

The Optimal Health BLUEPRINT

Inspiredbyhilde©

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DRY FASTING!

If you are not familiar with any type of fasting this might sound strange, but believe me it is NOT! Even though I live on fresh organic fruits and vegetables, fasting is a part of my health regime. It is what really kicked my healing to the next level. I have done several water fasts, juice fasts and grape fasts. Now, I have been awakening to what is called dry fasting.

In nature, fasting is a natural part of life. We, the thinkers and the analysts, forgot the simplicity and truth of nature. Therefor the word fasting might seem strange and extreme for most of us. All depending on which part of the world that we live in, we are seeing fasting as a crazy act of some extremists, or we are seeing it as the number one healing practice that there is. In the world where it is so called “normal” to eat tortured animal flesh, man made toxins and drink blue sugar drinks, fasting will seem extreme. Natural will seem extreme.

The further we walk from what is intended by creation the more extreme going back will be. What is considered as “normal” will always be what the masses has been conditioned to believe, no matter what the truth is. It is time to stop the story telling, and realize truth. It can not be outdated, outsmarted or improved. It can not even be ignored, even though we tend to try our very best. In the world of natural healing, where we KNOW that the body is the only true healer, fasting is the absolute top healing practice, period.

Fasting simply means going without, or refraining from. We are fasting from food when we are water fasting, drinking nothing but water. Yes, absolutely nothing but water. The term fasting is used in may different protocols, and in the world of healing there are a few practices that has adopted the word. Through our continuous search for health and vitality, many different practices have been explored and shared. This is a blessing, as they might all lead to Rome. Still, the basics are the same. Detoxification through elimination of obstruction stands solid.

In the wild, any animal that is sick will first of all lay down to rest. Second of all it will stop eating. By doing so it is letting the body use all its energy on the healing. As the body uses up to 80% of its energy digesting food, this is all about getting out of the way. It shows us that healing was never really about what we put in but what we let the body do. The animal will drink water, or not even that, and lay still until it is better. It is about restoring energy and trusting the body`s ability to heal. It will heal through detoxification and regeneration. If we are hurt with broken bones, or torn muscle and tissue, the body will still need all its energy for a speedy healing.

You might have heard about juice fasting, which means that you will be drinking juices only. No solid foods at all. No smoothie, nothing with a bulk. You will get all the nutrients, but not the fiber. I know people that has lived several years on juices alone. The digestive system is given a rest, and healing will speed up.

Water fasting is the most common way of fasting, consuming nothing but water. This is what is most often referred to as fasting. Usually practiced from 3 to as long as 30-40 days for deep healing and regeneration.

According to the Bible, Moses fasted for 40 days when he went up to the mountain to receive the commandments of God written on stone tablets. Moses states that he did not drink or eat anything during the 40 days (Deuteronomy 9:9). The Bible also says that Jesus was lead by the Holy Spirit into the wilderness (Matthew 4:1). He then fasted without food or water for 40 days also, to prepare for the temptation that would follow.

The not so known dry fasting, is considered the ultimate deepest form of cleansing that the body can experience. This literally means no food, no water, no nothing. On a regular dry fast, you can brush your teeth and take a shower. On what is considered a hard dry fast, there is no contact with water at all. The healing that is available when the body is left totally alone, is quite amazing. The body will not eliminate toxins in the same manner as on a water fast. Now, the body is turning each cell into an incinerator, burning the toxins inside the cells.

Each day of a dry fast is said to be equivalent to 3 days of a water fast in terms of detoxification. This means that the healing and detoxification is much, much quicker. You will recover much quicker than on a water fast, and you will loose less muscle weight.

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How do you start to dry fast?

- You can start by simply adding more dry hours to your life. From your last drink at night until the first drink the next day, make sure there are 12 hours. Then, when you are comfortable, add on hours until you can do 16 hours dry every day.

- Make sure that before a dry fast you have been on raw fruits and vegetables only for at least a week.
- On the day before the dry fast, drink fresh juices only.
- Work yourself up from the 16 hours to 24 hours. Try to go longer the next time. Always minding your own body and its signals. Always play safe.
- A 3day dry fast is considered safe for most people that has prepared and educated themselves. Some will master much longer, but only after a long time of practice.

