great for the skin and swelling due to arthritis because of the high silicon content. They are an excellent addition to any vegetable juice. Juice seeds, stem and all. Look for smooth, firm, non-waxed peppers. Will keep in refrigerator for one week.

Potato: They are in the same family as tomatoes and peppers. An excellent source of vitamin C and high in carbohydrates, potassium, calcium and iron. The most nutritious part of the potato is the skin.

This juice helps in curing stomach ulcers. Potato juice is a wonderful addition to any vegetable juice. When potatoes are juiced, a white silky paste will form on the bottom of the glass. This is potato starch and is mucus-forming with little nutritional value. Of all the vegetables, potatoes are slightly mucus-forming, but are still a valuable food, especially when juiced.

Red potatoes are less starchy and lower in calories than white potatoes, making them less mucus-forming. Look for potatoes with eyes, revealing the fact that they are alive with enzymes, ready to sprout, given the opportunity. Potatoes without eyes are mutants and are not desirable. They should be firm, without black spots, and with no green color, which can cause a slightly toxic effect. Never juice a green potato. Will keep well in a cool, dry place for a number of months.

Radishes: Radish added to vegetable juice will help clear sinus cavities and calm a sore throat.

Spinach: Never cook spinach. Oxalic acid is destroyed when heat transforms it into oxalic acid crystals that are harmful to the kidneys. It also binds to iron, making it unabsorbable. Spinach is important due to its chlorophyll content, and also supplies an abundance of nutrients such as oxalic acid, beneficial in the cleansing and healing of the intestinal tract. Spinach juice, mixed with other vegetable juices, turns the mixture brown. Although it may look unsightly, it is a beautiful sight to the cells of the body.

Finding good spinach can sometimes be difficult. Look for crisp, dark green leaves. Rinse spinach well, removing sand and grit. Will store in refrigerator for only a few days, as spinach quickly becomes slimy.

Sweet Potato (Yam): The darker the color, the higher in vitamin content. They are one of the greatest sources of beta-carotene. They are plenteous in vitamin C, potassium, carbohydrates, calcium, and a good source of fiber. History has shown that people can live exclusively on sweet potatoes and remain healthy and strong. Carrot and sweet potato juice is tasty and outstanding for complexion. Yam can be added to any fruit juice, giving the juice a smooth, milkshake-like taste.

Look for firm, not too large yams that are tapered at both ends. Skin should be smooth without brown spots. Will store in the refrigerator for two weeks.

Chapter 21

Juice Recipes

The average person is able to assimilate between 1% to 35% of the nutrients in vegetables. All nutrients of vegetables are locked within the fibers. Your digestive system acts like a juice extractor. Through chewing, the action of saliva, digestive juices and enzymes, the body separates fiber and nutrients for absorption through the colon wall into the bloodstream. As the waste and fiber exit the body, soft, sponge-like tissues gently clean and massage the colon wall.

Most people have never eaten a 5 lb. bag of carrots. If they did, it would take a day to digest the nutrients. Yet, in juicing 5 lbs. of carrots, your body is able to assimilate phenomenal amounts of minerals, vitamins, trace minerals, and complex simple sugars, depositing vital enzymes into your enzyme bank.

A juice extractor is able to extract 70% to 98% of the nutrients from vegetables. When you pass a carrot through the juice machine, it effectively separates the juice that is locked in the fibers. The juice of the vegetable is like the blood of the body, containing all necessary elements that build, cleanse and nourish. In drinking the juice, the majority of nutrients are absorbed directly into the bloodstream without the work of digestion. An abundant supply of nutrients in conjunction with minimum digestive effort is a perfect healing environment.

This is not to say that all vegetables should be consumed in the form of juices. Roughage is vital to human health. Although fiber has no nutritional value, it is necessary for maintaining a healthy bowel and removing toxic waste in the colon.

It is best to consume the juice as fresh as possible. However, if you are working while juice fasting, making juice three to four times per day is impossible. Juice can be made in the morning and stored in a thermos. Although the juice will have lower enzyme content, vitamins and minerals will be present, supplying the body with the nutrients needed for healing.

The charismatic carrot is the favorite among vegetables for juicing. They sweeten vegetable juice combinations, adding beta-carotene, and are cheap and easy to juice. You can add a variety of other juices to carrot juice. Beets and lemons really spice up carrot juice. Celery, red pepper, cucumber, apple, and cider vinegar will add more nutrients and enhance flavor. After experimenting with various mixtures, you will find blends to activate your 9,000 taste buds.

Orange, grape, melon and strawberry taste great alone. But, hey—let's have some fun! Sipping strawberry, apple, and blueberry juice is a taste of liquid heaven. A few suggestions will get you started as a fruit juice inventor. It's really hard to go wrong.

Fruits and vegetables are usually sprayed with various pesticides, but most of the toxins are left with the discarded pulp. Fruit is lower on the food chain than animal products, and toxic build-up is much less. Unlike meat, fruit and vegetables are equipped with antioxidants and detoxifying agents that help keep the body clean of toxins.

Yes, fruits and vegetables do have pesticides and toxins present, but eating from a diet high in raw fruits and vegetables will assist your body in remaining protected, mucus-free and clean. If you are blessed enough to afford organic, pesticide-free produce, I encourage you to enjoy the blessing. But for most of us, organic is simply not an option. Juicing standard produce from the local grocery store has healed many desperately sick, even terminal cancers. Almost all the healing testimonies you are about to read were of people on fasts using store bought produce. Do your best and God will do the rest.

During a cleansing fast, do not resort to bottled, dead juices that have been on the shelf for six months. You are setting yourself up for a more difficult fast. There is a rush of well-being when you swallow a mouthful of living juice. 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!

Juice Machines

A good juice extractor is an essential tool. All the essential nutrients in fruit and vegetables are locked within the fibers. A juice extractor frees these essential nutrients so that they can be absorbed directly through the stomach wall without need of digestion. Metabolic energy is then used fully to cleanse waste from cellular tissue. Having a good juice machine is the most significant step you can make in improving health. It will become the most important appliance on your counter. I use a Champion Juicer that is 25 years old and still works perfectly. Juiceman, Krupps or Panasonic juicers are also good. I do not like the expensive gear juicers as they are slow in making juice and hard to clean.

1. Joggers' Paradise

5 oranges
3 hard pears
1 small yam

Here is a muscle-blasting, power-pushing juice for joggers. Juice fasters often experience periods of phenomenal strength and endurance. Clean blood, clean muscles, and enzyme-rich, nutrient-packed fuel make for intense aerobic activity. Water fasting usually requires rest, but not so with juice fasting. Look out! You can clean your house, run and lift weights with the best of them. Many elderly fasters such as Ehret and Bragg performed extraordinary feats of endurance while fasting. Try this juice out on a five-mile jog. Add a little crushed ice and let your taste buds sing. Sip slowly.

2. Flying Orange

2 pears
3 pink grapefruit
1 sweet potato

A delicious, alcohol-free party pleaser that will blow both socks off. Ask the host if you can take your juicer to the party. Enjoy an enzyme high without a nasty hangover. It may be more expensive than beer, but who wants to drink yeast excrement (alcohol) anyway? Cut loose with the joy of the Spirit. And when all those social drinkers are drinking to numb the conscience, yours will be free and clear. And when the fun becomes foolish, you can drive safely home to rest with a timely excuse—I jog at 6 o'clock in the morning.

3. A Taste of Heaven

2 carrots
1 sweet potato
2 apples
thin slice of Spanish onion
pinch of dulse powder

He renews our youth—to run and not grow weary. The Lord renews our strength so that we will mount up on wings like eagles. It's time to let go and let God. To trust, and have hope. He is with you and will never forsake you. And joy shall flow from your heart, like a child.

4. Athletes Super Fuel

1/2 watermelon
1 lemon
5 oranges
1 can frozen pineapple concentrate

So you've just entered the iron man contest. No more couch babysitting for you. Heading for the threshold of endurance. Developing a discipline like iron that will keep you running with power toward that finish line. Fixed and resolute, yet flexible and gentle. Driven and focused, yet child-like and joyful. Strong, yet dependent on God. Ready those muscles for training. Stir the soul. Be ready for action like a soldier awaits a command.

