



FIRE Diabetes In 40 Days

- Your Online Journey to Reverse Diabetes -

28

FASTING, REPLAY

- When More Less Is More More -



THREE DAY FASTING

So far, we've been fasting for periods of 23 hours at a time, three times a week. The purpose of this schedule is to lower insulin levels, and to reduce liver fat.

Now we want to introduce a new concept: the three day (72 hours) fast.

The purpose of a three day fast is three-fold:

1. First, we are trying to clear the liver of as much fat as possible. During a typical three day fast, you should lose about half a kilogram of liver fat.
2. Secondly, we are stimulating the production of stem cells.
3. Thirdly, to rejuvenate cells in a process called autophagy.

Losing liver fat is essential in our quest to reduce insulin resistance. The less fat the liver cells carry, the less resistant to insulin they become.

Thursday is the start of your 72-hour fast. Your last meal will be lunch on Thursday and then you will break your fast for Sunday lunch.

Nothing confuses people more than telling them to stop eating.

At first, there is a longish silence as the instruction sinks in.

Then there is a look of incomprehension, which quickly turns to a look of fear.

And then come the questions and objections, like hail on a tin roof.

It's quite easy, actually. The less you do while fasting, the more you gain. If you can spend three days eating nothing and drinking only water, you will not die. In fact, you will reach the other end not just physically stronger, but mentally stronger too. A person who has fasted for three days is no longer scared of hunger or failure. You look life in the eye and say, "Bring it on!"

However...

There are always those who have special needs, or those who need extra encouragement.

WHAT IS FASTING?

Let us look at the definition of fasting again: *Fasting is a voluntary decision to limit food intake to a minimum for a pre-determined period. This fasting window can be shorter or longer, depending on the intended outcomes of the fast.*

"Fasting is a VOLUNTARY decision..."

The true power of fasting lies in the fact that YOU decide to do it. If you feel forced to do it, then don't do it, because your fasting will lose its psychological power. YOU are taking one of the most powerful human instincts and subjecting it to your will. This is real power. Always remember this.

The other part of the fasting definition is:

"... to limit food intake to a minimum for a pre-determined period."



Fasting is firstly limited in its scope, and secondly limited in its duration. Both limits MUST be set in advance.

If you say, "*No food, only water*", that is the scope of your fasting. Or you can say, "*Only snacks and tea.*"

If you say, "*Fast for 72 hours,*" then that is your duration limit. You may choose 60 hours, or whatever. But you choose that time limit in advance. We explained why 72 hours is a magical number when it comes to fasting, but it may be that you need two or three attempts at lower targets first, before going for that magical number. It does not matter. It must be in YOUR power.

Fasting is not pleasant during the actual practice thereof. But once completed, you look back and feel the accomplishment. You are no longer your body's slave, or the slave of your appetite.

WHY DO I NEED STEM CELLS?

Stem cells are the body's self-healing mechanism. Stem cell therapy has been the domain of Hollywood actors and the super-rich for the past two decades, but you can produce your very own stem cells at home, and actually save money while doing so. The only requirement is that you need to fast a full 72 hours. The stem cells will not appear if you fast less than that.

Stem cells are cells that can turn into any other type of cell. As such, they can heal any kind of damaged tissue, whether it be brain or lung or liver or kidney or heart. You get the idea. The healing power in stem cells is beyond anything that can be achieved with medicines. It is true healing and not just patching up and hiding symptoms.

WHAT IS AUTOPHAGY AND IS IT LEGAL?

Autophagy is a name for the way cells recycle their inner machinery and yes, it is legal. By putting cells under energy stress, they are forced to get rid of all equipment that is not working properly. This is then replaced with brand new bits and bobs, turning the cell into a brand-new, young version of itself. If you meet people who fast regularly, you will immediately notice that their skin is smooth and almost wrinkle-free. This is a result of autophagy. The same applies to the organs under the skin, which you cannot see.

WHAT ARE THE THERAPEUTIC BENEFITS OF A THREE DAY FAST?

A three day fast can be used to great effect in the treatment of cancer, PCOS, gut inflammation such as IBS or ulcerative colitis, autoimmunity such as Hashimoto's, kidney failure (if done under medical supervision), skin diseases such as psoriasis and eczema, pancreas reactivation / beta cell stimulation, liver cirrhosis, emphysema, as well as in some brain diseases such as Parkinson's. Fasting will not necessarily cure these conditions, but it will reduce their severity and make life much more bearable.