Breaking a dry fast:

It is very important to break a fast properly. It is said to be even more important than the fast it self. The digestive system has been resting, and by not honoring this very important step, you can really hurt yourself. The longer the fast has lasted, the longer the transitioning back period will last. The first day is always best to leave with the juices only, then move to some high water fruits like melons or mangoes. You can also include some fresh coconut water. It is very important to stay hydrated.

Slow and steady wins the race! I know from my own life that jumping right in can seem tempting. I also know that for some of us, that is how we learn and experiment. That being said, when it comes to any type of fasting, be humble, and start off slowly. Do a one-day fast at first, and slowly built up to a few three day fasts. Start with the juice fasts, then water, then dry. This will give you a

chance to see what your body`s reactions are. As you get cleaner from eating better, cleansing your liver, colon, eliminating parasites etc., your body will handle a water fast easier and easier. *Your health is depending on YOU, and you only. Jump on the fasting wagon and see how much healing is ahead. Start slow, and go steady.*

- **Getting personal:**

For those of you that are new to my personal story, I have gone from being bedridden with severe RA, Lyme, ulcers, anxiety and much more, to living my dreams. My body was so inflamed I was not able to open my mouth. My knees were tripled in size, unable to bend, I could not lift my arms, or use my hands.

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My feet would not fit into any shoes, and my elbows could not bend beyond 45 degrees. I was in HELL, and was told that I had an autoimmune disease and would NEVER get well again. My book ” **From HELL to Inspired**” will be out in may, so be sure to look for it. Sign up for my newsletter to you be on top of it. A second book is right behind it; ” **Know the Truth and Get Healthy**”. A step by step guide to true health and vitality.

Back to the dry fasting. After 8 years on a raw food diet, and the last 4 on a high fruit low fat path, I was called to start to dry fast. I have done water fasts and juice fasts, but had never done a dry fast. It seemed a bit out there, and looking back it was just I who was not ready. Now I am!

I started slow:

I had been reading about dry fasting for awhile, and I always recommend to read up on your health and protocols. **It is our own choices that will take us to where we are going, ALWAYS.**

Remember this, and know where the responsibility lies. Receiving some good guidance on your journey to health is also a must. Experience and compassion is invaluable support. I always say, when you are ready to go, we need to talk. I love being the support that gets people to really take their health and life to a whole new and brighter level.

I started by doing a 24 hour dry fast. I drank my last glass of juice at 7pm in the evening, so that was my starting point. As a preparation, I had been eating grapes and adding lemons for about 10 days prior. Well, not really as a preparation, but that was what I had been doing. This made that first dry experience extra powerful I believe. I really did not have to do anything to prepare really, as I am already on a fruit based diet. I would soon find how much that means when dry fasting. We are talking about hydration BIG time.

By detoxification, alkalization, **hydration** and regeneration, I had prepared my body to digg deeper. Through detoxification my body had hydrated to the point where going dry would not leave me dehydrated, not on a cellular level. Not for the duration of days with no water and no food.

The second attempt was a 36hour dry fast. It was fairly easy as well, nothing major happened, but I was not prepared for no thirst at all. No dryness in the mouth, no nothing. This is what hydration looks like. We really do not hydrate by drinking water the way that we have believed. Hydration comes from withinn. The body, when hydrated, will make its own internal water to make sure that all organs are well taken care of.

I was building up slowly, and about 5 days after my 36hour fast, I went for a 48 hour one. This one was harder. My heart was skipping some beats, and I knew my stomach and GI track was doing some deep cleansing. I did some deep breathing to calm the system, and it worked wonders. Sleep was a bit uneasy,

but I was prepared for anything, and the observation was exciting. My body was cleansing on a much deeper level than before, I could really feel it. The detoxification symptoms that I had been experiencing on the grapes, all went away. I am talking about acid build up in the tissue, manifested as stiffness and sore muscle and tendons. This was amazing to me. It was like a floodgate had opened, and in a few days it all cleared out. Everything my body had been releasing was flushed out in an instant!