5. Fantastic Fertility

3 hard pears
1 cantaloupe
1 sweet potato

A delightful surprise to husbands and their wives is the increased vitality of sexuality. God made sex to be enjoyed, giving fulfillment to the sacred bond of marriage. Marriage is a holy act and pleasing to God. Juice fasting can bring back the long-forgotten sparks. After an exciting night, one woman responded to her 65-year-old husband, "Honey you should fast more often!" When a husband and wife, filled with God's love passionately display selfless affection, there is great contentment.

6. Citrus Slurp

1 grapefruit
1 orange

Citrus juice made from a hand citrus juicer and a centrifugal force juice extractor can be quite different. The electric juice extractor produces a thick, frothy juice, which is more tart. The quality and the nutritional value of the two are similar so it is only a matter of preference.

This is an awesome waker-upper and is healthier than coffee. It may take a little more time to make, but you will gain time because of the sharp mind that you will have in whatever you do.

7. The Hyper House Cleaner

2 yams
1 beet
1 slice Spanish onion
2 lemons
1 celery stock
slice of ginger

So you're ready to clean house. To scale the Mount Everest of dust and garbage. To enter the black hole of the basement. To chop a jungle trail through the kid's bedroom. To reach into crevices too horrid to imagine. Yes, you need juice. Not just plain juice, but *Hyper House Cleaner* juice. More powerful than a janitor in a drum. More thorough than Mr. Clean. Able to leap kid's toys in a single bound. Polish up those cleaning utensils and get ready for an aerobic house cleaning workout.

8. Pineapple Piper

1 pineapple
1 sweet potato
4 oranges

This juice is like music to your cells. Let this amazing juice parade down to your belly, to the applause of 9,000 taste buds! If a juice can make us feel this good, what will the glory of entering heaven be like? All of heaven rising to its feet as you enter, tired, worn and weary, yet filled with joy, standing in victory, tears flowing as you receive the inheritance of Christ and His eternal thanks. *Well done my faithful servant.*

9. Race Runner

1 lemon
2 radishes
1 beet
1 slice Spanish onion
2 sweet potatoes
1 celery stock
2 Tbs. cider vinegar

So you've made the decision to run the race of heaven. To give it your all. To live without needs or wants. To be a servant. To deny self. To live in the spirit of peace, kindness, hope and joy. To war against spiritual realms, praying always. To stilling the storms of the soul through trusting in God. To be willing to suffer. Then, here is the juice for you. Make it in the morning just before a brisk walk. Make it a walk of war against doubt, fear, worry, lazy thinking, and frustration. As you walk, adjust the face of your soul so that it shines with peace, love and joy.

10. Red Ice

1 beet
1 sweet potato
2 apples
1 lemon
1 tomato
thin slice of Spanish onion
1 garlic clove
1/2 can of frozen apple concentrate

Crush ice or blend with water till slushy. Add juice and get ready to chill out. Cool down those forces of frustration. Be at peace in the storm. This drink is made to refresh your cells like the Spirit is made to refresh your soul. Sit back and consider your blessings. Look at what is within. You are kind, loving, encouraging, full of hope and at peace. A sign that God is at work within.

11. The Pain Remover

1 lemon
1 orange
3 hard pears
3 apples

Bruises, aches and sprains can be irritated by a toxic bloodstream and a high-protein diet. But a low-protein, natural diet lessens irritation and reduces inflammation. Not only does this juice taste

delightful, it assists in the healing process. Adam and Eve never woke up stiff with arthritis. Perfect food sustaining perfect bodies. It is our heritage to be healthy and pain free.

12. The Brain Stimulator

1 orange
1 hard pear
1 yam
1 grapefruit
1 apple

Scientists have determined that we use only 10 percent of the brain. Living on coffee and doughnuts reduces that to 2 percent. Here is a juice to stimulate all of that unused percentage back into activity. For this juice to be effective, you need a five-day juice fast to clear the coffee, doughnut and junk food residues out of the bloodstream. Once clear, this wide-spectrum, nutrient-rich juice will stir the brain into super activity. Better memory, sharper thinking and good study techniques are the tools for great marks. No more morning brain fog. Now, you can leap out of bed to study while brushing your teeth and preparing for the day.

13. Super Duper Spicy Tomato

3 ripe tomatoes
1/2 green or red pepper
1 celery stock
1 apple
1 tbs. good tasting yeast
1/2 tsp. onion powder
1/2 tsp. garlic powder
1 tsp. Worcestershire sauce
pinch of freshly ground black pepper
3 drops Louisiana Hot Sauce (optional for the real man)

Do you enjoy bungee jumping? How about skydiving? If you have an adventurous personality, then this is the perfect juice for you. When you are fasting, drinking this juice may make you feel as though you have just eaten a large pizza. If you are on a cleansing fast, eliminate the good tasting yeast.

14. The Niagara Falls Cleanser

1 wedge watermelon
1/2 lb. red grapes

Watermelon rind has chlorophyll, vitamin A, protein, potassium, zinc, iodine, nucleic acids and enzymes that aid digestion. Ninety-five percent of the nutritional content in watermelon is in the rind. The seeds may be a little noisy but are harmless to the juicer.

You may be curious about the name. When you put a sloppy wet piece of watermelon in the juicer it comes out like Niagara Falls. Because watermelon is a great diuretic, your kidneys and bladder will experience a honeymoon of youthful health.

If you are short on money, watermelon juice is the ticket. You can add just about anything to watermelon juice, so again, we encourage you to have some fun.

15. Fabulous Fennel

1 fennel bulb
1/2 beet with greens
2 apples

If you enjoy the taste of licorice, you will love fennel. This unusual vegetable looks like fat celery with feathers. Fennel helps your eyes to increase in sensitivity, overcoming night blindness. Some have found fennel juice good for relieving migraine headaches.

16. Apple-Berry Better Bladder

2 apples
1 1/4 cups of cranberries

Cranberry juice is a powerful healing tonic filled with quinine, which changes to hippuric acid in the liver. Hippuric acid is able to assist in the removal of purines, uric acid, urea and toxic build-up in the prostate gland, testicles, kidneys and bladder. An excellent preventive juice for North American men who are battling the increased risk of prostate cancer. It is a wonderful defense against yeast infections for women. Cut apples into wedges, juice seeds and all.

17. Garlic Breath Delight

2 tomatoes
2 apples
1 clove of garlic
sprig of parsley

This bacteria buster means business. Garlic reduces blood pressure, helps with the problem of blood clotting, and lowers the LDL that increases bad cholesterol. Garlic boosts the immune system and encourages the recovery of heart attack victims. Garlic contains allicin that inhibits bacterial growth and fungus, helping with yeast over-growths, and is useful in treating Candida. Garlic increases the flow of digestive enzymes and encourages detoxification through the skin. The addition of parsley helps in combating the unpleasant odor of garlic. This juice is worth losing a few friends over.

18. Tom's Favorite

one cantaloupe
5 ice cubes
2 tbs. of Sucanat
dash of cinnamon

Juice the cantaloupe and blend with Sucanat, cinnamon and ice cubes.

This is my favorite drink. Stunningly refreshing and full of flavor. Has more than 15,000 I.U. of vitamin A and over three times the vitamin C content of an apple. It also contains myoinositol, a lipid that helps with anxiety, insomnia and in battling hardening of the arteries. It also contains the greatest amount of digestive enzymes. The American Cancer Society recommends cantaloupes as powerful agents in the fight against intestinal and skin cancer. Cantaloupe contains approximately 100 calories, yet, it is dense in nutrients. This makes them a perfect food for healing and weight loss. Delicious, filling and low in calories.

Chapter 22

Fasting Testimonies

Everything you have read shouts that there is a road back to health. No matter how serious the problem, it can be either cured or improved. The testimonies in this book reveal the amazing curative powers available through fasting and eating live foods. People have returned from a life of pain and suffering to a new beginning. We encourage you to go for it, that you may add your story to this great Hall of Fasting.

Kim L. Oshawa, ON

It started like any other conversation. I was in the gym working on the shoulder press when this guy asked if he could "work in" with me. I recognized him as a friend whom I had gone to school with 20 years earlier. He looked fit and trim. We got talking about health and food additives. Although I professed how bad they were, I ate without discrimination. I found it difficult, if not impossible, to control my eating as I kept falling into the old bad habits. I had tried but it always felt like I was forcing myself.

