

Fasting Forward (Intention, Affirmation & Action)

By Michael Goldberg M.D

Welcome to today's Fasting challenge!

An introduction to the importance and benefits of Fasting.

For those interested in my background, work and personal story, please refer to the [J1T4H page](#) and WATER challenge [PDF article](#). (linked here)

What is fasting?


To abstain from all or some kinds of food, drink (and/or behavior).

Types of fasts:

Dry fast:

- **No water & No food (nothing ingested).**
 - Historically done as a religious practice on special dates, for very short periods of time (1-2 days).
 - Due to the high level of toxicity that we are now exposed to, it's **Not** generally recommended nowadays as a therapeutic approach as it **may be unsafe** for the medically unsupervised public.
 - **In Islam**, Fasting also includes abstaining from any falsehood in speech & action.
 - Abstaining from any indecent speech, arguing, fighting & lustful thoughts.
 - **In Judaism**, the most important fast is called "Yom Kippur".
 - A 24 hours dry fast, abstaining from eating, drinking, bathing, sex, leather footwear, anointing oneself with perfumes or lotions.
- https://en.m.wikipedia.org/wiki/Yom_Kippur

Water only fasting:

- **Drinking only pure water** 
- The main focus for this article and webinar.
 - **Medically supervised by trained professionals & done right, is the most powerful, cost effective & safe, "medical" intervention and detox that i have come across, thus far.**
 - Therapeutically, usually done for 3-40 days.
 - Day to day work, moderate to heavy exercise and stressful activities, should be avoided for maximum benefits.
 - Most of our daily energy expenditure goes into processing the food we eat and utilizing it to build our body.
 - When we stop eating and rest, the body goes into a **"maintenance/repair mode"**.
 - May be Termed as the "Art of doing nothing".
 - **Uninterrupted the body works very effectively & efficiently to remove, excess, unnecessary and toxic materials, that may have been "stuck" in our system.**
 - In the first phase (first 2-3 days of the fast), the body uses its stored glucose (glycogen).
 - In the second phase (day 2-3 onwards), after exhausting the stored glucose (while fasting in a rested state), we maintain our body's daily energy requirements by fat metabolism.
 - In the 2nd phase, the body uses ketone bodies & newly constructed glucose (from fat) for all its energy requirements.
 - Many toxins are fat soluble, meaning that they may be stored inside our fat cells, if exposed to or ingested.
 - One very important reason that rest (and medical supervision) is usually recommended is that if we are overactive during an extended water only fast, we may reach an undesirable state where the body, now taps into its protein "stores" (muscles), leading to muscle mass loss (wasting) and other health risks, a **dangerous and extreme state known as starvation.**
 - The second important reason is that if done unrested, many resources are allocated to our skeletal muscles instead, deviating energy from the self maintenance/healing/detox work.
 - Carbonated water and/or vegetable broth (only the clear fluid for electrolytes) may be used to extend a long fast, negating some I'll feelings that may come up.
- **Absolutely contraindicated for type 1 diabetics & pregnant women.**
- **Not recommended in growing children < 18 years old.**
- **Not recommended for moderate to severe underweight people.**
- **Mostly Unsafe (with some exceptions) for people on daily medications, that can not be stopped for the duration of the fast.**
- Great for transitioning to a WFPB diet.

- Very effective measure for **breaking bad habits** like smoking & unhealthy eating.
- Excellent for reversing the short and long term effects of most acute and chronic diseases (hypertension, diabetes type 2, inflammation, detoxification, prescription and recreational drug use).
- A very important fact to understand is that fasting will absolutely help and facilitate many beneficial health changes in a very short time, but it's **not a cure all, fix all, end method**.
- **Fasting is a most powerful tool that is best integrated into a healthy lifestyle maintained and followed for life, powered by a WFPB diet and moderate exercise, leading to long term, sustained overall good health and well being.**

Juice fast:

- **Drinking only fresh vegetables, fruit juices & water.**
- Low daily caloric intake (~600 calories).
- Usually done as a short "detox" protocol.
- Part of the re-feeding protocol after a water only fast, 1-3 days of juicing, before introducing any solid food.
- A safe fasting protocol for people that **can not stop** their daily medications.
- Type 1 diabetics must use **extreme caution**, medical supervision, regular blood glucose measurements and adjust insulin intake, while juice fasting (not recommended for long periods of time).