I broke my fast with a glass of freshly made grape juice with added lemon, and immediately I had to use the bathroom. I was releasing a lot of burning sulfur from my intestines. Wow, I know KNEW this was the real deal. My eyes have appeared to be brown my whole life. They are getting lighter every year, and by releasing that dark sulfur I am even more confident they will at one point turn blue, their natural state. More on that on a later post. I now had a new sense of energy, a lightness and a brightness of thought. Everything appeared more crisp and clear.

MY 3 DAY DRY FASTING BLISS:

About 5 more days after my 48 hour fast, I decide I am going for a 72 hour one, a whole 3 days and nights. I am so pulled towards this, I cannot stop myself. I have to. I am confident and calm, and feel no fear at all. Only an eagerness from my body.

The first day was great, nothing much to report. I had been eating my normal fruit and herbs diet prior, and felt content going in. Day two was the toughest one. I was hungry, I felt emotionally uneasy, and my stomach was bloated and nauseated. I kept busy by working on my latest book, and pretty much stayed focused on that. Remember, when detoxing, the emotional release can be heavy and strong. Be prepared for anger, tears and sadness. It is all ok, your cells are releasing old memories and toxins.

I had no dryness in the mouth, and not real weakness at all. My head was

super clear, and my confidence was very strong. Day three was a much better day though. Except for some weaknesses in my legs and some dizziness when getting up a bit too fast, I felt fine. I went for a short walk, but stayed close to my home. This was new f'ground for me, and we must always play safe. I have been at this for a large number of years, so I know my body pretty well. Fear is the largest obstacle to healing, so until you are out of fear, do not dry fast, that is my recommendation.

This time around my heart was beating fine the whole time. The pulse stayed steady, and the hunger subsided. I didn't sleep too well, but that was ok. It is all ok. This is another thing. When you are detoxifying your body, remember what that IS! It is the release of toxins, and it is NORMAL to feel it. It is ok, you do not have to feel well. The amazing healing crises, another plog post for sure! Now, on this 3 day dry fast my kidney filtration was amazing. Go to my FB page and see the pictures that I posted. WOW! Dry fasting really opens those puppies.

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After 2 days in dry, I saw the same filtration that I have only seen after 30 days on grapes only. This is how powerful this is.

After the 3 day experience I have felt better than I can remember. I KNOW and feel that deeper healing has taken place, not only on the physical level, but on a spiritual level as well.

I am now preparing to go on a new fast, and the goal is to exceed the 3 days and go for 4-5 days. I am listening to my body, so no time is set in stone. I will keep you updated. I am then travelling to spend a few months in sunny Florida, and will embrace the sun and the ocean. The healing effects of sunshine and grounding is such a blessing. Walk with me, and we will see the truth as it is revealed to all of us.

At the base of most severe symptoms is a non-filtering set of kidneys. This is one of the most important keys to great health. Look for filtration

by peeing in a clear glass jar. Hold it to the light and look for sediment. You are looking for anything that floats around in your urine. It might look like small particles, like small snowflakes, or a stringier mucus looking sediment. If the urine is cloudy, you can let it sit overnight, and watch if any sediment will settle at the bottom.

You want the sediment in your urine. It is telling you that your kidneys are filtering out the lymphatic waste. If it is, the body will be able to detoxify at a more rapid pace. This has nothing to do with the color of the urine. In general, the color simply indicates how much you have been drinking. If your urine is clear, you know that it is your main focus moving forward, to get your kidneys to filter.

Self-empowerment is about taking charge and responsibility. Through feeling powerful one becomes fearless. When one becomes fearless, life becomes limitless.

When we change and take charge, we are owning our whole life; past, present and future. To change the future, we have to change our perception of the past. By realizing that even our past is for us to embrace and take responsibility for, a shift happens. You have become the authority instead of giving that power to someone else.

Every time we give someone the opportunity to change our emotions and our feelings, we are giving them power, making them the boss. It does not matter what the situation is, if it has been, or if it is what you believe it is going to be. It's all about you, about your readiness to own it all. You *are* the most powerful being in your life, and the one that holds the key to change everything.

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My most freaky experience so far:

Two days after ending my 4 day dry fast, something happened that needed a bit of processing on my part. I recommend that you read my

two blog posts on dry fasting if you haven't already. [Eating and drinking nothing at all!](#) and [Dry fasting, the experience of empowerment.](#) They will both give you some good information on part of this subject, and I want you to understand that dry fasting is serious business.