After the workout, I had the chance to talk to Tom in the sauna, where he told me he had co-authored a book about nutrition and fasting. Being open-minded, I asked if I could read it, and later that night I started to read his book.

Some nutritional points I already knew, but the things I didn't know started to blow me away. The causes of disease made sense. I bought a juicer, made fresh juice, and started eating less. I even stopped drinking my five or six coffees per day. To my surprise, it was easier than I thought.

The first thing I noticed was the effect of the caffeine withdrawal. For the first two weeks I was lethargic, wanting to sleep constantly. The second thing I noticed was the weight loss. I was losing half a pound per day. As time went on, I felt better and better. There were times when I felt incredible surges of energy. Yet, I didn't always feel like a million bucks. Occasionally I felt bad and thought "this can't be doing any good." Luckily, I persevered to reap the benefits.

A highlight was a trip to the doctor. Upon examining my blood pressure, the doctor took a second look at the readings and said, "I don't know what you are doing, but whatever it is, keep it up."

Climbing one flight of stairs no longer tires me. Instead, I bounce up them two at a time. In fact, I can exercise for 50 minutes on the stair climber. In losing 20 lbs. of excess weight, I now weigh the same as when I was in high school. I have permanently given up drinking coffee. (My wife says I am easier to live with.) I try to make fresh juice daily, and eat lots of fresh fruit and vegetables.

I don't perfectly live the diet. Once, I had the tremendous urge to eat a pizza. Rather than fighting with myself, I allowed myself to enjoy it without guilt. Surprisingly, I was satisfied with only two pieces. Normally I would have eaten six or more slices.

In closing, I want to say that I am happy I took the time to pursue this path, and appreciate Tom's reassurance and insight whenever I called for help. I have no trouble endorsing Tom's book, his knowledge, and commitment.

Brian C., Oshawa, ON

I am 35 years old. For years I had thought about disciplining my eating habits, largely because I gained a few pounds, and inches, from a diet heavy in dairy. Every time I got hungry I drank some milk, right from the container.

To illustrate, I was unemployed during my late twenties and had a fridge in my one room apartment. It was so close at hand I drank sips of milk every 45 minutes or so, which got rid of the hunger pangs; however, it also made me thirstier. Milk does that! I actually started the dairy diet because the doctor recommended it to deal with ulcers caused while driving a truck in Toronto.

The remedy worked, but I put on weight.

Any attempts I made at disciplining myself were defeated: I had no direction and the foods I ate were not healthy.

However, in the summer of '92 I met a friend who asked me to look at a book he was writing. Because I was trained in journalism, I ended up editing the first draft of *Fasting to Freedom*.

During the process, I learned a few things, some of which I put into practice. For the first three months, I went four days every week on juice alone. In the following two months I slacked to one meal per day and have continued this way.

Some of the changes that have taken place, due to my change in diet, include clearer sinuses from a reduction in milk and a weight loss of 28 pounds, with eight inches lost from my waist (I really enjoy looking at myself in the mirror now)! I have a real sense of achievement in exercising self-discipline; and I managed to reach more than 600 push-ups, 600 sit-ups, and three twenty-minute workouts (aerobics) per day. In fact, I was more motivated to exercise on the days following a straight juice diet—the days I ate solid foods were followed with a heavier, dragging sensation, which discouraged pushing it during workouts.

In December of '92 I was surprised to learn about my capabilities. It had heavily snowed over two days. Both days I did the push-ups and sit-ups prior to shoveling my driveway and two other driveways in the neighborhood. After the shoveling expedition, I returned to do the workouts. Furthermore, the second day, a Saturday, I volunteered to shovel the church parking lot. After nine hours of shoveling, I was surprised to find my muscles were not sore the following morning. What's more, I danced in my church and I enjoyed every minute. My pastor was also surprised because he had joked during the service about those in the congregation who might be experiencing pain from clearing snow from their driveways.

The author of this book suggested that if I failed in my eating habits now and again, it was all right. No sweat! That really helped. It also encouraged me to enjoy fast-food joints without guilt about once a week. Nonetheless, I returned to a regular diet of approximately 70 percent fruits and vegetables.

Elaine H., Toronto, ON

I was carnivorous in my eating; my diet was mostly fried or grilled meats. My favorite delicacy was the beef fat around the steak, after it is fried crispy. This diet continued with its monthly cold, anemia, and various related health problems that are considered "normal"—such as a hysterectomy at the age of 24. Fortunately, I met Ron H. in 1978 and he began discouraging my milk drinking, heavy salt use, white bread consumption, and insisted that I eat a few vegetables. At first I could only tolerate a very small token piece of green pepper or broccoli. Eventually, the pieces kept getting bigger until I was eating a whole piece. Now, Ron has to fight for his share of the vegetables. One of the most pernicious habits I had was always keeping a bowl of candy within 10 feet. As my diet improved, I found I did not need the lift from sugar. Together with my husband, we searched for a

better diet. We experimented with the Rotation Diet, Pritikin Diet, and Macrobiotics. None of these diets worked for us. Then we read *Fit for Life* in 1988. By adhering fairly strictly to *Fit for Life* principles, I lost 40 lbs. in eight months. The improved diet heightened vigor, and encouraged me to take a 12-day water fast in Texas at T.C. Fry's fasting facility in 1989. On the third day of the fast, I stopped sleeping for five days and nights. This was the body correcting an industrial accident that injured my tailbone ten years earlier. Specialists had told me that "full flexibility could not be restored to the spine," but after five days of fasting I could bend from my waist. Since I broke that fast, I have lived a hygienic-vegetarian diet for the last five years. Lately, I just water fasted for 13 days at Tom's fasting retreat without any noticeable symptoms, indicating a high level of health.

Ron H. from Toronto, ON

I have been working in the health field for thirty years. In 1962, while growing germs in the laboratory in Ryerson College, I questioned how these germs could combine to attack us. They have no means of communication and no mobility. However, if you wish to work in the health field, you accept the germ theory or work elsewhere. I got married and started building a home. Five years later, this marriage ended in an acrimonious divorce. For advancement, I took additional college courses. One of the options was sociology. This was the first time I had heard the word placebo, and when they came to demonstrate the different cultural expectations of disease, I saw clearly that germs were not the cause. This led me on a quest through health-related literature. Not much change was made in my diet until I met Elaine. This gave me the impetus not just to live a longer life, but also to live it at maximum capability. I was 36 when I met Elaine and promised her 50 years, which meant I would have to live to be 86. Now, having seen my mother die at 85 in great shape on a standard diet, I have my sights set on a hundred. Then I will decide where to go from there. With this goal in mind, I started searching for the best diet to ensure high-level wellness. I traveled many blind alleys before finding natural hygiene. When I discovered *Fit for Life*, I also lost 40 lbs. in the same time period as Elaine. I tried several short fasts, but always went out of control about day five and had to break them. I then decided that I had no option except to have a minimum 14-day supervised water fast. My main concern was that my left bicep felt like a bag of marbles. From day three of the fast 'til day five, my left arm was in excruciating pain, but on day six, the muscle was smooth and as fibrous as it should be.

Since age 14, I have always had acute sinus problems. I stopped the pain with aspirin, and inhibited the symptoms with codeine. This is the only drug of significance I have abused except for nicotine and caffeine, but I can still taste aspirin when I fast, indicating the cells are releasing this chemical garbage. Since that time, my only health concern has been small, weeping ulcers on my left arm and shoulder, which shows me that toxins are still trying to get out that side of my body. Having heard that we now have a Canadian fasting facility, I undertook 13 days of water fasting, preceded by three days of juice to lower my toxic load.

So far, each of the eight fasts I have undertaken have always involved vomiting because the bowels are shut down and the toxic load being sent into the stomach must be ejected. I feel it is a short-term pain for a long-term gain. The sores have closed up and the body has been lowered of its toxic load; and, we hope they'll stay a thing of the past. I was very gratified to note no other pain or crises, which proved to me that I have obtained a high level of wellness. It will be very happy day for me when I can fast free of symptoms, because there is no waste to be removed.

Tom P. from Oshawa, ON

I juice fasted for 30 days, had a few days of light soups and salads and resumed juice fasting for another two weeks. I've noted so many positives from my fast that I thought I'd write them down in hopes that someone might be encouraged. Note, I don't consider myself an expert on this, by far, but it has been sort of fun working this fasting stuff out.

