



Health Hint article by David Coory

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Fasting – an important key to optimum health

During research for my *"Stay Healthy by Supplying What's Lacking in Your Diet"* nutrition book in the mid 1980's, I discovered fascinating material on fasting, written mostly by German doctors.

Specialist German doctors swear by the health benefits of fasting (eating no food, only liquids). They treat numerous disorders by supervising fasts of one to three weeks.

As an experiment back at that time, I fasted for 10 days. I felt very peaceful and clear minded, but lacked physical energy, especially after mid-morning.

However, an interesting thing happened on the 8th day of my fast; my myopia (short sightedness) of 26 years vanished for several hours, following a mid-day nap. I could see with crystal clarity at all distances without glasses. To my disappointment however, the myopia gradually returned later that day.

I still regularly fast for 24 hours (3 meals) once a month, beginning after lunch on a Saturday and not eating again until the evening meal on Sunday.

When fasting, I sleep like a baby, and wake up refreshed Sunday morning. On Monday morning I feel great – extra light on my feet, clear minded and without a twinge or ache anywhere in my body.

When I again succumb to overeating, I feel heavy, lethargic and sometimes develop a slight twinge in my knee or lower back.

Fasting allows our body to balance its blood sugar levels and catch up on its elimination. These benefits are important in avoiding many modern diseases, especially arthritis. Fasting also helps our minds to think more clearly.

I have always maintained that the first law of health is *"Never eat when not hungry."*

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