Intermittent fasting:

- **Limiting the eating time period (window), to only several hours per day.**
- For example: not eating before 11am and/or not eating after 6pm.
- May be done once a week and up to an every day practice.
- **Very effective & proven, healthy long term, weight loss protocol.**
- Enables maintaining normal day to day activities.
- **Best done on a Whole Food Plant Based (WFPB) diet (basically a vegan diet with no processed foods).**
- No caloric restriction.

Caloric restriction:

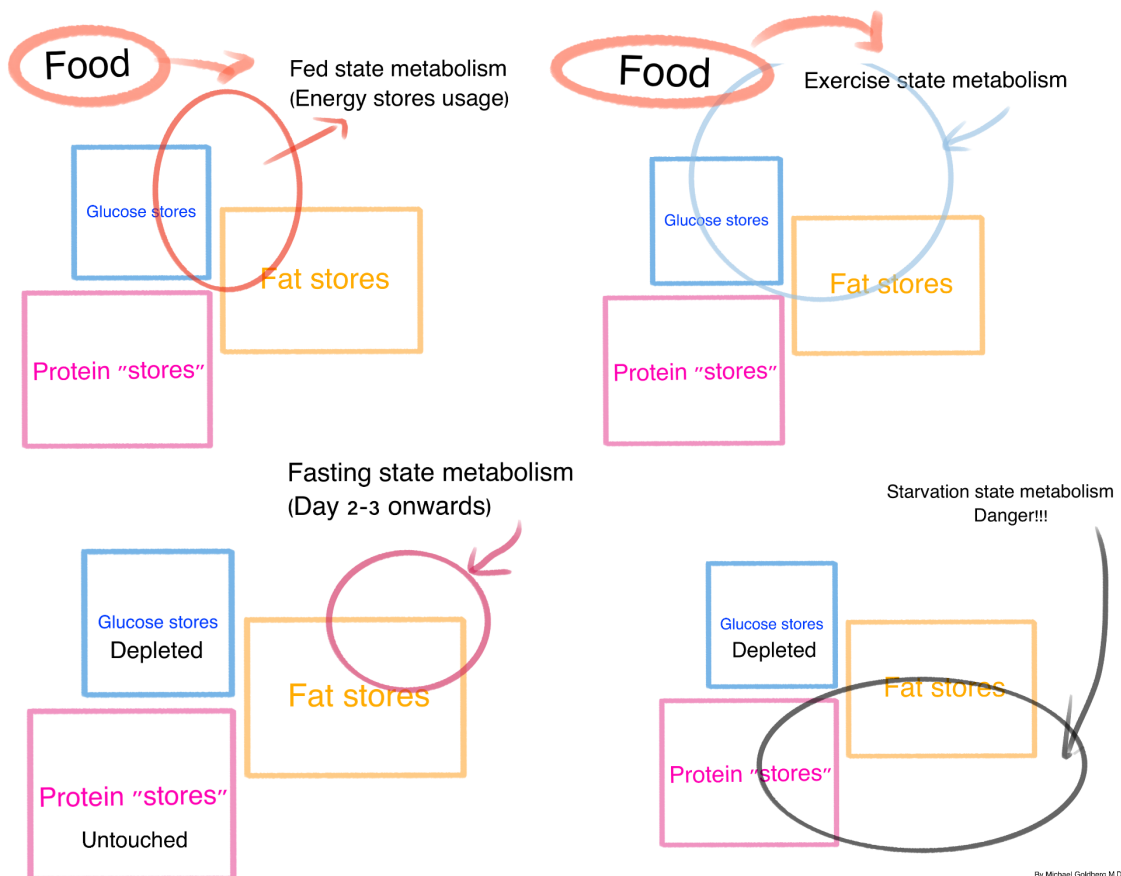
- **Eating dramatically less than the recommended daily caloric intake, adjusted for gender, age, weight, height and physical activity, for extended periods of time (>weeks).**

- Has been proven (in mice), to dramatically extend the length of life.
- **Proven to be an ineffective long term weight loss protocol.**
- After some time in a caloric deficit state, the body will slow down its BMR (basal metabolic rate).
- A built-in survival mechanism = Not enough food -> slow down!!!
- After returning to a "normal" way of eating, now actually a high caloric intake diet (with the acquired new low BMR set point).
- Leading to a rebound effect of weight gain (rightfully termed "**yo-yo**" diet).