It is not advisable for anyone to dive into dry fasting without having practiced cleansing for a certain length of time. Support and guidance is also recommended. Never dive into any fasting from a western high fat and protein, cooked and processed foods diet. Practice a transition diet and go slow. You can get support [HERE](#).

I have pondered for awhile if I should share this so openly, and came to the conclusion that my experience might help many realize how full of shit we really are, and how much work is needed to completely rid ourselves of what is residing within. You might have guessed that I am referring to parasites. Yes indeed I am. The ones that I often refer to as uninvited guests.

I am not easily freaked out..

,,, but this time I was... After my 4 day/96 hour dry fast, I felt amazing. I had experienced some nausea the last two nights, but I am used to detoxing, so that was fine. As you might already know, I am a very clean eater, and I mostly feel fantastic. I am feeling the freedom of having gone from Hell to living my dreams. I have been eating raw foods for about 8 years, the last 4 mainly fruits and herbs.

About 8 years ago, I did extensive parasite cleansing, and I expelled loads of parasites. We all have them, don't freak out, I mean it. Yes, we ALL have them. I saw many different parasites leave me during that time. A few ascaries, which are large roundworms that can grow to be, about 12 inches long. I saw thread worms and flukes. Some that I never identified and loads of eggs. I have some old pictures, but at that time I was so ill, so very sick, that documenting was the furthest from my mind, and this was before the I-phone.

Now, after all these years of cleansing to restore my health and my life, I have been using herbs and done some sporadic parasite cleansing. It has no longer been my focus to kill anything, only to keep creating the best environment and health there is. I have not done a longer parasite cleanse since my 52 liver flushes and my two years of killing/warrior time. I have focused more on the terrain and have seen stone turn to gold, and transformation beyond my wildest dreams. My journey has been the most amazing travel, and still is. Now I have a different view, that is all. We are all travellers, all just passing by, having this experience.

Back to the parasites. They have not been on my mind for many years, and this day, after my 4 day dry, something happened that blew my mind. It blew the lid wide open.

I am laying down to go to sleep (Stop reading now if you are going to freak out), and for some reason I reach and feel something that makes me tell my husband I am going to the bathroom. I felt something moving, and I freeze and get out of bed holding my breath! I get to the bathroom, close the door, and literally pull out a 12 inch ascaris! It was crawling out of me, fully alive! I am standing there with a living roundworm in my hand, by its tail or head, and my heart skipped a few beats. My thoughts are spinning ,what the heck! During all

these years I never saw anything like it. This worm was running for its life, leaving me! My inner terrain is no longer livable, and that is a GOD thing. Still, I was blown away by the fact that it was still in there! I know I was crazy sick for a long time, but this confirms to me that they are very resistant, AND that we all have them.

This shows us that it is all about the terrain. It is about the cultivating medium, and it is about how we as humans live today. This might seem

extreme and scary, but the only difference between this and not seeing anything is that THIS ONE actually came out.

This is not for the faint, and I have wondered if I should post a picture or not, but I decided, hey, THIS is truth, and this is life. I hope that reading this will inspire you to keep on working on your own health. Better out than in people. Much better out than in.

I will keep dry fasting in my life, and I will keep sharing what real health looks and feels like. When we have been sick we need to take this cleansing to the top of the mountain. This is evolving and this is walking lighter. Letting go of everything that is holding us back. One step at the time. I am happy to report that the host of this uninvited guest is in great shape, and that any other small or little one is welcome to leave should they pass by my territory.

Detoxifying and cleansing the body is lifesaving, it is absolutely what is needed to regain great health. There is no way around it. No matter what you are feeling, this is what is needed.

Ascaris: This is a round worm that lives in the small intestine. Adult female worms can grow to over 12 inches in length – adult males are smaller. Ascariasis is the most common human worm infection, and I was heavily infected. Children are said to be more infected than adults. The immature worms can migrate through the lungs, and you may cough up an ascaris larvae or pass an adult worm in your stool.