IT'S TRUE...I believe our bodies do react more strongly to things when we've had to do a little detoxing. For example, since fasting, someone has replaced the world's chocolate supply with nearly tasteless brown wax. Okay, true confessions; in breaking my fast, I've had light soups and salads and slowly began adding a little chocolate at the very end. At first it really tasted odd. It was hard to imagine ever having liked it. But, I persevered during the days that followed and eventually worked my way up to a good sized bar. I had weird dreams that night and awoke the next morning with a mild headache. Repeating the experiment the following night produced the same results. Now, I'm not going to say I'm completely cured, but it doesn't seem likely that chocolate will be the staple it was for me in the past. IT'S TRUE about portions too. Maybe my stomach has shrunk and just really needs a good internal workout, but I am satisfied with far less food than before. I find myself stopping before feeling full and knowing that it is enough. IT'S TRUE about cravings for healthier foods, too. Maybe I just have a healthy fear of trying bits of unhealthy delicacies, but for the most part, I'm really craving healthier things. The process has slowed down and I'm making choices versus reacting. And while some things may have a certain amount of nostalgic appeal, it isn't nearly as charged as it was before.

This is nothing short of a miracle in my opinion. I can have a small portion of something containing caffeine, and not need to have a regular maintenance dose in order to avoid withdrawals. When shaking coffee in the past, it always meant a 2-3 day headache, followed by a few days of having the mental prowess of gelatin. I have actually been able to meet someone for coffee, have a little, and then go days or more without any caffeine and have no adverse reaction. I'm really encouraged by all of this. It doesn't mean I don't feel a bit foolish for having tried something, and have had a negative reaction. The good news is that the reaction does pass; I can make a note of it, and move back into a healthy rhythm.

Elizabeth D. from Oshawa, ON (*Written by Tom Coghill*)

Elizabeth was suffering her seventh bout of pneumonia. It caused great pain and scarring of the lung tissue. Each movement was agonizing.

At first, she was afraid of fasting. It took a lot of explaining before she was convinced. I offered to fast with her to lend my support. She decided to try one or two days of fasting. She used the enema kit and then drank honeydew, cantaloupe and carrot juice fresh from the juice extractor.

In two days, she was out of bed and moving around. On the third day, she did light housework. By the fifth day, the fasting had overcome the pneumonia. Feeling better, she decided to clean the house from top to bottom, including the windows.

Then, in the period of a few days, the sound of her voice changed. It lost its coarse and raspy texture. Before fasting, she had been overweight. Fifteen pounds of excess fatty tissue was also gone. She had also been addicted to Benzedrine (an amphetamine street drug), taking ten pills a day for the last three years. She had used the pills to get through the day. Now, she was free of this habit. On the 21st day of fasting, she discovered that her normally severe menstrual cramps were greatly reduced.

To Elizabeth, this change was a miracle. She wanted to fast longer. I recommended 30 days. This was the standard fast for juice therapy used in European fasting clinics. I continued to fast with her and 30 days became our goal.

In this period, I saw a sick, frail creature become alive with life. On the 24th day of the fast, I showed up at the house to find an entire dump truck full of topsoil on the driveway. She was shoveling it into a wheelbarrow. She pushed the dirt filled wheelbarrow, 300 feet uphill, and was leveling the garden in her backyard. She refused my offer to help because she was "enjoying the exercise!" Her attractive, 100-pound body was doing a task difficult for any healthy male. Three truckloads and three days later, the backyard was leveled.

On the 28th day, she reported a feeling of inner joy, contentment, and indescribable mental clarity. She looked radiant. She was drinking a glass of mineral water with fresh squeezed lemon juice. Tanned from being in the sun, she looked strikingly beautiful. The 30-day goal was completed, and the fast was ended with a light vegetarian diet.

Serious health problems had incapacitated a life, and fasting had proven its miraculous abilities to cure. The use of drugs combined with a poor diet had devitalized her body's cleansing system. The ability to remove mucus from the system had diminished, and the mucus had started to congest within her lungs, creating a bed for harmful viral infections. Each new bout of pneumonia had created further scarring of the lungs. The lungs had lost their ability to cleanse themselves of unwanted poisons and mucus.

Elizabeth recovered from the pneumonia in only five days. This was the time needed by her body to remove the mucus. After the mucus was removed, there was nothing for the virus to live on, and the problem was cured. As she continued to fast, the system cleansed itself of drugs, toxins, mucoid matter, and mucus that had caused other physical problems.

Carl W. from Oshawa, ON

Fasting with water, juice and a complete diet of natural foods gave me a new lease on life! The disease crippling me was chronic hepatitis. Drug abuse began at thirteen, and after years of serious addiction, I contracted hepatitis, a very painful and frustrating illness.

As the years progressed my liver deteriorated, causing my other filtering organs (kidneys and spleen) to be overworked, thus damaging them, causing even more pain. For sixteen years I suffered. My liver was swollen to the size of a football. The liver is the largest cleansing organ, and does not have room for swelling. When it does, constant irritating pain is felt from the rib cage to the stomach. Hepatitis is impossible to forget.

Life was dismal and without hope. I was a 270-lb., burned out drug addict coming off a massive intake of chemicals. It took 20 to 30 tranquilizers a day to prevent my mind from losing its sanity.

My emotions were out of control. Nerves were like electrical wires on overload. Without knowing what else to do I phoned Tom, a friend I had not seen in years. Tom's heart was moved. He explained that I was in serious trouble and needed help.

After a few days of mostly sleeping, I awoke only to realize how grossly complicated my rebellious life had become. The past 20 years flooded my conscious. I had played the role of someone else, someone tough, ruthless, and invincible. All that was left was an empty, barren soul. The flood of tears wouldn't stop as I agonized over the loss of my family. There was no one to blame—I was a victim of my own demise. I thought moving in with Tom would help the massive depression that was now my life, but nothing could stop my eyes from seeing painful reality. Tom stayed up several nights listening to my sad story. If all my pent up anguish hadn't found an outlet, my insides would have exploded.

After 20 days of juice fasting the changes were remarkable. As the pain lessened, I started to feel alive again. I wasn't cured, but because of the results, I continued the fast.

After 40 days of juice fasting, there was a metamorphosis from a sickly, unstable human into someone vibrant with health and well-being. Gradually, my self-esteem began to build as I shed 100 pounds. At the start, I weighed 270 lbs. This bulk was caused by the retention of large amounts of body fluids. Due to the drugs and the damaged liver, my body could not release these fluids. After the 40 days my weight had dropped to 170 lbs.; whatever had caused the bloating had healed. The swelling on my right side from my liver had disappeared completely. My mind was clear and stable. For the first time in years, I could live without tranquilizers! I sincerely thought drugs had done permanent damage to my brain. I was wrong!

If a butterfly could talk of its experience of changing from a crawling insect into a multi-colored, graceful, flying creation, it would most likely be saying the words I felt in my heart. I was given back what drugs took away.

This knowledge has brought me a new zeal for life. It has freed me from a tremendous addiction. It has brought me closer to God in spirit than ever before.

Debbie R. from Kindersly, SK

For quite awhile, I had been struggling with my weight. I had tried unsuccessfully to lose the weight I had gained from my two pregnancies. Due to this extra weight and stress, other problems started to develop. I retained water, and my hands and feet became swollen. Six out of seven days, I experienced headaches.

After various trips to the clinic and one prescription after another, I finally asked the Lord for help, as I had run out of hope of ever feeling better again. He answered my prayer when this wonderful news of juice fasting came into my life. After listening to the author and reading some of the book, I figured I had nothing to lose, "except the weight, of course." My first fast of eight days resulted in a ten-pound loss and a renewed feeling of self-esteem. A few weeks later I tackled a 14-day juice fast followed by three days on water. The difference was remarkable. The headaches and the swelling disappeared.

I have lost over 30 lbs. to date, and have a new look as well as a new outlook on life. Not only did the fasting help me with my physical self, but also my spiritual self will never be the same. Once again, I have come to feel closeness to the Lord that I haven't felt for years.

The most recent fast I completed was 30 days; that is something I thought I could never do. I can now say fasting will always be part of my life. Thanks, Tom.

