

Part 2, Chapter 14: Intermittent Fasting: Introduction to Cleansing the Body

An increasingly popular health trend is intermittent fasting. Dr. Bragg's program puts a heavy emphasis on fasting to cleanse and rejuvenate the body. Both Dr. Paul and his daughter Dr. Patricia suggest totally abstaining from food one day a week and then doing the same for several days in a row four times a year. George and Ira Gershwin wrote the popular song "Nice Work If You Can Get It". I would say the same about fasting for several days in a row, or even for a full 24 hour period.

During the time of Christ, the Essenes frequently practiced a long fast. In fact, there's a whole book on the subject, the "Essene Practice of Fasting" (<http://essene.com/GospelOfPeace/fasting.html>). One has to keep in mind that in the time of Christ the food supply in the first century was very different than it is now. There was no processed food, fast food, and there was certainly very little by way of pharmacological substances. People in that era lived on diets that were not inherently poisonous to the body. As such, when fasting after living on such a diet there was not much by way of actual toxins to eliminate.

The case is very different for people now, and even more so for people living on a Standard American Diet. We are full of poisons from our food, from drugs, from contaminated water, from environmental pollution, from toxins in the air, from pesticides, from vaccines—you just can't get away from it! For someone in the modern world to go on a protracted water fast, this is tantamount to playing Russian roulette with their health. Yes, in such a case toxins WILL be released. However, they will be released so fast that they could, in fact, potentially for some become fatal—or at least make someone feel very sick. For someone who has been living on a very clean and healthy vegan diet for a long time, who has already rid themselves of an enormous amount of toxins, a protracted fast would be very beneficial. For someone coming off a Standard American Diet—not so much.

Intermittent fasting is a concept where one avoids eating for 16-18 hours a day (starting with sleep), the most popular protocol, and then in the remaining window, consume an otherwise healthy diet. In particular, a diet rich in fruits, vegetables, nuts, seeds and sprouts. In so doing toxins are released but released slowly over an extended period. (There are actually many benefits to intermittent fasting including utilizing fat for energy and the weight loss that goes with it.) 'Fasting' like this will greatly reduce the vast majority of severe detoxification symptoms while providing many of the benefits of a much longer fast.

Paramount to intermittent fasting is to violate a popular lifestyle myth.

You will continually hear people say, "Breakfast is the most important meal of the day." This is simply not true! Scientifically, it takes a tremendous amount of nervous energy to chew, digest, absorb and eliminate a typical American breakfast. The average person believes that a hearty breakfast is going to give them strength. They believe this having been brainwashed by TV and print commercials and propaganda created for the producers of modern breakfast products: cereals, breads, pancakes,

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waffles, eggs, sausage, bacon, tea, coffee, cocoa, milk, etc. It's in their financial interest to have people believing they need a big breakfast for lots of energy."^{2}

In general, the commercial farming, processed and fast food industries are not interested in your health and well being. They are interested in their bottom line: Getting you to buy as much of their product as possible even if that product is inherently poisonous to your body.



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Skipping breakfast is actually a great way to start the day and is of paramount importance to an intermittent fasting process. My own experience is that I seldom am even hungry before 1:00 in the afternoon. As a general consideration, I eat between 1:00 and 5:00 pm, and that's it. Essentially, intermittent fasting is a lifestyle more than a practice and it seems to be a practice that is very agreeable to most people, once you get used to it.

Of other forms of longer fast, I'll cover that subject later in this book. As part of a transitional process to a much healthier diet and lifestyle, the practice of intermittent fasting is an excellent way to get into a healthy vegan lifestyle and off of the Standard American Diet.