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Take It From A PRO

The Doctor's Advice on Fasting

Fasting is a very important part of our spiritual connection with God.

Whether you read the Bible, Qur'an or the Torah, they all speak to fasting as a beneficial way to improve yourself as well as your relationship with the Creator. Although important, it can also be dangerous if not done correctly. Research done on people living a long time (150 to 200+ years) currently on the earth reveals they have simple diets and fast.

The most important aspect of fasting is to pay attention to your body, so that if you begin feeling ill during a fast, you may need to eat. It would be better to abort a fast and live to try again, rather than die trying to be steadfast. That is not an excuse for enduring through the trials of fasting. Abstaining from the appetite of the flesh is difficult. But, through difficulty comes improvement and progress.

Everyone should fast regularly. It gives the body the ability to rest, repair, rejuvenate and regenerate. It is able to do this because the body is resting when it is not digesting. Digestion is a lot of work. Imagine having to squeeze a piece of meat with your hands until it is broken into small pieces. Well, the stomach is a muscle and that is what it has to do daily, which is a lot of work for the body.

The other benefit is that during this rest period, the

body is able to rid itself of toxins that have accumulated over time. Research your spiritual book and see what it says about fasting!

The first time I heard about fasting for 7 days, my response was "I would die if I fasted that long." Now I fast for 7 to 10 days regularly without problems. Start with one day and then add days as you accomplish those. This is not a race or an egotistical thing. Fasting is like your spirituality: it is between you and GOD!!!

I suggest that whenever fasting, you should prepare your body for the same number of days as the fast. For instance, if you will be fasting for 7 days, then you should drink plenty water and fruit juice, and eat only fruits, veggies, beans and brown rice for the 7 days prior to the fast. This is the natural God given way to do a colon cleanse and the actual fast will improve upon that. No junk food, sweets, processed food, alcohol, soda or non organic foods during the preparation stage. Water is the most important aspect of a fast, because it is the avenue for all the toxins to be eliminated from the body. Maintain your urine as clear (close to the look of water) as possible.

I have read about people curing all diseases they have just by fasting.

Fasting facts:

- 1) Headaches. Most people get headaches because their sinuses are part of the cleansing process.
- 2) Fatigue. You will be tired more when you begin fasting. This will improve as you continue to do it more, if you do water only, prepare yourself to get extra rest.
- 3) Sunshine. It is good to get sunshine daily, but avoid long periods of time in hot sunshine, it will drain you quickly.
- 4) Exercise. Keep it to a minimum. You will not be able to maintain a rigorous workout while fasting. It will drain and make you feel sick.
- 5) Body Aches. This doesn't happen to everyone, but as your body tries to rid itself of some of the toxins that have been in it for a long time, it is possible to have some aches. DRINK more water.
- 6) Dedication. You will live through the hunger pains. If our brothers and sisters who were in Hurricane Katrina can make it seven to eight days on bridges with nothing, you will be fine and better, because you stayed steadfast.
- 7) PAY ATTENTION TO YOUR BODY. If something just doesn't feel right or you feel sick, EAT and try it again later. Don't use this as an excuse to be a quitter, STAY STRONG.