



Studies Show Benefits Of 3 Day Fasts For System Healing

Have you ever wondered if there was a way to help our bodies heal with greater speed? In addition to cleansing the liver, colon and kidneys, purifying the blood, flushing out toxins and generally helping us feel lighter clearer and more alive, helping our bodies return to their natural state of health is exactly what fasting does. Here's what Natural News had to say in a recent article highlighting research on 2 - 4 day fasts:

"As it turns out, prolonged fasting forces the body to use stores of glucose, fat and ketones as well as a significant portion of existing white blood cells. In essence, fasting acts as a type of detoxification, clearing out the old so it can be replaced by the new. The researchers say that the result is essentially the formation of a whole new immune system. Specifically, prolonged fasting helps reduce levels of an enzyme known as PKA, or protein kinase A, which earlier research has found bolsters the regulation of stem cell self-renewal and pluripotency in addition to extending longevity. Prolonged fasting also helps decrease levels of IGF-1, a growth-factor hormone that's been linked to aging, tumor progression and cancer risk."