

Summary Fostering a Strong Immune System – Fasting and Eating for Humans

FASTING

Definition of fasting.

Purpose of Fasting

- Remember that you are not this body you are the spirit that happens to be wearing this body.
- Reconnect with yourself, your body, your sensations and your mind.
- Rest, detoxify and heal.
- Trigger cell-based self-repair and autophagy (the clean-up of aging & damaged cells) & promote rejuvenation from within.
- Caloric restriction is one of the only ways to cause intra-cellular cleaning.

Benefits of Fasting

- Reduce insulin resistance and inflammation.
- Protective and stress resistant mode.
- Trigger autophagy for the clean-up of old and damaged cells.
- Activate and increase in cell-based self-repair and cellular rejuvenation.
- Improve brain function.
- Increase growth hormone secretion.
- May delay aging and increase longevity.
- Benefit treatment and prevention of cancer.

Understanding Feasting, Fasting, Intermittent Fasting, Time-restricted eating and Calorie Restriction

- Explaining each one of them
- Benefits
- How to apply

Water Fasting

“Water is the Only Cure Handed to Man by Nature” Dr Thomas Lodi

Water Fast - Time for Cleaning and Renovating – Heal

- Decreases Inflammation
- Increases Resistance to Oxidative Stress

- Improves Cell Recycling
- Improves Cardiovascular Health
- Protects Brain Health
- Supports Collagen in Skin
- Reduces Harmful Protein Production
- Improves Body Composition and Fitness
- And more...

Fasting: What happens inside the cells

Intra- Cellular Cleansing

Fasting and Autophagy

Main Benefits of Autophagy

- Elimination of senescent cells.
- Eliminate viral infected cells.
- Degrades damaged organelles, cell membranes and proteins.
- Reduce cell apoptosis.
- Less metabolic waste and reduced inflammation.
- Improve mitochondrial health.
- Prevent cellular degeneration.
- Stronger and more resilient body and mind.

Potential negative side effects of fasting and tips to overcome them.

Who should not fast?

- 1. Significantly underweight or cachectic.
- 2. Type I diabetes.
- 3. Pregnant or breastfeeding women.
- 4. Under 18-year-old (medical advised).
- 5. Struggling to gain weight.
- 6. Eating disorders.
- 7. Certain medications.
- 8. Extreme athletes in season.

EATING

Basics of Healthy Eating

- 2/ 3 meals a day
- Possibly one meal a day (OMAD)
- Whole Food Plant Base
- Raw (uncooked)
- Vegan (no animal products)
- Organic
- Local and in-season
- Rule 80% - 20% or 70%- 30%
- Avoid Processed and Junk Food
- Avoid Trans-Fats
- Drink plenty of water away from meals
- Vegetable Juices (nutrient dense)
- Grow Your Own
- Gratitude

How does a human meal look like?

- Plant power: Dark Leafy Greens, Cruciferous, Colorful Vegetables, Sprouts (seeds, beans and lentils), Microgreens, Seaweed, Mushrooms

The healthy fats

- Fats – non-essential
- Fats – essential (EFA)

What about protein?

Dr Lodi's Recommendation for COVID-19 prevention: Vitamin A, Vitamin C, Vitamin D3, Magnesium, Zinc, Selenium, Manganese, Propolis, Green Tea, Water.

For any questions or support please contact vpinto@anoasisofhealing.com