The feeling I get from fasting can never be replaced by anything on a shelf in any store. I recommend to everyone to fast even for a few days. I assure you, you will not be disappointed.

Tim T. from Ottawa, ON

I was interested in fasting, but could never get past one day without food; I usually felt too sick to continue. After gaining more information through asking questions, my confidence grew and I decided to try a fast. My first fast was three days. The juice made a big difference; I was able to fast without uncomfortable sensations.

Shortly after this, I went on another three day fast. It was on this second fast I started to get results. I gained energy, and my concentration increased. Because of this, I decided to tackle a longer fast. I was interested in finding out how long I could go without food. It had become a challenge.

A week later, I started to fast. On the third day of the fast. I became dizzy and sick with nausea and dry heaves, but I was determined. I knew enough to realize these things happened and would pass. I drank lots of juice to help me get through it. After 5 days of fasting, my energy increased. I jogged, did push ups and walked. My ability to think increased, as I became more relaxed and focused.

After 14 days, I was down at the park practicing deep breathing. I felt a small pain in my chest. Then suddenly I felt a release. A burst of energy in the area of my heart sent a tingling feeling all over my body. I sat on the ground to continue my deep breathing and enjoy the feeling that was flooding my entire body. There was an incredible sense of freedom. Before, I had been experiencing pain off and on in my chest for over a year. The pain was gone!

Caralee B. from Oshawa, ON

I was open to fasting because I was at my wit's end with a sinus problem, as well as my Candida infection. I had a rash on my face with redness and burning, and other uncomfortable symptoms. I was also extremely sensitive to certain foods and chemicals that caused even more itching and burning.

My first fast was three days. I felt better, but afterward I lost control and ate everything in sight. The good feeling I had received from fasting disappeared, and the mucus effect returned in full force. A week later, I started to fast with more determination, fasting five days and eating sensibly for seven. On the fourth set of five-day fasts, something happened. I had an intense pain in my head with hot and cold flashes, and fluid in my ears. Mucus was draining from my sinuses. My tongue was white and my skin pale. My reactions slowed and I felt drugged. Luckily, this only lasted for a day, as the feeling subsided on the second day.

Four days after the crisis, I awoke bursting with mental and physical energy. I felt alert, clean, and thin. I could breathe clearly through my nose. My facial rash had cleared. At this stage of the fasting, some of my friends became concerned because of how thin I looked, but to me I felt healthy. Besides, fasting had cleared up my agonizing symptoms.

Stupidly, I ate some flour products and my sinuses clogged within a day; a frightening reminder of how these foods affected me. I had never seen the effect so clearly. Fasting had given me a clear indication of what I shouldn't eat.

A week later, I was at a party with my friends. I watched their life style and how they acted; I just felt it was wrong, surface, void of meaning, petty and full of gossip. I thought, "What am I doing with my life? I'm not happy." I was crying; I felt angry, hurt and scared. It was all wrong. Then I felt two light taps on my shoulder. I turned around but there was no one there. Everything came before me. These friends are draining me emotionally and spiritually. I thought it was okay just being the same as them, but it was toxic.

Something is pulling me; I can't stop it. I have no choice. I know it is the way I have to go. I have to dump the emotional baggage. I just want to start all over again. I remembered when I sat in Tom's room listening to a conversation between Tom and Pastor Rossen. They were talking about something in the Bible; "You can't put a patch on an old garment." It came so strongly into my mind, "You have to start over." It hit me like a light in my head. I am not a religious person. I am being pulled whether I like it or not. My body has been programmed through fasting. I want pure things.

Les L. from Oshawa, ON

I have always enjoyed being relatively healthy, but I came to realize just how much I was missing out on after completing a 22-day juice and water fast. Although I am still very young (21), I had

several minor problems that had nagged me for years. What I didn't realize was that my problems were all diet-related. I suffered from headaches usually at least twice a week. Aspirin didn't help very much, nor did several visits to the chiropractor. My memory has been that of a 50-year-old for the last five or six years, which I used to attribute to an emotional trauma I had experienced. I had been about 20 to 30 pounds overweight for about two years. Something had happened to my sense of smell that denied me the privilege of enjoying things like good food, flowers, and spring rain showers. My mental attitude was defeatist at best, so it was hard to get motivated, given that I never had much energy to begin with. And all because I was a glutton! Coffee and doughnuts were a staple in my diet and, with the amount of food I ate, I could have fed a family of three.

At first, I found the idea of fasting intriguing, yet I was skeptical. So before doing anything, I went straight to the library. I spent weeks reading books by doctors and nutritionists. After this, I was finally convinced. I began my first long-distance fast of 22 days.

The first two days I felt terrible. I was weak and in pain. I had a terrible headache, a burning feeling in my chest, and a generally sick feeling all over. But, I had anticipated these reactions, so I was prepared.

By the time the fast was over, I had lost about 25 lbs., and I had never felt better in my life. I had so much energy! My memory was sharp. My sense of smell was restored. I remember how much of a joy just breathing became! I would walk down the street smelling flowers and smells I had long forgotten. My headaches disappeared for good. Most of all, it changed my mental attitude. I developed a love for living I never had before. I felt so young and healthy—the way I should have felt all along. The knowledge I have gained about nutrition and fasting has radically changed my life for the better!

Koni F. from Oshawa, ON

Several tragedies contributed to my tumble from grace. A broken marriage, a lovely five-year-old daughter killed by a careless driver, a car accident which killed my brother on my birthday, and a few more life-jarring incidents. Hurting and far from God, Who had once been my Source of strength, I felt helpless. Out of touch with my Creator, I was stuck in a downhill spiral. Sin and bondage completely engulfed me, taking over my life.

The climax was 1991, at the end of my endurance; I attempted to drive off the pier at the Cobourg harbor. My heart was crying from a wasted life and "what might have been."

I cannot explain what happened next. First, there was a small voice telling me suicide would not bring release but take me to a place where the torture is far greater than anything yet endured. Suddenly, I was in Lake Vista Square in Oshawa at 2 A.M. with no recollection of having made the trip. Puzzled, I started to drive toward Cobourg, praying for the first time in years. "God are you doing all this? If You want me to stay in Oshawa, give me a sign." I was about to leave the city's boundaries. As I uttered these words, the headlights went out. Ahead stretched a pitch-black highway. In turning the car around, to my surprise, the headlight came back on. "Oh God," I cried. "It's You, isn't it?" I heard no more, even though I begged Him to communicate further.

I remembered hearing somewhere that one can get closer to God through fasting and prayer. I needed spiritual contact! Taking an apartment across the street from Lake Vista Square, I started a ten-day water fast. Locked in the apartment without phone, TV or friends, I prayed and sought God night and day.

As the fast progressed, an amazing thing began to happen. His presence could be felt; then came the sound of a voice. He wanted me back in the ministry. "Downtown," He said, "Work with the oppressed and downtrodden. You must set the captives free."

"But," I argued, "You have the wrong person! I am all that myself. How can I help others? Besides, I'm a sinner and dirty."

I was putting away things in the new apartment and had just picked up a frying pan cover suffering from years of blackened, burned grease. The Spirit said, "Look at the pan in your hand. See how black and filthy it is? If you can clean up that pan, I can clean you up to do My work."

"There is no way I can do that without pot cleaners."

"Did you look under the sink?" came the soft reply. Sliding back the door revealed half a SOS pad left by the previous occupant. Skeptically, I grasped the small item and gave it a few passes over the bottom of the blackened pan. To my amazement, the charred grease gave way returning the pan to shinny newness, just as it was twenty years earlier. The astonishment turned to glee as the cleansing began happening not only to the pot, but also within me. I knew God had done the impossible, and even as I watched the old frying pan become spotless and new again, even so was my soul. Dancing, laughing, singing, tears of joy streamed from my eyes. I was now convinced of my worthiness to do whatever task He had in store.

From then on, through that fast, I continued to feel incredibly close to God, penning poetry and song under divine inspiration, obtaining instruction from the beautiful soft voice that remained always near. When the fast was over I was ready, and started His work.

Claudine from Oshawa, ON

I needed some answers from God, but a spiritual barrier stood in my way. I had tried to fast before when faced with these types of circumstances, but something was lacking and my attempt at fasting had failed. After reading a book on fasting, I became inspired and started a fast. My desire was to see souls come to Christ.

