

Benefits of Fasting

That fasting has health benefits is not widely known. No, not only can it help in weight loss; it can help in the improvement of the total function of the entire body system. It may sound unbelievable but fasting could even cure diseases such as colds, fever, cough and other stomach disorders. Some religious sects regard fasting as holy, a sacrifice, voluntary abstinence for religious reasons. But there is more to fasting than the religious aspect. It was discovered years ago that it could help improve a person's health.

For colds, people normally resort to medicine. "Take something for it", is the usual attitude at the first sign of such ailments (as with fever and coughs). However, there is an alternate to cure those illnesses and that is through fasting – at the advisable duration of three days.

As treatment for colds and coughs, try not eating anything for three days. But take all the water you can take until your pulse and body temperature returns to normal. Take a good long rest in bed and after three days, you will feel like you've never been sick.

To others, it may sound suicidal to go on a fasting when you are already sick. Some may argue that you need to gain more nourishment when you're sick to recover easily. But the real deal there is that a sick person is not really able to digest food well. So there is no worry that the sick person would become malnourished in the duration of the fasting. In fact it is an advisable process to prevent more stomach indigestions. Since a sick person could not digest food very well, there is a big chance of acquiring stomach disorders.

The digestive system, just like any overworked motor, needs to rest to prevent overheating. Oftentimes, stomach disorders are mainly caused by overworked digestive system – basically due to improper eating habits such as eating too fast and not chewing your food sufficiently. Remember that your stomach doesn't have teeth so if you feed it with half-chewed food the digestive system becomes overstressed as it has to work harder to digest the food.

Fasting is also a good cleansing process for your digestive system. It can prevent dyspepsia and would also help the liver function very well. The beneficial effect of fasting is that it gives the stomach needed rest from any digestive disorders. Just do not forget to eat lightly after the three-day fast; don't splurge on food immediately. This will prepare your stomach to a full meal without distressing the digestive system. Eat soft foods in moderation.

Because nutrition is becoming more artificial these days and because people have the tendency to become physically inactive in the way they live their lives, the problem of putting on weight is unavoidable for most people. Solutions are everywhere, but are they the correct ones? If you choose to keep in mind that Fasting Health has more priority than the Fasting Miracle everyone wishes for, then yes. You've made the right decision.

Because most people are looking for ways to lose weight quickly and without many changes in life style, specialized companies have appeared on the market trying to make a profit out of this. Their recipe for success is to come up with something that can be called a Fasting Miracle. What is a Fasting Miracle? When you watch an ad about a diet product, you will usually be introduced to a Fasting Miracle meaning a person that has lost something like twenty pounds in three days with practically no effort, just by swallowing the three pills that are advertised.

There is no television channel that does not run at least one ad including a Fasting Miracle. And then, there are all sorts of stories about movie or pop stars that have gone through such a Fasting

Miracle themselves. They claim they have lost a lot of weight without making too much effort. They just drank this or that tea or took an amazing pill.

What we don't think about is that such a Fasting Miracle is more the result of the money invested in the story than the result of the efficiency of the product. The company that produces the diet product will pay the star a lot of money to talk on all the TV channels about their Fasting Miracle. Whether you as a viewer choose to believe in a Fasting Miracle or not, is entirely up to you, but it can have serious consequences on your health.

What you must know when you begin a diet is that there is no such thing as a Fasting Miracle. Any diet that works takes effort and patience. You usually have to begin with something that is called Detox Fasting. In this case you do not actually lose weight, but your body eliminates all the elements that are not useful and act as a slow and effective poison. You will have to drink a lot of liquids and stop eating some of the things you are used to, so you will have plenty of time to understand that a Fasting Miracle is a lie. The mere fact that there are people who have to go to a Fasting Retreat to diet under supervision is also a sign that a Fasting Miracle does not happen in real life.

Sometimes, when people want to get Fasting Information, they will go to a Fasting Forum on-line. People connect to these networks because they are looking for a Fasting Miracle. They hope that one of the other persons from the forum will tell them the story behind the Fasting Miracle. They hope to be convinced and to give them courage to do it themselves. What actually happens is that on the forums you will find out that a Fasting Miracle never happens. You may hear many stories about the people who were trying to make a Fasting Miracle happen and instead they just damaged their health. You will also hear of those who succeeded by choosing the right method and by persevering (with a lot of effort) in their goal. Perhaps it is better to join a Fasting Forum, because, even if it does not appear to be the most attractive solution, it is the one that will give real results to your personal search.

It is advisable to learn and study accurate information on Fasting Health even before you start a diet or fast. A good question with which to approach other members on the Fasting Forum or your natural hygienist doctor is, "What is Fasting Health?" Many people who have gone through a successful diet will be able to tell you the basic principles of Fasting Health. And they will also tell you that the biggest mistake you can make is to ignore Fasting Health while seeking a Fasting Miracle.

So what does Fasting Health entail? Fasting Health means not trying to lose too much weight overnight. Fasting Health means that you will take good care of your nutrition and understand very well why you are eating THIS and not THAT food. Fasting Health means that you are basically not starving yourself, but learning to carry out a water or juice fast in the correct manner.

A doctor will tell you that Fasting Health means keeping the proper hours of the meal, eating well, but eating right. It is important to eat well in the morning and lunch to be able to have a light dinner, instead of starving the entire day and ending up eating more than necessary at night. The busy life of the 21 century can really make you forget how things should really be.