Ascaris eggs are found in human feces. Infection occurs when a person accidentally swallows infectious microscopic Ascaris eggs. Once in the stomach, immature worms hatch from the eggs. The larvae are carried through the lungs to the throat where they are swallowed. Once swallowed, they reach the intestines and develop into adult worms. Adult female worms lay eggs that are then passed in feces. This cycle takes between 2-3 months.

True freedom is being on top of your own health, and knowing that

you have the full responsibility.

Source: <http://inspiredbyhilde.com/power-up/>

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THE BENEFITS OF DRYFASTING:

No1. An intense release of stem cells into the blood, which activates regeneration and rejuvenation processes.

The body is able to self-regenerate and self-rejuvenate. These processes are launched under the influence of stem cells. But while a newborn baby has one stem cell per 10,000 cells, that ratio in a 50-year old drops to 500 000:1. The number of stem cells decreases with age along with the regenerating capabilities of the body. But it is possible to increase the release of stem cells into the blood! During fasting, a process of intense body cleansing is initiated as the body rids itself of sick and old cells, creating space in tissues for stem cells.

Stem cells are released into the blood in higher volume, occupying this vacated “space” and launching regeneration and rejuvenation processes.

During dry fasting, even more stem cells are released into the blood, a fact that has been proven scientifically. An experiment was conducted at the “CryoCenter” headed by Y. Romanov, a Doctor of Biology. Yuri Guscho fasted a week (after one week of preparation, with a recovery period of three weeks). The number of stem cells had dropped by the end of the 7th fasting day, but during recovery it soared. This experiment proved that after fasting, the body triples its production and release of stem cells, an effect that lasts for several months.

It turns out that the regular practice of fasting can extend life and youth

by 15 – 25 years.

No2. Removal of edemas, tumors and inflammation.

Dry fasting forces the body to obtain water from the cells. That is why the body's "superfluous" tissues (fat deposits, edemas, tumors) are eliminated faster than in the case of water fasting. This mechanism is well-studied by science.

During fasting, the metabolism is reformed fundamentally in three stages:

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1. Psychological hunger. During fasting, hunger disappears after about three days. If a person practices medical dry fasting, psychological hunger passes in one day. (Most people who practice dry fasting note that it is easier to endure than water fasting, as hunger passes more quickly).

2. On the third day of dry fasting, a ketoacidotic crisis takes place, much sooner than in the case of abstinence from food only.

The body's metabolism enters a ketoacidotic state.

3. In traditional fasting, the second ketoacidotic crisis starts between the 9th and 11th day. Its therapeutic effect is even higher. In dry fasting, a body goes into a state of autolysis faster than in the case of water fasting. What does that mean? In autolysis a body looks for energy reserves inside itself. Where does it take them from and what tissues are used as "fuel"? The body knows just what to do: it starts by burning everything that is superfluous and harmful in the body: fat, tumors, ganglions and inflamed tissues. During dry fasting, cells split faster as the body needs not only nutrients, but also water. The longer the fast is prolonged after the second crisis, the longer it remains in a state of autolysis and the more effective the process of splitting unnecessary tissues is. That is

why it is important to reach an acidotic crisis as quickly as possible, which is possible thanks to dry fasting.

Example: <http://syhoegolodanie.com/lyudmila-storozhenko-ssha-kak-vstat-s-invalidnoi-kolyaski-i-tantsevat-esli-bolyat-sustavy>

No3. Informational purification of the body with endogenic “water of life”.

During dry fasting, a process of intense cleansing begins as toxins are eliminated. But purification takes place not due to exogenic (external) water, but via the cleaner, high-quality metabolic water synthesized by the body. Under the extreme conditions of dry fasting, the body must activate production of its own endogenic water and only healthy cells are able to do that. Weak and sick cells are unable to produce the “water of life”; that is why they die and are rejected by the body.

However, this is not the most important part of the process in replacing exogenic with endogenic water. Endogenic water synthesized by the body is

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free from external content. Basically, “dead” water is replaced with “living” water. All the negative information that enters the body via exogenic water is eliminated.