The first few days were surprisingly easy, no headaches or weakness, and I still continued my work. The rest of the fast went extremely well; only one day did I experience a bad reaction, and this was because I sprayed the oven and breathed in some of the fumes, causing me to feel sick and nauseous. Luckily, it cleared up in a day.

I maintained my spiritual focus and continuously prayed for a revival in our church, and by the grace of God, it started to occur. People were getting baptized every service. Those who had fallen from the faith returned. The Spirit was moving in the church. Both a friend and I prayed to the Lord to encourage the church on a one-day fast—they went for it. The pastor delivered an anointed sermon calling us to fast, pray, and love one another. This message stirred my soul to fast even longer!

The result of the fast was amazing; not only did the fast benefit me spiritually, but also my arm was healed miraculously. What a joy to feel no more pain. For months I had been suffering; now this pain was completely gone. The severe premenstrual cramps I experienced were also gone, and I lost twenty pounds of excess weight. For a fifty-one-year-old grandmother to fast 17 days on her first fast, I feel that the Lord really blessed me.

Fasting, to me, is a path for getting closer to God. We have to sacrifice things of this world to God just as Christ sacrificed His life for us. "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." (2 CHRONICLES 7:14) We need to find sustenance in God.

Grace L. from Oshawa, ON

A friend of mine was tackling a 21-day fast with vegetable and fruit juices from a book she had read. I wanted to see the author of the book to get more information, as I still wasn't sure of the concept. Tom's experience and enthusiasm convinced me.

The fast was not for my physical appearance, but to pray for the burdens of those I loved. I felt suffering in the church and in my home. Even before the fast I felt satanic opposition against it. In bed, I felt a force push down on me trying to kill me, but pleading the blood of Christ the feeling left me. On the first day of the fast, I saw a WOLF. Yes! A real wolf—and I live in the city. I even called one of the children to see it. It was staring at my house. It gave me the chills. Once again I prayed and it also left. These strange events firmly convinced me I was supposed to fast.

I prayed for my church and witnessed the power of the Lord move in our pastor on the Friday night service. The service was on fire; people were singing glorious praises to God. Two young boys got baptized.

On the second day of the fast the Lord spoke to me. (JOEL 2:12-13) "Therefore also sayeth the Lord, turn ye even to me with all your heart, and with fasting, and weeping, and with mourning. And rend your heart, and not your garment, and turn unto the Lord your God, for He is gracious and merciful, slow to anger, and of great kindness, and repenteth Him of the evil."

By the third day I felt terrific. I was at peace; my four children would be loud but I was at peace, nothing could bother me. As the fast progressed, it became easier. I had more energy, I was on a spiritual high, singing and rejoicing. One morning I woke up with severe gas cramps in my stomach. The cramps were so bad I thought I would end up in the hospital, but after 10 minutes the cramps went away. One day I went through a dip and felt low in spirit but that was it; the next day I was fine.

At the end of the 17-day fast, a physical problem was gone. My doctor had told me I had a stomach reflex disease and would have to take pills for the rest of my life, but after the fast I no longer had that disease; I was completely healed. I had arthritis in my left knee; it was also gone. I also lost 21 pounds of excess fat. Before fasting, my skin was dry—it cleared up.

To me, fasting is a way of drawing me closer to God and being able to lean on Him. When I was weak, He made me strong.

Bobby From Oshawa, ON

I am 35 years old. I haven't been a Christian for a year yet, but somehow it seems to be much longer. I had a lot of bondage due to a traumatic past that included a long list of foster homes. I had endured abuse and was raped at the age of five. The cruelty turned me cold and resentful, causing me to become an abuser. This, in turn, resulted in a broken marriage, drug addiction, alcoholism, and a depraved sex life. In search of the answer, I fell into the hands of cults who used brain washing and hypnotism. Their methods opened the doors for demonic activity.

A friend prayed with me to break the result of this manifestation and bring me to the knowledge of Christ. Our efforts were unsuccessful, so fasting was suggested. My friend told me of the extra power and potency of prayer that can be obtained when one fasts.

It worked! Not only did the fasting enable us to evict the demons and free me from bondage, I started to feel the presence of the Holy Spirit within me, talking to me and through me to others. Exciting and wonderful things started to happen after the third day of the fast. Through me, God was able to put a marriage back together. I felt the Holy Spirit telling me what I must do and say.

At other times, the Spirit urged me to speak. Even when I had no idea what to say, the words just spilled out. I was amazed and awed by the beautiful way God worked through me while I fasted and prayed. Now I fast regularly to keep my spirit attuned with the Lord.

Paul I. from Whitby, ON

I am 54 years old, a United Church pastor, and very skeptical about fad diets. I would not have changed my diet except I was suffering from rheumatoid arthritis in my hands; back pain and constant digestive problems sapped my vitality—not to mention middle-age spread. These were my incentives to make changes in my eating habits.

Tom came to my church one day and talked to me about fasting and found me intrigued but noncommittal, although I found his enthusiasm and sincerity infectious. He then joined the church I served. He frequently spoke to me about the importance of nutrition and fasting. Other friends had already mentioned that my ailments were toxin-induced. I had read *Fit for Life* by Harvey and Marilyn Diamond. The book gave a believable and scientific context for the claims made by nutritionists and made a convincing argument for the benefits of dietary change. I was convinced of the possible benefits. I bought a juicer, filled the refrigerator with fruits and vegetables, and started to eat according to the principles I understood. I stopped mixing carbohydrates and proteins in the same meal to reduce the stress on my digestive system. In the mornings I made fresh fruit juices and ate fruit 'til noon. Not only did I eat more selectively, I gave up the coffee habit.

These simple dietary changes have given me wonderful dividends in health and vitality. I lost 12 pounds of weight without even trying. My digestive system has healed and my arthritis is slowly improving. I feel better and more energetic without the need for the caffeine crutch.

My increased vitality was brought home to me one morning after a nearly sleepless night as an on-call chaplain in our local hospital. Normally, I would have been exhausted, but instead I had an energetic and fulfilling day.

Gray H. from Tasmania, Australia

I lost 26.5 lbs. on a 30 day juice fast and was healed of arthritis in the knees, and constipation.

At the age of 21, I was a strict vegetarian and very involved in healthy diet and living. Three years later I accepted Jesus Christ as my Savior, and a year later, met a wonderful Christian girl whom I married and have, to date, enjoyed 24 years of happy marriage. We continued healthful living for some time, but decided to return to eating meat because of a perception, or misconception, that it was more in harmony with the biblical diet,

As the years rolled on and five children later, our diet, while largely vegetarian was compromised with processed foods and takeaways (fast food). Without the hard work and exercise of my former years, the weight was now building up and getting rid of it seemed impossible.

Quite suddenly I began to experience a lot of pain when walking; it was arthritis in my knees. This was combined with continual colds, bowel problems, added weight, and general poor health. But hey, I was approaching 50, time to slow down and accept that I was not as young as I used to be! Or was it?

The doctor said, "Just take pain killers and get on with you life." That, to me, was unacceptable so I began to seek natural alternatives.

I was not new to fasting. Over the years, I had read *Airola* a lot, and completed several 3-10 day fasts. Longer fasts seemed to me to be in the realm of extremism, but on the other hand, I could see myself heading for greater health problems if I didn't act soon.

Exactly how I found Fasting I'm not sure about, guess I was searching, and as Jesus promised – I found! Suddenly here was the solution that somehow spoke to my heart as being God's way of healing. As I began reading the testimonies I saw that fasting and vegetarian or even vegan lifestyles were not the exclusive domain of New Agers, Seventh-Day Adventists and hippies. On the contrary, the miracle of Eden's food was very much an expression of love from the Creator for His creation to bring peace and joy to the body as well as the soul.

As I read about fasting and fats, colon and cancers, mucus and meat, Satan's corruption and God's correction of food, it was like waking up to wonderful possibilities that I thought were well behind me.

On the 27th of August, 2001, I began a 30-day juice fast. I didn't actually plan to do 30 days; it seemed impossible to even think of. I just began and thought I'd see where it went. The fast was trouble free and relatively easy so I just kept going.

