

# Simple Fast Healing Exposed

[SimpleFastHealing.com](http://SimpleFastHealing.com)

[SecretsofHealthyLiving.com](http://SecretsofHealthyLiving.com)

Copyright © 2007  
All Rights Reserved

# Simple Fast Healing Exposed

<http://SimpleFastHealing.com>

## APT Publishing

c/o Lock Box 126 Hamilton, Texas [76531]

E-Mail: [APT@APTPublishing.com](mailto:APT@APTPublishing.com)

The author and publisher of this information have made their best effort to provide a high quality, informative report, but make no representation or warranty of any kind with regard to the completeness or accuracy of its contents. The author and publisher accept no liability of any kind for any loss or damages resulting, or alleged to be caused, directly or indirectly, from using the information contained in this report.

This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. It is provided with the understanding that the publisher is not engaged in rendering medical, healthcare, or other professional advice or services.

If medical advice or other expert assistance is required, the services of a competent professional person should be sought.

No part of this publication may be stored in a retrieval system, transmitted or reproduced in any way without the prior agreement of and written permission from the publisher.

# Simple Fast Healing Exposed

## Table of Contents

<a href="#"><u>Liquid Fasts</u></a> . . . . .	1
<a href="#"><u>Total Fasts</u></a> . . . . .	3
<a href="#"><u>About Ending Fasts</u></a> . . . . .	4
<a href="#"><u>A Few Words About Longer Fasts</u></a> . . . . .	5
<a href="#"><u>The 3 “Critical” Days</u></a> . . . . .	7
<a href="#"><u>Some Other Possible Fasting-Related Health Issues</u></a> . . . . .	9
<a href="#"><u>In Conclusion...</u></a> . . . . .	11
<a href="#"><u>Please Send Your Contribution Today</u></a> . . . . .	12
<a href="#"><u>Other Vital Health Resources</u></a> . . . . .	12

(Click on Contents Links to Go Direct to Pages)

# Simple Fast Healing Exposed

**FIRST** of all, I must state that I am **not** a medical doctor or practitioner. But that is a factor decidedly in your favor.

It should become your fundamental rule to automatically suspect and challenge the opinion of **anyone** who stands to gain or lose anything from your decisions.

Despite all their humanitarian pretenses, most doctors **are** in it for the money, which is why they charge you such hefty fees for their time.

A true humanitarian would make every sacrifice to serve even those too poor to afford their “services.” Drug companies are no different.

The amounts charged for the largely ineffective, mostly harmful, some even **fatal** and deadly, drugs they manufacture and dispense to the public are outrageous, enormous, and utterly unnecessary, in terms of recovering research and development costs (the usual excuse proffered for such enormous costs).

Let the patient beware!

## Liquid Fasts

Since this is being written following three days of total fasting (after two days of barely eating, following three days of a liquids-only fast), I can personally guide you along the way.

You will know exactly why fasting can be good for you, what to expect when you fast, and how to proceed should you choose to use this simple, yet highly-effective, method to kick colds, flu, sore throat and related illnesses in the head, super fast, before they can get a real foothold, and even after they have.

# Simple Fast Healing Exposed

Liquid fasting refers to drinking plenty of fluids, but eating nothing, during the duration of the fast.

Water is the single best liquid to drink, *provided* it isn't tap water containing the neurotoxins fluoride or chlorine, or other trace toxins such as lead, among others you must beware.

Distilled water that has not been stored in soft, biodegradable plastic bottles (which tend to deteriorate and leech cancer-causing estrogen-like chemicals into the liquids stored in them), will tend to dissolve and remove too many essential elements from your body, and so is not recommended.

A good source of pure well water, such as artesian well water, is your best choice, with the following caution: Some companies have been known to sell such bottled water taken direct from a city water tap, due to lax or nonexistent laws regulating this industry in many areas (I have personally witnessed this practice, so you can be sure this can and does happen)!

Also beware any bottled waters sold in easily biodegradable (thin, pliable) plastic containers (see above), which covers most such marketed products today, sad to say.

Liquid fasts may also include herbal teas, especially those formulated to assist in combating colds, flu or other health problems you're trying to overcome. The same cautions, given above, apply to teas made from water, naturally.