Without external exogenic water, blood and lymph are purified intensively through a sort of internal filtration process. Renewal of lymph and blood during dry fasting takes place only thanks to endogenic “water of life”. As a result, by the end of dry fasting, two of the body’s most important fluids become almost completely pure. Correspondingly, all the body’s tissues through which blood and lymph circulate are purified of external content.

This **phenomenon of purification** is one of the main advantages of dry

fasting. This effect cannot be achieved by abstinence from food only. This unique mechanism eliminates all the negative content that enters the body via “external” water and cannot be achieved through any other kind of medical fasting.

No4. Improvement of immunity, anti-inflammatory effect.

During dry fasting, a body has a more powerful immune response and fights inflammations more actively. All inflammations are fed by water, which is clearly demonstrated by the edemas containing pus and lymph that form near wounds on the body. When the body is deprived of an inflow of exogenic water, it uses endogenic water very carefully: only for feeding healthy cells. Damaged cells, as well as various bacteria, viruses and parasites suffer from a lack of water and die.

During dry fasting, people often have a fever. The increase in body temperature that takes place during medical dry fasting leads to the creation of a strong immunologic response. The concentration of biologically active substances in bodily fluids also increases. These include immunoglobulins and immunocompetent cells.

As a result:

- the production of interferon rises;
- antitumor and antiviral activity increases;
- T-cells proliferate;
- the bactericidal capacity and phagocytic activity of neutrophils increases; - the cytotoxic effect of lymphocytes grows;
- the growth of microorganisms and their virulence decreases.

Fever during dry fasting is very good, as it indicates that the body is fighting infections. Each cell in the body is turned into a kind of small furnace or

reactor and the toxins inside it are destroyed. If a cell is too damaged, it is eliminated completely.

No5. Thorough cleansing without supplemental treatment.

There is no need to combine dry fasting with enemas, saunas and other hydrotherapeutic procedures as is the case with traditional fasting. In fact, the use of these supplemental treatments is not recommended. Although they are typically used to enhance the cleansing effect, during dry fasting toxins are effectively removed from the body thanks to “live” endogenic water.

Many people appreciate that dry fasting does not require the use of enemas or hydrocolonotherapy, which are unpleasant. The body eliminates toxins on its own, without additional water. We have already mentioned that body temperature rises during dry fasting. This mechanism not only increases the body’s immune response, but also turns each cell into a tiny nuclear fusion reactor, which destroys everything that is superfluous, harmful or foreign.

No6. Intensive weight loss, mostly at the expense of fats.

The metabolism changes in the course of dry fasting, which facilitates effective weight loss and long-term weight stabilization. Fat deposits are burnt three times faster during dry fasting than during water fasting. Another advantage of dry fasting is that the fat tissue does not fully regenerate after the fast is broken, in contrast to water fasting.

The third important advantage is that during traditional fasting, both fat and muscle tissue are lost in almost equal proportions. Dry fasting burns mostly fat due to the transformation of metabolic processes. Since 90% of fat cells are water, they disintegrate 3 – 4 times faster than muscle cells during dry fasting. As a result, weight loss and toning takes place.

The body becomes slimmer and suppler.

Finally, dry fasting is less expensive. There is no need for special foods, meals or medicines. Moreover, as we have mentioned, dry fasting does not result in the significant loss of muscle mass and is therefore **the best way to treat obesity**.

Examples: <http://syhoegolodanie.com/galina-popova-kazakhstan-77772420710> <http://syhoegolodanie.com/perepelitsyna-anna-rossiya-gmoskva>

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No7. Rejuvenation.

Dry fasting has an incredible rejuvenating effect since it forces the body to eliminate weak and damaged cells that cannot withstand the extreme conditions. Cells become stronger and, correspondingly, result in “healthy offspring” once they divide. The skin, hair and nails glow with health and youth. Submitting the body to extreme conditions by dry fasting launches the mechanism of natural selection, an internal fight between the body’s weak and strong cells.

In that competition for the scarce resources produced as a result of autolysis and synthesis of endogenic water, cells that are undamaged, strong, healthy and well-functioning win. They also pass on this strength by producing new generations of healthy cells. Weak parasite cells are incapable of passing such a stringent test in the absence of resources. Without dry fasting, these cells are free to produce new damaged cells, increasing the amount of “junk” in the body. But dry fasting eliminates cells that are unable to perform their natural functions. They are replaced by a new generation of healthy cells, leaving the body regenerated and rejuvenated.

