FASTING

Fasting is a great way to help the body clean up its mess. It is thought that we are too toxic these days to do water fasting and it is too overwhelming on our organs to detox too fast.
One of the best fasts comes from Dr. Paavlo Airola who came out with the book "There is a cure for Arthritis". It involves a 21 day fast which included doing 3-4 enemas a day, and drinking diluted orange juice and vegetable broth. You go into the fast with a few days of preparation and come out of the fast slowly adding fruits and veggies.

FASTING WITH THE RAW FOOD DIET

Eating raw food for a month is a more gentle approach to cleansing which also gives the body the nutrition and ability to do repair work. It works very well. To get some protein in the diet without cooking foods, include raw eggs in smoothies, and raw milk cheese, bread baked below 105^{o}F like Ezekiel bread which is also considered raw. Make your own mayonnaise from raw eggs and light extra virgin olive oil. Fresh squeezed juices must be used because juices in cans or tetrapacks have been heated to sterile and protect us from bacterial damage.

INTERMITTENT FASTING

These days our illustrous scientists have come up with new information regarding fasting. Now they tell us to do daily fasting with a large space of time between the times you eat – like 13-20 hours between meals.

Why should we fast? Don't we need to start the day with a big breakfast?
Understand that eating a big breakfast because it is the most important meal of the day - was initially coined by Kellogg's who was selling corn flakes breakfast cereal! A lot of our habits have been manipulated for the good of an industry.

Create a 4 hour eating window, ideally between 3pm and 7pm. You don't want to be eating for 3 hours before bedtime eg. 10p.m. The rest of the time you drink pure water.
You can put a tiny pinch of salt into your drinking water to help retain the moisture in the body and it is expected that upon rising in the morning, you drink 3 glasses of water to flush out the gut.

You must stop ingesting the toxic, inflammatory oils which make you insulin resistant. Avoid all cooked vegetable oils. Avoid canola oil, corn oil, soybean oil, cottonseed oil, safflower oil, peanut oil, sunflower oil, grapeseed oil, fish oil, rice bran oil. Safflower and Sunflower oils are fine as long as they are organic and cold pressed, not heated. Avoid fish oils; most fish oils are rancid before you consume it, You need very little fish oil so instead eat wild caught salmon or other deep ocean fish.

Here are the fats you want to include: Olive oil, avocado oil, Grass fed butter or Ghee, coconut oil, MCT oil, lard. For cooking with oils: coconut oil has least oxidation; extra virgin organic olive oil has the most anti-oxidants. Polar compounds are what is produced after heating, which can cause inflammation, leading to cancer and the worst is grapeseed oil, then canola, rice bran and then sunflower, peanut. The best to use was extra virgin olive oil, then coconut oil, and then avocado oil. Oils of course are always best raw.

Stop eating all the refined processed foods eg. the cookies, cookies, breads.

Stop ingesting all artificial flavourings, food dyes, preservatives.

If you eat meat, you can get meats from small independent meat shops – they usually get their meat directly from ranches so they have not gone through the feedlots.

If you eat fish, stick to deep water salt water fish, wild caught, like salmon. Farmed fish come with

problems and many of the fish are diseased.

Veggies: Most veggies have been sprayed, but especially apples and cabbage so eat organic when possible. Some veggies are picked green and not sprayed eg. avocados. Bananas are heavily sprayed so buy the organic variety.

Other things to include in your foods that will help burn toxic fat away when intermittent fasting: ginger root, dandelion, artichokes, lemons/limes, radishes, radichio, cranberries, basil, thyme, rosemary, cilantro, parsley, apple cider vinegar, arugula, brussel sprouts, broccoli. If you drink coffee, they suggest organic shade grown coffee. Include a little sea salt or himalyan salt daily (2 tsp) in your food or water. If you have leaky gut, which has become quite common, avoid almonds and spinach. Almonds have a 2,000 to one ratio of omega 6 to omega 3 so almond flour is actually not such a good idea on a Keto diet. Best nuts to eat: walnuts, pecans, brazil nuts, macadamia nuts.

Avoid cow, instead use goat or sheep cheese, coconut milk.

Avoid burning or blackened meat, farmed fish, soy, and corn unless it is organic.

Many people can't eat nightshade plants - tomatoes, peppers, eggplant, potatoes.

They say the best sweeteners are stevia, monk fruit, erythritol.

Avoid sucralose(Splenda), aspartame(NutriSweet), saccharine, sorbitol. Even xylitol, malitol, and mannitol can be problematic.

You might want to inch your way into this type of regime, so to start with delaying your breakfast by one hour. So if you are used to eating at 7am, delay it until 8am. You ate your supper at 5-6pm the night before, so you are fasting for 14 hrs before breakfast. When you push the body to a place of discomfort, it will adapt and you will metabolically switch to the intelligence of the body starting to clean up its mess. When deprived of food, the body will consume its own toxins, fat, and any disease present.

For children they suggest to watch your children's patterns. When are they hungry - do they wake up hungry, or are they not hungry until much later? Are you pummelling snacks and foods into them constantly?

Food for a lot of people satisfies their emotional problems - sad, happy, excited, upset.
It creates dopamine in the brain and body. So understanding the process will help stay on track.

Fasting is an art, working with your body intelligently. If you start to feel dizzy or going to pass out, stop the fast briefly and start again in a day or two.

Regarding a Women's Menstrual Cycle. Day 1 - 10 keto type fasting is good. But the week before your cycle you don't fast, you are making progesterone and you need more glucose and carbs to make progesterone - so this is the time you slow down and you can eat healthy carbs like squashes, potatoes, beans, citrus and tropical fruits. Once you are ovulating you need to contribute to a good gut microbiome - eat lots of vegetables and if you eat meat, only small amounts.

Viruses do not have their own energy system, so they have to live off yours. If COVID virus comes into the cell burning glucose, it will live off that and replicate. If the virus comes into a state of autophagy (the cells ability to repair themselves) which happens when you fast, it stops the replication of the virus which also makes you less contageous. When blood sugar goes down for around 17 hr, the intelligence inside the cell recognizes it doesn't have a lot of glucose so it gets more efficient, cleaning up endoplasmic reticulum, repairs mitochondrial membranes, it shuts down viruses, kills fungi, bacteria. It also can kill the cell if it is such a hot mess that it is turning into a cancer cell (apoptosis). This happens between 17 and 72 hr so the longer you stay in autophagy, the more repair happens.

The person to listen to for this information is Mindy Pelz on Youtube. She has lots of videos to help with this. Another fellow to listen to is Dr. Dan Pompa; see his website and any videos.