

Benefits of fasting

- Fasting is the perfect gateway to a healthful diet and lifestyle. Going on a fast gives you the motivation and enthusiasm to make a fresh start.
- Fasting restores taste appreciation for wholesome natural foods. People say that their tastebuds come alive after fasting and that good food never tasted so good.
- Fasting clears the skin and whitens the eyes. It is common to see skin eruptions clear while fasting and the whites of the eyes never look so clear and bright
- Fasting makes it easy to overcome bad habits and addictions. Many people have overcome tobacco and alcohol addictions by fasting. Fasting rapidly dissipates the craving for nicotine, alcohol, caffeine and other drugs.
- Fasting may correct high blood pressure without drugs. Fasting will normalize blood pressure in the vast majority of cases< the blood pressure will remain low after the fast, if the person follows a health supporting diet and lifestyle.
- Fasting promotes the drying up of abnormal fluid accumulation, such as oedema in the ankles and the legs or swelling in the abdomen.
- Fasting quiets allergic reactions, including hay fever and asthma
- Fasting promotes the resolution of inflammatory processes, such as rheumatoid arthritis.
- Fasting gives the digestive system a much needed rest. After fasting, both digestion and elimination are invigorated
- Fasting promotes detoxification. As the body breaks down its fat reserves, it mobilizes and eliminates stored toxins.
- Fasting initiates rapid weight loss with little or no hunger. Most people are surprised at how little they desire food while fasting.



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