You must also be careful that the teas you use do not contain any caffeine, because this acts as a diuretic, which simply means that this causes you to excrete or eliminate more liquid than you drink. You do not want this to happen, especially during a fast, because it can seriously dehydrate you.

Also, you should be aware that fruit juices are **not** a very good choice, first because they tend to defeat the purpose for fasting, and second because fruit can increase mucous production,

# Simple Fast Healing Exposed

which impacts your sinuses, throat and bronchials, and this can prevent easy, quick healing from any illnesses that affect these areas.

## Total Fasts

The other type of fasting is total fasting, in which no fluids of any kind are taken in, and since the limit during which you can survive without any fluids is just about four days, that is the absolute outside limit for this type of fasting.

The longest I have ever personally fasted without any fluids or food was four days, due to dehydration, but the time of year and your local climate may also shorten the time you can endure such a fast, should you decide to try this.

Why would you ever want to try total fasting?

Simply because, as I have found from numerous personal experiences with this type of fasting over the years, including my most recent bout with illness, sometimes this is the only way to completely overcome some extremely virulent and potent contagions.

Bacteria and viruses depend on a warm, moist environment in which to breed, along with plenty of nourishment. Take this away from them by total fasting, and the longest they can usually hold out is about three days (assuming there is no recurring cause of contagion present).

With my recent illness, as an example, I made it through three days and three nights of total fasting, and had every intention of going four full days and nights, if the situation required it.

Following breakfast time, on the fourth day, thankfully, I felt that my effort had succeeded, and finally broke my fast. I was right.

Although a slight bug still persisted in my throat for a few days afterward, my immune system was now strong enough to easily defeat it over the next several days.

# Simple Fast Healing Exposed

## About Ending Fasts

When ending a fast, especially your first attempts, or with especially long fasts, it's very important that you eat very little to start, slowly returning to your more normal meal sizes over the next several days.

The reasons for this are twofold:

First, your stomach tends to shrink somewhat during fasting, and will not be capable of holding the usual amounts of foods to which you are accustomed.

It will take a few meals, or several days, to get you back up to your normal level of food intake once again, so take it easy on yourself and don't binge the first few post-fast meals.

The second reason is that, if you don't follow this advice, you most likely will experience a very painful first post-fast bowel movement within a day or two, due to constipation.

You see, the intestines may also tend to shrink from disuse as well, and cramming them full of food matter, to digest and process, not only overloads their ability to process out toxins, but also tends to create a plug of waste matter that you might have a very difficult time passing, your first post-fast stool.

In other words, you could seriously constipate yourself, and the pain you'll be forced to endure is totally avoidable, if you're wise and keep a tight rein on your appetite to start.

Think of this slow, gradual approach this way: it will take you about three days to a full week to recuperate from your illness and/or fasting, or about the same length of time it takes for you to recover from your illness in the first place (only you'll feel **much** better fasting).

While you can once again eat, without fear of it feeding the contagion also, and do you usual

# Simple Fast Healing Exposed

work (unless it's very labor intensive, depending on your age and general state of health), you will usually find that all the weakness brought on by the illness and/or fasting will lessen only gradually.

This is especially true of longer or total fasts. So give yourself the time you need for a full and complete recuperation.

Some things, including robust good health and well-being, simply cannot and should not be rushed.

And when coming off fasts — even during them — you might find that a minimum of exposure to sunlight of about 30 minutes each day, depending on availability in your area and the time of year, can help you enormously.

In fact, this is a good practice for you to normally follow, to maintain robust good health and optimal energy levels, especially when ill or otherwise feeling “under the weather.”

Most people make the mistake of doing just the opposite. Is it any wonder their illnesses tend to hang on and on, creating more suffering and misery than necessary?

## A Few Words About Longer Fasts

Having been on two extremely long fasts to date (34 and 31 days, respectively; the first when I was 51 <sup>3</sup>/<sub>4</sub> years of age, the other through my 55th birth anniversary three years later), I can give you some pointers about long fasts.

Of course, should you decide to take such a course of action, you are totally on your own, and must beware the risks and possible problems that you could face in doing so.

First, however, is the matter of your motivation or reason(s) for such long fasts.

