

## HEALTH TALK

JULY 2015

TOPIC: **FASTING AND YOUR HEALTH**

(Continued from June 2015)

Allow your seat belt remain fastened and continue the cruise.....

### 6. **Breaking the Fast**

Give special attention to the breaking of a fast. Do so slowly, easing back into regular foods (but making better choices about which foods!). Again, the length and intensity of the fast performed will dictate how many days you take to re-acclimate your body to regular eating.

### 7. **Benefits of fasting**

When we fast, the body becomes lighter, more flexible; the mind becomes clearer and more creative. Greater intuitive powers may develop and deep spiritual insights may be experienced.

A fruit fast, like any of the fasting methods, will create an environment for your body to heal.

Toxins stored in the tissues will have an opportunity to be flushed out.

<b>PHYSICAL</b>	<b>MENTAL</b>	<b>SPIRITUAL</b>	<b>MEDICAL</b>
Clearer skin	Better attitude	Spiritual awareness	Anti-aging effects/Rejuvenation/Revitalization
Diet changes	Better sleep	promote an inner stillness	Better resistance to disease/healing/improves immune system
More energy/relaxation	Change of habits	enhancing spiritual connection	Purification/ cleansing and detoxification of the body
Weight loss/reduced BMI	Clearer planning/More clarity (mentally and emotionally)	greater sense of relationship with God	Reduction of allergies

Reduced body fat	Creativity/ Inspiration/ New ideas	Healing	Rest for digestive organs
	Improved senses (vision, hearing, taste)	Humbles the soul before God	improves Insulin sensitivity and effectiveness
	Right use of will	Develops faith	improves your Brain function- it boosts the production of a protein called brain-derived neurotrophic factor (BDNF)
	Self- Enlightenment (reading & meditation)	Aids in prayers	Health will spring forth speedily

## 8. Effects of fasting

- a. Loss of appetite
- b. Heartburn
- c. Headache
- d. Dehydration
- e. Constipation
- f. Stress/fatigue
- g. dizziness
- h. Weight loss
- i. Reduced muscle tone
- j. Fruity-smelling breath
- k. Ketosis/ketone breathe-The process of ketosis is one of the physiological effects of fasting in which the brain (and some other bodily processes) uses ketones produced from fatty tissues as a fuel instead of the usual glucose. This is called "muscle sparing". It is said this state is attained at approximately 48 hours of a water fast for women and closer to 72 hours for men.

## 9. Those who should not fast

- a. **Pregnant and nursing mothers**
- b. **Some Children depending on age and duration of fast.**
- c. **Certain medical conditions.**
  - i. liver or kidney weakness or disease
  - ii. extremely frail, malnourished, anemic, or exhausted
  - iii. weakened immune system
  - iv. severely high blood pressure,
  - v. medication-dependent diabetes
  - vi. weak circulation causing frequent fainting.
- d. **Eating disorders.** Such as anorexia.
- e. **After surgery or a major illness.**
- f. **Anyone who is afraid of fasting.** Fear does not put you in the proper frame of mind for fasting and can lead to an unpleasant experience. Strong emotions, such as fear, are known to alter the body's physiological processes. It can shut down certain bodily functions. It also is a closed emotional state. Instead, someone embarking on a fast should be relaxed and confident, and feeling open to the positive changes fasting creates.

## 10. When to break fast

**Fasting for long periods can have serious health effects. When hunger suddenly returns after being absent for perhaps days, it's the sign the body now requires additional fuel. It is time to break the fast.**

## 11. Cross examination

Almost every physical problem (other than accidents) is caused by improper diet and lifestyle.

## 12. Conclusion

Fasting is a personal journey--you are not competing with anyone. Your body dictates how long you can safely fast, not your head.

*CMRS Cares!!!*