On day 27 of the fast, my family decided to climb a local mountain, I thought it would be a challenge, and to my joy, I made it to the top and down, a task previously impossible; there was some pain but not as much as expected. The knees were being healed as never before! By the end of the fast, I was feeling a new man and had lost 26.5 lbs. I followed up with 30 days of raw food. Before that was up, my pain was gone, I was feeling 10 years younger and really enjoying a healthier diet, and so I decided to stay with it.

What I removed almost 100% from my diet was meat and all animal products including dairy, and processed foods as much as possible. This was the diet that seemed fringe to me before, but how could I deny the results? More importantly, I was also keeping the weight off for good.

On Jan 1, 2002, a friend of mine wanted to do a 30-day juice fast so I joined him, off again! This time I lost a further 17.5 lbs., and kept it off through raw foods. My desire for junk food and all that I had given up was mostly gone, just the odd temptation comes up. In all, I am 44 lbs. lighter and healthier than I have been in years and enjoying exercise, good food and praising our wonderful Creator. My abiding concern is that God's people are, for the most part, ignorant of the provision God has made for their healing in the miracle of fasting. I believe that we should be in the forefront of the battle against Satan's darkness to offer the unsaved, God's healing of body, soul and spirit. I'm grateful for the ministry of Freedom-you for the inspiration it has been to my life.

Paul Reid from Australia (healing from lymphoma)

I had been suffering from chronic fatigue for a number of years. I also suffered from colds and chest infections, which lingered on for months, sometimes requiring up to five courses of antibiotics to regain health.

In December 1996, I went for a CT scan that showed probable lymphoma, a cancer of the lymphatic system. Although suffering from a persistent cough, and in no condition to undergo surgery, I was strongly urged by the specialist to undergo diagnostic surgery as soon as possible. This was to find out the exact type of lymphoma so that appropriate treatment could be given.

My wife and I were given much confidence by the specialist, who assured us that 90% of all lymphoma cases are completely curable by chemotherapy. Because most cases of lymphoma are aggressive, and fast moving, diagnostic surgery seemed fairly urgent. This would involve removal of some lymph nodes deep down within the abdomen, which we were told would be a fairly 'tricky' operation.

Shortly after Christmas, we were given the name of a health retreat in Queensland run by naturopaths. The retreat, Living Valley Springs, offered short-term, live-in sessions involving

fasting, colonic cleansing and natural therapy. At the same time we were reading as much information as we could get our hands on about natural therapy.

Despite strong opposition from the cancer specialist, I decided to cancel my diagnostic operation, scheduled for January, and instead, go for 9 days of natural therapy. On returning home, there was no sign of the cough, and I felt much rejuvenated. I continued with a strict diet and food supplements, as recommended by Living Valley Springs, and my health continued to improve. We were gaining more and more confidence in natural therapy. We were also greatly encouraged by our local Christian naturopath who supplied herbal tonics and much valuable information.

Additionally, I went for prayer at a Christian church where I received a strong visitation from the Holy Spirit, experiencing waves of warmth and 'electricity' flowing through my body for half an hour. Three people from the church, including the pastor, had a strong impression that I would be healed. This was to be a great source of encouragement later, when I experienced times of despair and depression. Each time of depression presented a battle which I had to fight with determination, holding on to the promise of life through faith in God, rather than focusing on the prospect of terminal illness.

Later in February, I had a call, out of the blue, from the cancer specialist who explained that it was imperative that I submit myself for diagnostic surgery because there was a strong chance that the lymphoma was aggressive. I finally decided to go for the surgery. I was now feeling much stronger and able to face it. The surgery involved seven days in hospital, five of those days on an intravenous drip of saline solution. This was a fairly traumatic experience but I made a good recovery. I returned immediately to the strict diet and supplements.

Two weeks after the surgery, we were called to discuss the results. Much to everyone's surprise, I was not in the 90% of curable lymphoma cases. I had a rare type of non-Hodgkin's lymphoma, (small-cell follicular), for which there was no medical cure. Chemotherapy and radiotherapy were ineffective on this type of cancer. The cancer was said to be fairly slow growing, which meant I had approximately four to seven years to live.

Instead of being shocked by the news, we were relieved. By this time, we had done enough research on natural therapy to know that chemo and radiotherapy were not the only way. In fact, we were relieved to be free from making the decision on which way to go. Because my cancer was slow growing, it meant that there was time for natural therapy to work. We also believed in the healing power of a mighty God who was working for us!

We continued to believe that God would heal by both natural and supernatural means. For me, obedience to a strict healthy diet, and making use of the healing properties in God's creation, played as much importance as our faith in the supernatural Creator. One year after diagnosis, I was no longer suffering from chronic fatigue. The occasional cold was thrown off within a week without resorting to antibiotics. In fact, I have had no need of any antibiotics since starting on natural therapy. I was now feeling better than I had felt in five years!

Eighteen months after the diagnosis of the lymphoma, I decided to visit my cancer specialist to report my amazing good health. A physical examination showed that the spleen was quite normal and not swollen as it was previously. Neither was there any swelling of the lymph nodes. The specialist advised that there was no need for another CT scan, which involved some degree of exposure to radioactivity. The physical evidence was enough!

We have much to thank the Lord for: His guidance, wisdom and healing power!

Steph from Midwest City, OK

When I entered into this fast, I did so out of obedience to the Holy Spirit. It started out as mainly a healing fast because the Lord told me that this healing would only come through fasting. I really had no idea how long this would be and actually felt that the Lord had released me from the fast after the water portion of it which would have been day 13, but I felt strongly that I wanted to continue. The short story about my healing is that when I started this fast I was taking about 20 pills a day, 4 different prescriptions. Now, after completing a 20 day fast, I am on no prescription medications. I have lost 25 pounds. And I have no swelling in my face, ankles or feet as before. The short story about the self-discipline and spiritual aspects of this fast, is that I lost interest in wasting time in front of the television, I have become much more productive in getting things done that need to be done, in other words, not procrastinating, I've been a procrastinator all my life. No desire to overeat. I have broken my fast, and have reached the point where food is palatable, but not lusted for. I'm eating very small amounts of fruits and vegetables for the next 5 days. I know my physical healing is not complete, but God has assured me that it is in progress and He has heard my cry. Yesterday, the day I broke my fast, I came to work and on my desk I have a little box of Scriptures and I pull a different one out everyday. When I pulled out the card for the day, it gave these two verses. "But I will restore health to you and heal your wounds," declares the Lord. Jeremiah 30:17 "I am the Lord that Healeth thee. Exodus 15:26.

I praise God for the experience of this fast and am looking forward to making fasting a regular part of my life. I plan to keep checking in to be an encouragement to others, and also, I will let you know when I have my full testimony posted. Thanks for all the support and prayers I've received over the past 3 weeks. I love you and am praying for you all.

Nanette from Vail, CO

I have always loved to drink. Not only could I eat 4,000 calories (and still can) a day, I could probably drink it to. I finally stopped drinking beer, but then got started on good wine. I would think, all day, what would I make for dinner and what bottle of wine I would open to go with it. I am a Christian and have struggled with the fact that drinking was not what GOD intended for His temple. Still, I would rationalize that everywhere in the Bible you read about them eating bread and drinking wine...so? Anyway, after I finished my short 3 1/2 day fast, my taste for alcohol disappeared! It was unbelievable. We would sit down for dinner, and I actually would WANT to want a glass of wine, but just couldn't make myself. Just wanted to share that with you. I am hoping my next fast will do the same for my food obsession.

Wayne, White Plains NY, NY

Hi all, I just finished day six of my water fast. In a few hours, I will drink my first juice, APPLE AND CARROT! Sounds so good to me right now, after 12 days of juice fasting. I know I will finish it. The water fast made the juice fast seem much easier than it would have been. The only problem I had on the water fast was bad dreams and being tired. I felt really tired at times, but I know it's worth it.

After this is over, I will fast every week for 36 hours for the rest of my life. Already I feel new, my nerves are better and I feel peaceful. I think fasting is the greatest thing. My diet, which I follow for about two weeks before the fast, was a lot of whole brown rice and lentils and other types of beans, all kinds of veggie and fruit. Four glasses of veggie juice a day. Cheese and eggs three times a week and meat once a week. For herb teas, I use red clover and also Jason Winters tea that is recommended for cancer. I don't have cancer, just love his tea and feel it's very good for one. Live

food days twice a week, only veggies and fruit and also juices. This is how I will live from now on; even before my fast started I was detoxing just from the food and juice.