# Simple Fast Healing Exposed

If it's only for a vanity trip, or just to see if you can do it, save yourself the pain, agony and possible serious trouble.

Even if you're doing it for religious reasons, don't make the mistake of thinking that this act alone can atone for your sins, make your "more spiritual" or less carnal, or increase your "value" spiritually (I speak from knowledge, having been a minister for almost three decades).

While fasting can certainly humble you, by taking away your usual strength, vitality and energy, it cannot ipso facto make you spiritual.

That requires the spirit to flow through you — in good deeds and actions — to others, and through exercising the acts of mercy and forgiveness, in particular.

If you are clear on a real need for fasting longer than a week, here's what you can expect:

First, even though you will be drinking plenty of fluids during such a long fast, be aware of the fact that — unless you drink often — you may tend to dehydrate just the same.

This can be a good thing, if you are overweight and trying to reduce, especially if the "fat" is actually due mostly to fluid or water retention.

Either way, you can expect to lose a lot of weight. I personally lost over 12 pounds in eight days, with my recent fast (I'm not entirely sure the exact amount of weight I lost, simply because I was too ill to begin with to think about weighing myself — which isn't my usual practice anyway — until after three days of liquid-only fasting, two days before starting a three day and night total fast).

During my most recent long fast, I lost a little more than 25% of my total formerly adequate body weight (for my height of nearly 6 foot; 46 out of 177 pounds, down to just 131 pounds).

# Simple Fast Healing Exposed

Of course, depending on where you begin, you could lose a lot more than this, especially if you are presently obese, without batting an eye.

However, if you're like my 101 pound, 5 foot 3 inch, thin wife, you may not have much — if anything — to lose, so you will need to limit the length of your fasting to just a few days, at the most.

## The 3 “Critical” Days

There are three basically “critical” days you will face in any long fast, the first two in any shorter fast, usually.

The first is, naturally, the very first day.

That's when your mind, spirit and body will all fight against the fact that a fast may be necessary and your wisest course of action.

Overcoming the daily meal habit takes some courage and willpower, but it isn't impossible (it may seem that way to start, however).

The second “critical” key day, when your body will literally be crying out for nourishment, is usually the third day of fasting.

The first three days is when you may tend to get headaches, feel cranky or angry, and otherwise be generally out of sorts and not your (hopefully) usual cheery, happy self.

That's because dopamine levels in your brain will be lower, due to fasting, and serotonin levels will likewise be correspondingly low. These mood-altering hormones and neurotransmitters can also affect the levels of epinephrine (also known as adrenaline), which can result in lower blood pressure and can also possibly affect vasoconstriction (the ability of blood to clot).

# Simple Fast Healing Exposed

Low dopamine levels is a problem already faced by many men today.

I've come to view the third day of fasting, when dying viruses or bacterium are desperately seeking a way to survive, using my own appetite to seduce me into caving in and feeding them by taking in nourishment, as the final battleground for health and vitality.

The fact is, as I have learned, your body and immune system have hidden, powerful resources to help you survive, which such contagions simply don't have and therefore cannot muster.

So regaining good health becomes a simple matter of patiently enduring the fast and outlasting the bugs that are attacking you.

You may feel so much better, in fact, after just one or two days of fasting that you'll be tempted to end your fast sooner rather than later.

Whatever you do, if at all possible, don't fall for a false sense of security. A really potent contagion has a way of shutting down most functions and "hibernating" until more favorable circumstances allow it to, once again, spread and grow.

That's how chicken pox can pass itself on to younger generations, by manifesting itself as shingles later in life, which are infectious and can lead to children becoming infected with the chicken pox for the first time.

Your immune system needs time to clean house thoroughly and fully recuperate. So don't burden it too soon, once again, with the need to process all the possibly toxin-laden foodstuffs you usually consume.

That's probably how you took ill in the first place!

Remember, even normal nutrients can act as toxins when your immune system is seriously compromised.

# Simple Fast Healing Exposed

The third “critical” day, if you need to go this far, will usually be on the seventh day.

Beyond this point, long fasting becomes somewhat easier, and more habitual. Up to a point.

One of the reasons these three days can be so problematic, is what’s known as the *Herxheimer Effect*, which is a shock-like effect from the mass dieoff of bad microorganisms.

