



Fasting for life
by Christine Holcomb

*Slides presented during Healing Journey JumpStart
Fasting for Life Session*

Fasting-is a magical healing process, so simple and so powerful!

Our bodies were designed perfect...BBBUUUTTT Our self-healing system gets clogged up ...through the way we eat, think, what we breathe. Even what your mother ate!

Our toxins build up and eventually the body wants to get rid of them and they show up in many ways that effect our health. Mostly chronic like MS, arthritis, heart disease, and cancer but also acute issues. Like acne eczema, psoriasis, rashes, migraines.

Relieving the body of having to digest foods, helps the body get rid of the toxins which helps us heal. It gives all our organs a rest. Fat stored chemicals are released as our bodies look for fuel. Fasting can help cleanse your liver and kidney and colon and purify your blood. Your skin, your eyes, your brain, and every cell in your body.



Hippocrates used fasting for many ailments. It was also used throughout history by Socrates, Hippocrates, Jesus, and many more and hopefully YOU!

The amazing benefits include everything from regulating **insulin sensitivity** to Lowering **blood pressure**, improving **blood sugar**, lowering **triglycerides**, decreases **inflammation**, produces **less IGF-** (a growth factor), stops **mTOR** (a growth factor), Helps with **Stress modification**, Increases **antioxidants**, stimulates immune **stem cells**, **autophagy**-cleans up damaged cells, recycles old damaged proteins, clean up **pathogens**, cleans up damaged **mitochondria** (cancer)...PHEW!



What are YOUR Goals?

Weight loss, improve health, become more spiritually aware, boost your healing journey...

Must decide the type of fast

---No children, pregnant women and lactating women and diabetics should fast.

---Cancer folks with Cachexia should not



Types of fast...

Juice fast- veggie and fruit juices at least 10- 8 oz of juice and lemon water. Fresh green juices will help detoxify metals. Remember Raw cabbage juice is good for cancer.

Water fast- Is Water only

Intermittent fast-18 hours fasting with 6 hours food

Partial fast-give up Something.... Meat . Sugar, TV etc.

Daniel Fast -is a partial fast typically just water and vegetables

Esther fast is a 3 day dry fast (no food or water)

Fasting to enhance the effects of treatment- of chemo -the day before and the day of Chemo and the day of vitamin C TX

Modified Fast – is a modification of some of the above



What happens approximately along the fasting timeline?

- At 24 hours you start healing your gut, increases stem cells
- At 3 day you are helping the body rid itself of toxins,
- At 5 day you are helping heal the immune system.
- At day 10, fasting is even more powerful...



Planning.... YOU must prepare ahead–

- Where to fast- go away, home, work
- Reduce caffeine, sugar, processed foods, dairy, meat ahead of time-
- If on a fast that allows food, it must be whole plant foods .. no salt, no oils, no sugar...
- Plan moderate exercise and activities.
- Look at your medications-if on blood pressure meds or other serious meds must ck with your doctor,
- Obtain vitamins, supplements, teas that will be needed to support.



Side effects can be headache and nausea.. Body odor, dizzy, irritability, dark urine, foul smelling bowel movement, insomnia, headaches, heart palpitations, muscle cramps. Are you getting excited yet?



Things to do while on the fast that will help reduce the side effects and help make it a success!

- Pray, skin brush, walk,
- Drink pepper mint tea, milk thistle, chamomile tea, 2 capsules of garlic to kill parasites
- Lemon juice enema, followed by coffee enema To cleanse the colon and help rid the liver of all these toxins this will help decrease many side effects.
- Pulse rate may get higher or gout symptoms may appear. Take electrolytes or a pinch sea salt. Or 1/8 baking soda for gout.
- B vitamins and vit D help the fast. *(Some folks get nauseous from Vitamin B on an empty stomach.)*





Having a sauna with short fast like Intermittent fasting will increase the benefits.

Coming out of your fast go *slow* ..small meals, not refined carbs...salad, nuts...wait avocado

Recommendations -

- Start with an intermittent fast of 18 hours no food/6 hours eat during that time or 16/8 or more or less
- Over time do the prolonged ones.
- Take minerals, b vitamins and salt
- Exercise in the morning
- Try one day a month, a week
- Once or twice do a 5 to 10 day fast.
- Some will recommend 48 hour fast for once a week and 72 once a month for advanced disease!

Places to find more info....

Movie called: The Science of Fasting (with Dr. Valter Longo)



It's difficult to find this video anymore due to removal from many platforms, but this is who produced it and it was in English. You can find it on Youtube in french. It is an excellent documentary about long term water fasting and the benefits, along with case testimonials.

The Science of fasting movie on Amazon

www.survivefromcancer.com

Books

A Hunger For God

Practicing the Power of Fasting for Spiritual Breakthrough

The Longevity Diet

The Prolon diet



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