Wow this is so cool. Good things happened to me today. My tonsils have been bad for years. For the last few days, I kept having funny feelings around that area. Now, I don't know what happened or what it is, but my right tonsil looked very big today, and it had the feeling something was there in my tonsil, hope I am not grossing anyone out. I know from what health teachers say that the tonsils are one of the organs that help rid us of waste in the body, too. Well, after seeing my tonsils, I took some green juice and swished it around my tonsil and out came this big white ball right out of my tonsil, never saw anything like it in my life. I spit it out and it looked like a bit of cheese but round and smelled really bad. I got nervous, but after it was out, I felt like jumping for joy; energy came into my body like I never felt. My eyes took on a look of health. I know I sound crazy but it's all true. The 18-day fast and the juicing must have cleared something out of my body. God is so wise to make our bodies like this. I must go biking today; I feel so strong.

My fast went 18 days, six on water and 12 on juice only and water. A funny thing has happened. I am a bald guy, no hair on top at all but now after three weeks of eating good after the fast some hair has grown in. Not a lot but enough to notice, the sides are growing higher and some growth on top, too. Maybe, who knows? If it does not grow in, I don't really care because I am a happy person anyway, but its cool anyway. Thanks, from Wayne.

Cindy from Michigan

I have fasted several times throughout the years, all the times, in the past it, has been for weight loss. This time I did it for spiritual/mental/physical well being with much better results.

I began on Wednesday, April 11. I chose this because of my husband leaving for a week, thought it would be the best time. Proved to be so. On the way to the airport I decided to have a coffee, hopefully avoiding the headache I knew I would come down with later, that I always have when I withdraw from caffeine. It worked. I had a very busy day, two houses to clean (my business).

The second day went pretty well. Since I did avoid the all dreaded headache the day before I decided to wean myself further by having one cup of green tea. (Aren't I a wimp?) No headache. Great.

The third day was my worst nightmare! Besides my cleaning business, I also work at the hospital in registration part time. By 10:00, I was starting to fade. By 11:00, I was so lethargic, my mind started to really malfunction, or so it seemed. Well, I barely made it through the day. When I did, I wasn't really able to go home and collapse; I had to care for my 11-month-old grandson. I did an enema at night, before bed, and finally collapsed into bed around 11:00.

On the fourth day, I was still very much struggling with fatigue, when, around noon, a peace came over me, and my spirits lifted and I began to feel better. I decided to go for a walk and walked for about 35-40 mins. Felt much better for the rest of the day.

On the 5th day, it was Easter Sunday. I teach 3rd and 4th graders, so we had an Easter program planned. It went really well, they are such a great bunch of kids! Had a really good day, when I arrived home I busied myself, cleaning closets and rearranging, and organizing. Cooked dinner for my son--a turkey breast with mashed potatoes, green beans, salad and rolls. He ate while I cleaned, not what you would consider a traditional Easter.

Well on the 6th day, I still felt good, but had already decided to start a juice fast for the remainder, or at least three days of it. Was nervous about how I had felt on Friday at work, since I had to work at the hospital again; thought I better not chance it (or I may get fired!) At this point, no one at work knew I was fasting. My eyes were bright and skin clear, with no puffiness present, I

seemed to look younger. At work on Monday, I divulged my secret to one co-worker. Instead of being non-supportive, she seemed to be impressed. I was glad. Today went well, did an enema at night, lots of bad stuff came, strands of mucous (looked like worms) (hope this isn't grossing anyone out).

On the seventh day, had another busy day. Cleaned a house and worked afternoon shift at the hospital. Total 24-26 oz of juice today. Felt pretty good.

On the eighth day, Wednesday, I told my boss I would work an extra day, because she was short handed. I told her that I already had a condo to clean and that she had to let me off early though. I left at 1:30, to deep clean this condo with cat hair everywhere! I vacuumed and vacuumed, by the time I left there it was 5:45. Now, I still had to pick up my husband at the airport, mind you! I went home, my back was aching so badly, I made myself some carrot, apple juice. I slipped into bed to lie down for just half an hour, before I knew it I had to get up, time to go to the airport, had to rush, rush, rush! But you know the miraculous thing, just by that short rest I felt rejuvenated! My back no longer ached, either.

On the ninth day, I cleaned a house then went to a staff meeting at work where they served an ice cream cake in honor of us. By then, several people knew about my secret and the ones who didn't wondered why I wasn't indulging.

On the tenth and last day of my fast, it was Friday, cleaned a house that morning, a calmer day that day. I went haywire cooking, though. I made enough food to last the family for the next 5 days. My refeeding time is always the hardest part for me, so I didn't want to be tempted. Easier to just heat up. A good day. Did an enema at night.

Well my first day of eating was yesterday. I broke the fast with watermelon. It was oh, so wonderful. I took some fruit to work. Had some more watermelon on morning break, and grapes and watermelon for noontime. When I got home, I made another glass of juice, this time carrot, apple and beet. I had a really rough time with temptation today. Even on my way home from work, the aroma of the fast food chains, excited me so much, and my mouth watered! (I have not eaten at one of these in years) It was so fortunate that I cooked yesterday. Everyone ate and I had some chopped apple with a tad bit of plain yogurt later. I had some soaked prunes that I took to work, with flaxseed in them. So, did pretty well to fight the temptation, it was hard though!

Today has been much easier. I had a fruit plate for breakfast, mangoes, banana, and pineapple. After church, it was so nice out I decided I wanted to go for a run. I usually go for about 45-50 min; today I stopped at 33 min. I still haven't totally gotten my strength back, I am sure it will come back in full force, and improved in a couple of more days. I walked another 23 mins. When I got home, I made some watermelon rind, pineapple skin, orange juice. Then I had some more fruit later. This evening, I have had some shredded cabbage, carrots and a cucumber, with some vinegar and celery seed for dressing it.

So far, my fast is a success and I have actually even lost another two pounds. I am planning on doing a one-day a week fast every week, and another 10 day fast in about 6 months.

If I had one regret, it is that I didn't get enough rest. I worked too hard, and it made it not as beneficial, I am sure. With fasting, we need to be able to have time to meditate and pray and work on our spiritual side. Next time, maybe I will take a few days off work. On the road to a new life of vegetarianism?

Thanks so much for all of your encouraging, kind words, throughout my fast. They really helped me through it.

Doug from Lancaster, CA. USA

To just think of all the damage I have done to my body through smoking, drinking and eating all that junk foods, fatty meats, milk, cheese and fried foods. By the age of 37, my doctor told me I did not have long to live. I was going to die! That scared me. I prayed to God for help. I was 550 lbs., too. I stopped all the bad things that I was doing. God guided me to a seven day fast. I learned so much about myself. I lost some weight but gained it back so I ate better food, raw foods, fruits and juices and veggies. Now, this is not so easy for me as I had a stomach staple, and to eat raw food, I have to put it in the food processor to get it fine enough for me to eat, or it gets stuck, and I throw up, but it worth the time to do this. Now, I only eat when I am hungry, almost all raw. My body is healing. Today was a big day for me. I thought I would get on the scale to see how much I gained from all this food. Well to my surprise I lost weight wow, 400's gone for good now. I was 398 lbs. Now I know for sure that I will make my goal to 200 lbs. Eating God's way is the only way. I am off all the pills; my blood pressure is 110/60. I can't wait till my next blood test at the doctor's to see how much my cholesterol has come down too. Well I want to say THANK YOU ALL FOR YOUR SUPPORT. It really has helped me a lot too. God Bless you all. Well, I will keep you posted on how it is going soon bye for now my friends. Love you all, Doug.

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"Fasting has rewards. Clear sinuses that can smell a delicate fragrance, sensitive skin that shivers with the caress of a warm breeze, emotions that become a symphony to the soul and a mind that can capture the profound depths of God and glimpse the joy of Adam and Eve's. Instead of becoming old and sick with the coming years, you will age gracefully and be amazed at how young you feel.

In this fast-paced money centered culture fasting is the reset button that takes you back to who you really are. It gives you time to be at peace and find yourself. It opens doors in the spiritual realm that can free a soul or change a nation. From Christ battling Satan in the desert to the divorced cashier battling breast cancer, fasting has a power to transform the outcome."