You will also be told that Fasting Health means complementing the lack of certain food with vitamins to keep a balanced diet even if you eliminate certain foods from your diet. Fasting Health means that you get rid of what is bad, not of everything or the foods that are absolutely necessary for you. Fasting Health means also not relying only on nutrition in order to lose weight. It's all about regaining the natural program of life that busy people forget about. Fasting Health involves a good physical exercise associated with the diet. It is after all everyone's wish to lose weight and

look good at the same time. Respecting only the diet, your muscles will look just as poorly as they did before and your skin doesn't recover either. Because the body is in such a close relation with the mind, Fasting Health also means trying to sleep well and being stressed as little as possible.

As you can see, Fasting Health is a complex notion that involves some effort and understanding on your behalf as well. Dieting is a lot about the brain, perhaps more about it than the body. So it should start with a positive attitude and with determination. Fasting Health can be attained by a patient person who is ready to lose weight and grow healthy slowly, but intelligently. The priority is to stay healthy, and then look good. Do not forget that.

A hundred years ago, life was very different here on earth. The air was cleaner and the earth was rich in nutrients. Then, in our need to feed our ever-increasing population, we gradually changed the quality of the air we breathe and our once nutrient rich soil is now sorely lacking. We now live in world of chemicals and pollutants in our air, water and food.

Our bodies, amazing as they are, were not designed to handle this kind of constant onslaught. Is there anything we can do about it? You Bet! You may feel that you can't change the world, but you can minimize the effects all this has on your body.

Fasting is one of the quickest ways to detox your body and it can be done safely. A three-day fast can do wonders for your body. If you are pregnant or have some chronic health problems then fast only under the supervision of a health care professional.

Our bodies store toxins but wants to rid it self of them. When you do a fast it releases toxins from the tissues and they go into the blood stream. We then can experience things like headaches, fatigue and body aches, smelly stool, etc. Although this may seem unpleasant to experience, the results you get from doing the fast has its reward of a cleaner more alert you.

Have you noticed that when you are ill you don't feel like eating anything? That's the body's way of handling whatever is going on. It naturally fasts. Why? Because when you give the digestive system a break, the body can get rid of the toxins and concentrate on immune function, cell growth and cleaning out your colon.

There is a right and a wrong way to fast. Don't do just a water fast. There seems to be a misconception that you only drink water to fast. Not so. As well as 8 to 10 glasses of water you should drink diluted pure juices except for orange or tomato juice. Fresh lemon squeezed into water is great for helping detox the liver. Herbal teas a couple of times a day can be very soothing and satisfying.

As well as doing a fast, it would be very helpful in speeding up the healing and cleansing process by doing enemas. Getting rid of old or impacted feces will greatly aid in your health and well being. A coffee enema works great. Before you put the coffee grounds in the pot, open up a capsule of slippery elm bark and aloe vera and add it to the grounds. Make sure you use purified water, not tap water. Then follow with a lemon cleanse.

Between fasting and colon cleansing, you can detox and cleanse your body and feel great.

I hope this helps.

(This is not meant to diagnose or treat any illness. If you need medical attention please see your doctor.)

Daniel Diet – Biblical Fasting As Described in the Bible

The Daniel Diet is not simply a fad diet to lose weight. Instead, it is a spiritual commitment that may result in a drop in pounds. But, first and foremost, it is designed to improve your relationship with God.

The Daniel diet is based on a verse from the Bible. Daniel 1:18 says, “Daniel proposed in his heart that he would not defile himself.” At the time, the Hebrews were living in exile in Babylonia. Daniel was an advisor to the Babylonian king.

The Babylonian king ate all kinds of foods restricted to Jews. This included non kosher foods, wine, and foods and drinks that had been offered to idols.

The modern day Daniel diet popularized by author and pastor Rev. Elmer Townes does not require that you follow the same program that the Biblical Daniel did.

The Daniel fast is not a full fast. You are allowed to eat whole grains, legumes, fruits, vegetables, seeds, nuts, and water, fruit juices and vegetable juices.

You must specifically avoid all meat, white flour or white rice, fried foods, caffeine, carbonated beverages (including diet soda), alcohol, foods with any preservatives or additives, refined sugar, high fructose corn syrup, chemical sugar substitutes like equal, and margarine, shortening or any product with animal fats.

Before you begin the diet part of the Daniel fast, you need to prepare spiritually through prayer. Make a commitment to stay on the diet for a specified period and publicize it by writing it down and telling your family, friends and faith partners what you have promised God you will do.

You will also need to prepare yourself physically for the diet. If you are addicted to caffeine, it is a good idea to wean yourself off of coffee or soda for two weeks before starting the Daniel diet. Also, begin reducing meat consumption ahead of time so that this is not a shock to your system.

The length of time you stay on the Daniel Diet depends on you. Remember, this is not primarily a weight loss plan but a spiritual redemption. Some people make a commitment to stay on the fast for the rest of their lives. Many churches are doing a church-wide Daniel fast for 21 days encompassing 4 Sundays. This stems from a 21 day fast that Daniel recounted in Daniel chapter 10. Other people fast for the entire 40 days of Lent. However, you can do the Daniel fast for as little as 7 days and see results.

Some people report that they do a one day a week complete fast as a sacrifice to the Lord.

Here are some tips to help you be successful on the Daniel Diet.

1. Be specific about the amount of time you will spend on the diet.
2. Use the fasting as a spiritual commitment not a weight loss plan.
3. Use your external discipline to reflect your internal desire.
4. Pray and ask God to show you what sin's role is in your physical problems.
5. Use your fast as a testimony to others.
6. Use your fast to learn the effects of the food you eat on your body.
7. Give praise to God for whatever successes you have on the Daniel Diet.

