

## Kitchener Health Clinic

Kitchener Health Clinic - As outlined by numerous historical records, fasting has been used for health reasons for thousands of years. Socrates, Hippocrates and Plato all suggested fasting for health recovery. Mahatma Gandhi completed a 21 day fast so as to promote respect and compassion between individuals with different religions. According to the Bible, Jesus and Moses fasted for 40 days to be able to achieve spiritual revitalization. Fasting has been guided by spiritual intuition and reason for much of human history. Presently, our knowledge of human physiology confirms the powerful healing effects of fasting.

Many health conditions can benefit from the fasting method. Some of the most common concerns could be asthma, chronic headaches, allergies, high blood pressure, rheumatoid arthritis, benign tumors, degenerative arthritis, irritable bowel syndrome, adult onset diabetes, Crohn's disease, ulcerative colitis, eczema, psoriasis, acne, systemic lupus erythematosus and uterine fibroids. Fasting is powerful therapeutic processes that can help people recover from mild to serious health conditions.

The process of fasting provides the body extended rest so that the body processes could devote itself to self healing mechanisms. This particular method enables both accumulated waste products and other toxins to cleanse from the cells. It enables the body the opportunity to be able to devote its self- healing mechanisms in order to strengthening damaged organs and repairing itself.

Through fasting, the digestive tract could rest and could work to strengthen its mucosal lining. The mucosal lining when healthy is key to prevent leakage of undigested proteins in the bloodstream. This allows the mucosal lining to provide protection against autoimmune issues. When the body maintains a healthy digestive tract, it also helps to protect the blood and inner organs against a variety of metabolic and environmental toxins.

Fasting could help your body experience some benefits consisting of: healthier skin, better sleep quality, more energy, healthier teeth and gums, elimination of stored toxins, an elimination or decrease of headaches, stabilization of bowel movements, a decrease in tension and anxiety, stabilization of blood pressure, a clean and healthy cardiovascular system, more efficient and stronger digestion, complete elimination or dramatic reduction of aches and pains in joints and muscles. An improvement with various chronic degenerative health concerns including various autoimmune disorders.

The detoxifying and healing processes which take place throughout a fast are even active when someone is consuming food. It is a helpful method for individuals whose issues are not improving as quickly as they would like, or perhaps for those who have health problems that need a concentrated period of healing to occur. One of most essential things about a fast is how a person lives right after the fast has been attained. Fasting could provide a revitalized foundation upon which you could build and maintain a strong and well-conditioned healthy body by continuously making healthy lifestyle and food alternatives.