Examples: <http://syhoegolodanie.com/galanina-snezhana-44-goda->

rossiyagmoskva-posle-programmy-golodaniya-ya-zametila-cto-kozha-podtyanul

<http://syhoegolodanie.com/litvinova-olga-rossiya-gmoskva>

No8. Prophylactic protection from radiation and other harmful environmental factors.

Dry fasting is a natural prophylactic mechanism that protects the body from harmful environmental influences, including radiation.

Radionuclides are eliminated in 2 weeks of traditional fasting and in 5 – 7 days of dry fasting. The practice of medical fasting was used to treat those exposed to radiation and suffering from radiation sickness as a result of the accident in Chernobyl. Strong antibiotic treatment and bone marrow transplantation in such cases is ineffective.

Scientist and hematologist A.I. Vorobjov was the first to use fasting in his medical practice. The results he obtained astonished the medical community: regeneration, an improvement in overall general health, a progressive decrease in the number of radionuclides in the body. Dry fasting delivered great results, where American and Japanese treatment methods failed.

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No9. Effective prevention of oncological diseases.

Experimental research has shown that dry fasting is an effective means of disease prevention, including oncological disease. The experiments of Professor Y.S. Nikolayev on white rats demonstrated that animals subjected to dry fasting after exposure to radiation are far less likely to develop blood cancer than the other rats. The experiment was conducted at Stavropol Medical Institute, where 120 white rats were divided into 4 groups. All of them were inoculated with sarcoma. The first group –

before fasting, the second group – during fasting, the third – after breaking the fast.

The control group was not subjected to fasting at all. As a result of the experiment, all the animals from the control group died. In the first group, 50% of the rats survived; in the second group, two thirds survived. In the third group, where inoculation took place after breaking the fast, all the animals survived. A similar experiment was conducted in the USA. Rats were exposed to radioactive irradiation, which caused blood cancer in all animals within the control group. In the experimental group, where rats fasted, the percentage of sick animals was 70% lower. It might seem that after fasting the body would be weak and defenseless against illnesses, but in fact the opposite is true: having eliminated weak cells during fasting, the body is even more effective in fighting illness.

Example: <http://syhoegolodanie.com/rymarchuk-galina-72-goda-ukraina-g-lutsk>

No10. Regeneration of energy, purification of energy channels.

In the course of dry fasting, the body's energy is renewed. Brain activity increases, creative abilities emerge and the soul achieves a state of harmony. Will power strengthens. Dry fasting involves spiritual work and provides spiritual results that are equally astonishing: negative information is removed, negative energy is eliminated, energy channels are cleansed and chakras are opened. The fever experienced by a person in the course of dry fasting affects not only damaged physical tissue, but also negative energy. Some of this material is burned; some leaves the body, unable to withstand the extreme conditions of dry fasting. Areas filled with “hard”, “dead” water – pathological parts of the body where negative energy is concentrated – are resorbed. These areas appear long before the symptoms of an illness manifest. As a result of dry fasting, “hard” water disappears, replaced by the “live” endogenic water

synthesized by the

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body. Pathology disappears along with the underlying causes of various diseases and psychological problems.

No11. A rush of energy, increased energy reserves.

Participants emerge from the dry fasting process with new reserves of energy. They need less sleep and function more effectively. This seems counterintuitive: it would seem that a person who doesn't drink or eat would lose energy instead of gaining it. But this is no paradox.

Firstly, during fasting, the body draws energy from its surroundings. The intensity of this process during dry fasting is even higher. Secondly, after breaking a dry fast, the body begins a process of super-regeneration, accumulating energy and creating energy reserves.

Thirdly, the purification of energy channels, or chakras, during dry fasting allows a person to receive energy from the environment freely. The body itself, cleansed and renewed, is able to accumulate more energy than before the fast. As a result, after the dry fast is broken the body is overflowing with energy: 4-5 hours of sleep are enough, a person becomes highly productive and feels alive, optimistic and energized.

<http://syhoegolodanie.com/why-dry-fasting-more-effective-other-kinds-body-cleansing>

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