



# SIMPLY PAIN FREE START HEALING

BY [FACTASTICHEALTH.COM](http://FACTASTICHEALTH.COM)

## **DISCLAIMER**

All information in this fasting program is not medical advice and before beginning any of this, you **MUST** speak to your **DOCTOR** and get the **APPROVAL** that this process is going to be ok for you with your particular medications you are on and your unique health circumstances.

## **WARNING: DO NOT DO THIS IF**

you're underweight or frail or elderly or you have a condition that is sensitive to blood sugar levels or have kidney disease or your medications needs to be taken with food and if you can't put aside three days for yourself where you can do this.

# **WHY ARE WE FASTING**

Most of us with an autoimmune disease have never stopped eating for long enough to realise that the problems and the pain is coming from what you are eating and therefore the cleanse is a way of you discovering for yourself first-hand what you are eating is causing pain.

Fasting will give your body a rest from the constant demands of the digestive process. For a single digestive enzyme our body needs to use 9 metabolic enzymes. This metabolic enzymes are taken away from the maintenance and repair processes. This is the most labor-intensive activity that your body undertakes.

When there is nothing much to digest, the digestive enzymes can be converted back into metabolic enzymes. With all of your enzymes an accelerated healing can take place. You are entering into a state of healing and cleansing whenever your stomach is empty. Your body can clean itself like never before. You should learn to make friends with a little hunger, if you want to access the power of your body's healing on a regular basis.

## **WHAT KIND OF (SCIENTIFIC) FASTING METHODS ARE THERE**

### **TIME-RESTRICTED FEEDING (TRF)**

is the practice of limiting calorie intake to a certain time period, somewhere between eight to twelve hours per day.

“Think of a stoplight. The body does not have one circadian clock, but a series of circadian clocks (“a clock in the gut, a clock in the kidney, a clock in the liver”) that make up the whole of our biological rhythm. Each of these is turned off and on at certain times, and can be imagined as stoplights. The system works best when the stoplights are in sync, to keep traffic rolling smoothly.

The digestive system works on a particular sequence throughout a day, turning on when we first consume calories in the morning. That kicks the system in gear. As food moves through the system, each organ does its work, then moves into “standby” mode, then kicks on again when we eat next, and so on until we eat our last meal. When the system finishes its work, it does a bit of self-maintenance.

If you toss in an outlier (say, a quick half-pint of ice cream in the middle of the night), the system's maintenance process is thrown off, which hurts overall proficiency. Said another way, if you eat from 6:00 a.m. until 11:00 p.m., you're only giving the body a seven hour window to repair, which, is not an optimal amount of time." Dr. Panda.

## **FASTING MIMICKING DIET**

Periodic fasting requires limiting calories for three to five days, in order that the cells deplete glycogen stores (glucose from food stored as energy) and begin breaking down fatty acids for energy - ketogenesis. While this could also be done without food, like water fasting, doctors and scientists don't consider it as safe, particularly if there are existing nutritional deficiencies or dysfunctions. As an alternative, Dr. Longo has developed a "fasting mimicking diet" (FMD) called ProLon, a five-day program in which total caloric intake is limited to between 770 and 1,100 calories per day. This helps with the mental and physical rigors of fasting by providing nutrients to the body without stopping the fasting process at the cellular level.

"When you starve, the system tries to save energy, and one of the things it can do to save energy is to recycle a lot of the immune cells that are not needed, especially those that may be damaged" - Dr. Longo

Scientists have found that fasting for as little as three days can regenerate the entire immune system even in the elderly. Although fasting diets have been criticized by nutritionists for being unhealthy, new research suggests starving the body kickstarts stem cells into producing new white blood cells which fight off infections and tumors.

## **WHAT FASTING METHOD ARE WE GOING TO DO**

We will do a two day calorie restricted fasting also known as a cleanse. The total fasting duration will be 48 hours. Depending on how much salad you can eat and green smoothies / celery stick juice you can drink, you will get probably 200-400 calories per day.

# WHAT CAN I EAT WHILE FASTING

You can eat plain salads without any dressing and a pinch of salt.

Some examples for your salad mix:

- Romain Lettuce
- Butterhead
- Lambs' Lettuce
- Mesclun (a.k.a. Spring Mix)
- Little Gems Lettuce
- Arugula (a.k.a. Rocket)
- Batavia Lettuce (a.k.a. Summer Crisp or French Crisp)
- Belgian Endive
- Chrysanthemum Greens
- Dandelion Greens
- Frisée (Curly Endive)
- Mizuna
- Oak Leaf Lettuce
- Purslane
- Speckled Radicchio
- Watercress

And juices or smoothies from celery stick and cucumber or your salad mix.

Try to buy your greens organic to avoid pesticides that have devastating effects for the body and specially your gut health. If it's not possible for you to get organic greens, the next best thing is to wash and keep them in salt water (10 parts of water to 1 part of sugar) or vinegar for 10-20 minutes

## **WHAT SHOULD I PREPARE FOR MY FASTING**

Fasting does present some challenges. For instance, cutting calories can be uncomfortable and requires careful planning. One challenge is food cravings.

Another one could be cleanse/detoxifying symptoms.

If you must be be social and If you are only eating salads, drinking celery stick juice or green smoothies, how do you go out for an happy hour with colleagues or dinner with friends? Be prepared, just bring your smoothies with you and have a strong mindset. You can always tell them that you brought something home brewed.

If you have never done this kind of fasting, you could experience all kinds of cleanse/detox symptoms like:

- Acne Breakout
- Moodiness and Irritability
- Fatigue and Sleep Disruption

- Headaches
- Digestive Discomfort – Gas, Bloating, Nausea

If you work 9-5 I would recommend to start on a friday and do the fasting on the weekend and have time to relax and rest.

Prepare your mind and will power for all kind of things that fasting will throw at you.

## **WHAT SHOULD I BE CAREFUL ABOUT WHILE FASTING**

Do not do much physical exercises and strain yourself. If possible have someone that watches over you and support you. If you have strong symptoms like fainting or very strong headache break the fast and consult a physician.

## **WHAT SHOULD I DO AFTER THE FASTING PERIOD**

We would recommend breaking your fast with something light and easy digestible like a vegetable soup. Do not binge on food. Keep up a mostly plant based fat and sugar free diet to help the body regenerate.

Do our FREE Membership program and if you like it upgrade your membership to access the full program where you will learn how to deal with your autoimmune disease.

# SOURCES

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