HOW OFTEN SHOULD I DO A THREE DAY FAST?

It is advised that you go on a three day fast once a month for at least three months. If combined with an Eat-Stop-Eat fasting routine and a low-carb diet, this will effectively clear the liver of all fat deposits. At the end of three months, your liver should be as clean and young as it was when you left school.

WHAT CAN YOU EXPECT FROM YOUR FIRST THREE DAY FAST?

Unfortunately, your first three day fast is not a walk in the park. After 18-24 hours, your mood will take a dip. Between 24 and 48 hours, you will likely develop an unpleasant headache, as well as lethargy, tiredness and nausea (rarely). Your breath will smell ketotic. During the last 24 hours, you may experience constipation (and this can last for some days after you finish fasting), as well as more fatigue. However, the good news is that the headache usually resolves after 48 hours of fasting. Your mood also improves towards the end of the 72 hour fast.

PREPARING FOR MY THREE DAY FAST

ARE YOU ALLOWED TO EAT OR DRINK DURING A 3-DAY FAST?

You have to drink 3 litre of water a day. You are allowed your snacks (See the “fast food” menu for Week 4). You should continue to drink your chronic medication and supplements during the fast. Usually you don't have to take your diabetic medication on fasting days, but you need to check this with your doctor.

DIRTY DOZEN SNACK IDEAS

Right, so what's a pretty girl gotta do if she wants to simply limit food intake, and not eliminate it altogether?

And if same said pretty girl wants to have some fun while fasting?

Below are a dozen snack ideas. They all comply with the same basic rule: No more than 70 kcal / 280 kJ and no more than ~3 g carbs per snack. You can have 3 of these snacks per 24 hours, one for each meal you're skipping.

Right, here are our Dirty Dozen Snack Ideas. Have fun and see if you can spice up your snack so that other people beg to eat your snack.

1. A sprig of **broccoli**, finely chopped (50 g / half cup), boiled, with a teaspoon of melted cheddar, salt and pepper.
Variation 1: Use raw broccoli, instead of boiled
Variation 2: Replace teaspoon of cheddar with a teaspoon of cream
Variation 3: Use cayenne pepper instead of black pepper
Variation 4: Add a teaspoon of onion (raw or butter-fried) for extra flavour
Variation 5: Replace cheese with 2 cubes of diced bacon, fried in butter
Variation 6: Replace broccoli with cauliflower



2. A quarter (50g) of a medium-sized **avocado**, seasoned to taste.
3. Two tablespoons of **biltong**
4. One hardboiled **egg**, seasoned to taste
Variation 1: Fry the egg in a pat of butter with a teaspoon of chopped onion
5. Half a medium sized **tomato**, finely chopped, with a teaspoon of onion, finely chopped
Variation 1: Add spring onion and/or chopped parsley
Variation 2: Fry it all with a pat of butter
6. Cucumber (10 cm) thinly sliced, with a teaspoon of pickled dill **cucumber** slices and a teaspoon of cream - season to taste
Variation 1: Add a quarter medium-sized tomato, chopped
Variation 2: Add one chopped celery stick
Variation 3: Use capers instead of pickled dill cucumbers
7. A tablespoon of **almonds** (15g) fried in a pat of **butter** and cinnamon.
Variation 1: Use peanuts instead of almonds
8. Two teaspoons of sugar-free **peanut butter** mixed with half a teaspoon of **cacao**.
Variation 1: Add half a teaspoon of xylitol
Variation 2: Add a pinch of cinnamon and/or ground nutmeg
9. Half a grated **apple**, with a teaspoon of **almonds** or peanuts
Variation 1: Replace peanuts with a teaspoon of cream
Variation 2: Add a pinch of cinnamon
Variation 3: Lightly fry the grated apple in a pat of butter, with a pinch of cinnamon
Variation 4: Replace almonds with a teaspoon of grated dark chocolate
10. Half a **pear**
11. A quarter **orange** or tangerine (naartjie) with a teaspoon of **cream**
Variation 1: Add a pinch of nutmeg and/or cinnamon
12. One square of **80+% dark chocolate** - sucked slowly, not chewed