

# Water fasting the secret of rejuvenation healing and repair

Our body was never meant to eat 3 meals a day, 365 days a year. Russia, Germany and other eastern European nation's medical research teams have done extensive studies on long term water fasting and have medical personnel to assist patients in the process. This is the most effective way to experience the bodies rejuvenation and stem cell regeneration ability's is the most cost effective therapy possible.

Water fast length Minimum 4 days to 38 days

## What happens when we fast

1. Sugars reserves first 12 hours
2. Protein next 18- 24 hours
3. Fats reserves after 36 hours, up to 40 days
4. Starvation body starts eating muscle protein after 21 + days based on % of fat reserves

## Fasting Benefits

After 3 days, of water fasting stem cell production begins and will continue to repair and rejuvenate the body until the fast ends. The body has a marvelous rejuvenation system if we only give it a break. This is the master benefit of water only fasting in addition the following benefits are also gained:

### 1. Improve your will power

Fasting is the key to recover your will power and strength to accomplish your goals. If your will is weak, start with smaller fasts and build up to longer fasts. Once you can fast as a regular part of your life you will find you can accomplish far more of your goals.

### 2. Improves Body Composition and frame Fitness

Fasting contributes to a better body composition in several ways, primarily through its actions on hormones and fat metabolism. The body will fill it full effects 6 weeks after the fast.

### 2. Promotes Greater satisfaction in eating

Your fatty tissue acts as a kind of endocrine organ, producing several different hormones. One of these hormones, leptin, effects how full you feel. Fasting and weight loss significantly affect your

hunger level and post-meal satisfaction through this hormone. With fasting, leptin levels drop initially, but as you lose weight, you decrease leptin resistance. Becoming more responsive to leptin signals increases how full you feel.

### 3. Boosts Your Metabolism

Leptin, though known primarily as the satisfaction hormone, also increases **thyroid hormone production**. Improved leptin sensitivity increases the rate of your metabolism if you have a sluggish thyroid.

### 4. Supports Fat Loss and Ketosis

**Ketosis**, or the fat-burning state, is reached by fasting. Ketosis helps you burn through your fat reserves. Excessive central fat stored around organs like your liver and kidneys, interferes with organ function. Fasting, helps you reach ketosis even faster than traditional caloric restriction. Studies have found that fasting significantly boosts fat metabolism in people.

### 5. Encourages Better Insulin Sensitivity

Fasting causes the body to secrete less insulin because you're not giving yourself steady doses of sugar. Lower levels of this hormone lead to increased sensitivity in those with insulin resistance. Excessive fat stores seem to contribute to this resistance. Some research points to excessive fat in the body, blood, and diet as a contributor to insulin resistance by preventing it from doing its job, i.e., opening the pores on your cell membranes to allow sugar to pass into them. Also, the pancreas has time to restore and rejuvenate.

### 6. Improves Cardiovascular Health

One of the main benefits of fasting, particularly for people that have metabolic syndrome-related health concerns, is the many immediate **cardiovascular benefits**. Fasting improves cardiovascular function, blood composition, and blood pressure. Those with type 2 diabetes or high cholesterol may find fasting helpful for addressing some of the associated health concerns. Both partriis and adrenal are rebuilt during the fasting state. Another animal study found that fasting leads to improved heart health. In animals, researchers found that intermittent fasting improved heart muscle performance, reduced free radical damage, and increased the growth of blood vessels within the heart

### 7. Lowers Blood Pressure

While fasting, many people develop lower blood pressure, primarily during the first week of a fast. Some researchers believe it's because of no salt intake but German study's show after the fast most patients blood pressure stays lower.

### 8. Decreases Blood Sugar

In just the first few days of fasting, blood sugar drops over 30%, a significant perk to anyone with hyperglycemia. This drop usually makes people feel low energy, but your blood sugar levels should

stabilize as you continue to fast and convert to fat as primary energy source burn. Using the fat channel as an energy system is increased after a fast.