Avoiding animal and processed food (WFPB diet):

- **Proven to be the most important lifestyle & health promoting sustainable measure to return to & maintain optimal good health, wellbeing and longevity.**
- **No caloric restriction.**
- **No portion restriction.**

Energy resources used in different metabolic states



WFPB diet with no added Salt, Oil & Sugar (SOS free):

- Very effective in chronically sick and obese patients.
- May be quite challenging to follow.
- **No caloric restriction.**
- **No portion restriction.**

Fasting in history:

Practically in every religion, there is a long history of fasting.

Master Jesus Christ (40 days), Prophet Mohammad, "Ha'ARI Hakadosh", Dr. Mikao Usui (21 days), Lord Buddha (40 days), Mahatma Gandhi and the list goes on and on and on...

(Press on the names above for relevant information).

Fasting in Judaism

Bible verses about fasting

Fasting in Islam

Fasting forward (intention, affirmation & action)

We may "mechanically" do many things in the attempt to better our lives and health.

Let's now also link our powerful mind, into the process of healing.

Positive thinking has been proven, time and again as a powerful tool in creating, restoring and maintaining, good overall health and well being.

One very important living message, left by all the great souls and teachers in history, is that our "state of being" & lives are our responsibility alone (no one else is to be blamed nor at fault).

The next point is that action follows intention, so if we do something even with great proven benefits, without a genuine intention behind it, we will only get partial good results.

Many great souls have shown us by their lives (living example), how to integrate our thoughts and actions.

During fasting, although we seem to be relatively inactive, many mechanisms are actually highly sped up (especially the detox pathways) and we gain flexibility to change things/ patterns in our lives.

Lets us also detox and rewire our thoughts by positive affirmations.

Here are some simple yet very powerful affirmations to boost our productivity, intentions and actions in our everyday lives and **especially during fasting**.

May be repeated as many times as needed, the more the merrier!

Best done in front of the mirror, with a smile on your face 😊

**"Every cell in my body is happy
Every cell in my body is well
Every cell in my body is happy
Every cell in my body is well
I'm so glad that every cell, in my body is happy and well
I'm so glad that every cell, in my body is happy and well"**

"Every day in every way, I'm getting healthier and healthier"

"Every day in every way, I'm getting better and better"

"Every day in every way, I'm getting happier and happier"

"Every day in every way, I'm getting wealthier and wealthier"

"Just for today, I will live in the attitude of gratitude"

"Just for today, I will live without fear nor anger"

Fasting resources

Disclaimer: Not all materials were fully checked nor agreed upon, but these are a few very good places to start with.

<https://en.m.wikipedia.org/wiki/Fasting>

My YouTube playlist on Fasting

TrueNorth health center - Dr. Alan Goldhamer D.C

<https://www.healthpromoting.com>

Fasting and Lymphoma case report in British Medical Journal (BMJ)

Fasting and high blood pressure

Fasting and moderate high blood pressure

<http://www.healthpromoting.com/learning-center/articles/clinical-fasting>

Fasting mechanisms

Interview with Dr. Goldhamer

Tedx talk on the pleasure trap by Dr. Lisle

TV show on fasting with Goldhamer and McDougall

GQ article on fasting at TNHC

Fasting lecture by Dr. Goldhamer

TV news reports on fasting and TNHC

<https://www.healthpromoting.com/learning-center/truenorth-tv/fasting-ancient-solution-modern-problems>

Dr. Goldhamer I-thrive

Fasting safety study

Buchinger-wilhelmi clinic in Germany

Fasting in Russia (lake baikal)

Just type "Fasting" or any other topic you may be interested in, in these websites:

Dr. Mcdougall M.D

Dr. Fuhrman M.D

nutritionfacts.org Dr. Greger M.D

Intensive Dietary Management (IDM) by Dr. Jason Fung M.D

Prof. Valter Longo PhD.

The great souls said...

Recommended Books on fasting:

Fasting Supervision and Lifestyle Care in the Tradition of Natural Hygiene
by Alec Burton, Nejla Burton, et al. | Mar 14, 2018

Fasting and Eating for Health: A Medical Doctor's Program For Conquering Disease
by Dr. Joel Fuhrman | Jan 19, 2015

The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended
by Jason Fung and Jimmy Moore | Oct 16, 2016

All the best 🍀

Take good care 😊

Michael