This can cause a “crisis” stage, where your immune system is overburdened trying to remove dead microorganisms from your system, along with all the toxins stored in fat tissues, that your body will now begin burning as spare fuel.

## Some Other Possible Fasting-Related Health Issues

During a long fast, you’ll want to keep a close eye on the color of your urine.

The more orange-colored your urine becomes indicates increasing mineral lose and possible dehydration, along with the possible increasing loss of ketones.

Excess ketones, which can result from illnesses such as diabetes, can also be caused by the loss of muscle mass.

Once all your available stores of fat have been depleted for fuel, your body will begin to dissolve and consume muscles, which is something best avoided if at all possible.

It is lost muscle mass that eventually causes the emaciated look most often associated with starvation, so if you have any choice in the matter and can do so, it is best to avoid this extreme form of fasting.

As Paul Bergner, in *The Healing Power of Minerals, Special Nutrients, and Trace Elements* (1997, Prima Publishing; [www.primahealth.com](http://www.primahealth.com)) had to say, in his revealing and insightful book, in chapter 26, *The Optimum Mineral-Rich Diet*, under the subheading: “The

# Simple Fast Healing Exposed

Vegetable Fast” (p. 239):

*Fasting is a time-honored method for improving the health. For most Americans, whose diet and constitution today is very different from that of traditional people or robust peasant farmers, any kind of prolonged fast does more harm than good. Rather than a strict fast, I recommend a three-day vegetable fast for many of my clients. Eat only vegetables — as many as you want, in whatever form you want — for three days. This helps to cleanse the digestive tract and gives the system a rest from digesting fats and proteins, but it also helps to re-mineralize a run-down body.*

Yet another fasting-related issue you must be aware of is the possible impact that long fasting can have on your cardiovascular system, particularly your heart.

Your heart depends upon a sufficient supply of magnesium and potassium, among other vital nutrients and minerals, depleted levels of which can lead to serious heart disease — even heart attack and possible death — if prolonged.

For a vital report on a major, unsuspected cause of heart disease and fatal heart attacks today, be certain to see the **Hidden Secrets of Health** report on this important topic, available for immediate online access through the following web site:

<http://Hidden.SecretsofHealthyLiving.com>

(Click the Link Above to Visit the Site)

Another possible concern, with extremely long fasts, could be the possibility of suffering a stroke. Again, a lot depends on your prior health, personal physical condition, and unique physiognomy (a fancy word for your physical nature).

# Simple Fast Healing Exposed

## In Conclusion...

You alone must be the best judge of what is good or bad for you, and if you seek out and have available only the best information and advice (even medical, if you avoid the usual iatrogenic — drug or treatment — caused problems that result from bad advice and drug prescriptions), you should be safe.

Just remember, because somebody with a lot of letters after their name — indicating a level of supposedly adequate training, competence or expertise — puts their advice or prescription into writing in an authoritative manner, doesn't automatically convert bad (or even deadly) advice into anything beneficial for you.

You'll just have to prescind (withdraw or turn away in thought) from such assumptions or notions, if you hope to survive with any level of health and quality of life, freedom from pain, anguish, misery, and suffering, much less improved or lengthy life.

What good is a long life filled with constant agony?

That's best avoided, and so refusing the majority of common medical procedures., as currently practiced today, may just be your wisest choice, under most circumstances.

# # #

**Did you enjoy this *Free* report?  
Would you like to see *More* like it?**

**Please help us reach others by sending a contribution today,  
in whatever amount you decide it's worth (see next page) . . .**

## **Please Send Your Contribution Today!**

**Here's how you can make a difference, and not miss out on any future special reports such as this one...**

Resources such as this, though offered “freely,” nevertheless cost to keep online and available for you and others, so if you have found this report valuable, please make a contribution in whatever amount you feel it's worth, through the following PayPal link. Thank you, in advance, for your kind patronage, without which such valuable resources as this could not exist!

**[Click Here to Contribute](#)**

### **Other Vital Health Resources:**

**<http://SecretsofHealthyLiving.com>**

**<http://No1-Killer.SecretsofHealthyLiving.com>**

And:

**<http://Hidden.SecretsofHealthyLiving.com>**