## 9. Improves Blood Triglycerides

Blood triglycerides decrease during the fasting state. Having fatty blood increases your risk of developing narrowed arteries. Reduce stroke.

## 10. Remove toxins locked in fat

Body locks harmful chemicals and toxins in the fat tissue these encapsulated toxins are released as one begins to burn the fat.

## 11. Slow Aging and Enhance Longevity

Research into fasting for longevity and healthier aging is well-established in animals, but controlled testing on humans is still in its infancy in the US, where Russia and Germany lead in this research . Better blood composition alone improves healthier aging and health outcomes. The effects of fasting appear to lead to a healthier, longer lifespan. **275 year old man story**

## 12. Decreases Inflammation

Inflammation has many causes, but an unhealthy diet is a consistent source of free radicals and the **foods that cause inflammation**. Refined sugar, refined carbs, alcohol, meat, dairy, and fried or charred foods provoke inflammation. But food isn't the only source—metabolic reactions also generate free radicals like super oxides and hydrogen peroxide. Foregoing a few meals prevents food-related inflammation before it even starts.

Another way that fasting decreases inflammation is through better hormone balance. Several studies have found lower insulin levels and improved insulin sensitivity decrease oxidative stress caused by free radicals.

## 13. Increases Resistance to Oxidative Stress

**Free radical-related damage** is a well-known contributor to premature aging. The benefits of fasting include better blood composition, improved hormone signaling, less oxidative stress, and healthier gene signaling. These benefits make your body's oxidative stress plummet, a feat that keeps your genes, cells, and tissues healthy as you age.

## 14. Improves Cell Recycling

As we age, rogue cells, both human and foreign, can proliferate throughout the body unchecked and this damaged tissue can contribute to progressive disease. Fasting sends your body into cell recycling, a process of self-digestion at the cellular level called autophagy. But you're not just digesting your fat to fuel yourself while fasting. Your body also targets malfunctioning cells and old tissues to optimize resources for survival. Cancer cells operate at lower voltage and may die of during the fasting process

Fasting promotes the destruction of malfunctioning cells and tissues through selective protection. It selectively protects healthy tissues because they respond to adverse conditions like famine or fasting

## 15. Increases Growth Regulation

Your body produces less than IGF-1 (insulin-like growth factor 1) while fasting and on certain diets, such as a **healthy plant-based diet**. IGF-1 has been implicated as a hormone that helps cancer proliferate throughout the body. Reduced IGF-1 production decreases your odds of intractable tumor growth and spread. This means that fasting can help cleanse the body of not only the resources rogue cells need but also the hormones that help them stick around and thrive.

## 16. Protects Your Brain

Studies on aging and brain function have substantially increased in the last decade. Life expectancies have increased well past what was once even thought possible. The public's profound interest in brain health throughout all stages of life reflects a desire to **age gracefully**, healthfully, and with full mental faculties intact. Fortunately, fasting seems to specifically kickstart several protective mechanisms in your brain. After a fast you find greater mental clarity and focus.

## 17. Reduces Harmful Protein Production

There are many proteins and metabolic products that provoke inflammation, particularly in the brain. Fasting and calorie restriction inhibit the production of free radicals and irritating proteins like inflammatory cytokines. Mounting evidence indicates that these contribute to premature brain aging and that fasting can decrease their production, protecting you from their impact. Interestingly, mounting evidence suggests that not only does free radical damage and *inflammatory* cytokine production slow down, but *protective* cytokine production increases while fasting. Undigested protein is why we ache in our joints,

## 18. Promotes a Healthy Stress Response

Mild, infrequent **stress** is good for you. It challenges your body, and you come out stronger after going through it. Moderate, short stress on the brain produces a similar result. Fasting exerts a small amount of stress on the brain. This stress sets off a cascade of actions that protect neurons from damage and death in animal models.

## 19. Enhances Recovery from Injury

You would think that fasting after injury, especially one to the glucose-hungry brain, would make recovery even more difficult. But the opposite seems to be true. In animal studies, intermittent fasting after injury improved brain function from stroke and diseases that affect the brain. At this time, the mechanism is not yet understood, so further investigation is required before your health care practitioner can start recommending intermittent fasting for recovery.

## 20. Supports Healthier Collagen in Skin

Your diet is important to your skin's appearance, but fasting can also **improve your skin's integrity**. High blood sugar changes the structure of collagen, weakening its strength and resilience. Since

fasting substantially lowers blood sugar, you can think of it as a normal part of your skin care routine to ensure graceful aging. Also, eczema is one of the things that go into self-repair.

## 21. Regaining the zest for life

Fasting also reset are emotional state of being make us grateful for the small things in life , wakes up are spiritual natures.

### Pre-Fast Preparation

(Sharing ideal conditions)

- 2 weeks before cut tobacco, coffee, alcohol and heavy protein meals. fried foods
- 1 week before fasting eat fruits and soft vegetables.
- 3 days before, drink fresh squeezed juice.
- Be gentle and realistic.
- Try to start a fast on a Thursday, so you can function the following Monday. ‘
- Hard physical labor not recommended in water fasting
- Symptoms of hunger in the first 24 hrs. of fasting are simply psychological signaling to regular eating. Even experienced fasters experience this
- The Protein cycle causes the worst feeling. Eased with water flush
- Fat is the storage place for all toxins. As toxins release, you will experience various systems

Example each fast with be different, ( my gasoline story )

Dealing with heavy Toxic load in blood stream:

Blood purification herbs are sold as combination of herbs like:

- Burdock Root
- Dandelion
- Reishi Mushroom
- Basil
- Red Clover
- Upon systems open gelatin capsules stir in 4-6 oz of hot water let sit drink followed by a 8 oz of water 30 minutes later

### Cleaning and support tools.

Colonic, organic green coffee enemas, Light lymph massage, bouncing on heals, dry skin brushing, far infrared sauna, ozone steam

Increase water intake day 2 and 3. Flush. Take mineral electrolyte drink at night.

Be genital on your self stay away from high stress situations take a vacation from vacations.

By 4<sup>th</sup> or 5<sup>th</sup> day you should be feelingly better, lighter and increased senses. This is when the body goes into self-repair and you gain the greatest benefits from fasting.

Extra sensory perceptions are heightened so its a good time to develop these skills. Spend time getting to know yourself, prayer, mediation and spiritual practice are heightened.

Essential oils work very effectively during a water fast learn their therapeutic value and use them often as needed

Deep breathing practices and exercises are very valuable during fasting time when ever you fell weak lay down do deep abdominal breathing for several minuets while massaging feet and ears.

Sun gazing fist few minutes of sun rise last few minutes of sun set ( learn how before doing )

## Breaking a Fast:

Break your fast with fresh squeezed fruit or vegetable juice.( depending on your sugar load)

Soft fruit and soft vegetables cooked, not raw, till first bowel movement.

Heavy herbal intake to deal with weak areas of body.

## Replace former Diet with:

- Low glycemic sugars, (explain)
- Long chain fats (fish oil, high lignum flax seed oil, (virgin pressed orgonic oils)
- Bone broth and probiotic load (min 6 weeks)
- High quality plant sourced vitamins and electrolyte minerals
- Slowly introduce a new food groups and see how that makes you feel. Take time to discover what you're allergic to.
- Introduce meat only after a week of eating. You might need digestive enzymes the first few meals. Longer the fast the longer it takes to wake up the digestive system. Older we get the less protein we need.

## When to Fast .

- Season changes
- After a major illness
- Recovering from chronic heal problems
- Regain mental clarity and focus

Let me help you have pure clean water for your body health and fasting needs.

[yosefnbender@gmail.com](mailto:yosefnbender@gmail.com)