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From the earliest times of history, fasting has been practiced by men and women from all around the world. All major religions, as well as some religious cults, have advocated fasting as an effective means of achieving both spiritual purification and physical discipline. However, only the Muslim faith also recommends fasting as a means to attain wellness in the face of ill health.

Jesus, Moses, and Muhammad all fasted for 40 days. The Jewish religion orders 24 hours of fasting, on five occasions each year, and Yom Kippur, the “Day of Atonement”, is one such instance. For a small number of very pious believers, Monday and Thursday of each week are days of complete fasting with the exception of drinking water.

Among Muslims, Ramadan fasting involves refraining for a whole month from consuming food or drink during the daytime. After sundown, Muslims may eat a meal.

For Christians, the Lenten “fast” is not actually a fast. Instead, some Christians are able to eat everything, except meat; for other Christians, meat is allowed during Lent. The Hindu religion also recommends fasting to the faithful.

Finally, “hunger strikers” fast to obtain attention and pity from the public because of a major issue that concerns them, such as unfair incarceration or other issues that they feel strongly are unjust and about which they believe that people need to become aware. Some hunger strikers lead people to believe they are in personal danger because of their fasting, while many of them are well-aware of the benefit they gain in personal health through fasting. Hunger strikers may fast in poor conditions, and they may also exhibit unhealthy behavior, such as smoking tobacco or drinking coffee or tea while fasting. They may also be under extreme stress during the fast, and stress itself is bad for the body.
For human beings, fasting is a practice that is used to refrain from all food, while the person still consumes water. Without water, an individual really does risk becoming dehydrated, leading to death in as little as one to three weeks.

When a religion recommends fasting, the duration of the fast is usually for a predetermined length, such as 21 days, 30 days, etc. Some spiritual masters ask their followers to fast for 40 days to purify themselves, both physically and spiritually. But Shelton wrote the following:

“The laws of nature do not indicate specific days, nor a particular number of days, assigned to begin a fast ... Following the Laws of Nature, a fast must be started when you need it and not when you do not need it. Hunger and thirst must be satisfied on a daily basis with healthy food and pure water. Whoever refuses to meet the needs of the body as indicated by hunger and thirst is as guilty of violating the Laws of Nature as the one who violates them by overeating.”

THE ANNUAL FAST IN MAURITIUS ISLAND

On two occasions, I had the opportunity to watch short movies about Mauritius Island. It is composed of a group of islands in the Indian Ocean next to Madagascar. The people on this island eventually gained independence after a Franco-British colonization. The vegetation at this location is luxuriant. The inhabitants of these islands share facial characteristics with Indian people. Their primitive religion stipulates two fasts per year, including one which is 21 days for men and the other is nine days for women.

During this religious fasting, men are separated from women and sleep in different beds. They are allowed to drink water with a few drops of lemon juice. A priest oversees all religious rites. At the end of the fasting period, a firewalking ceremony is organized. The fasting faithful walk barefoot over a pile of red hot stones, with just enough time to rush through them. Apparently, these men handle the heat very well and do not grimace during the firewalk. Perhaps by walking bare feet all year, the soles of their feet harden so they are more resistant to the intense heat compared to those of Europeans.

After the ceremony is over, branches and dry leaves are thrown onto these burning stones, and suddenly everything catches fire and smoke rises from the scorching heap.
of stones. Some natives also engage in types of body piercing that most people in developed countries would consider extreme.

I once hired a young nurse from Mauritius. She confirmed that the annual fasting practices on the island still continue today. She invited me to spend the holidays at her home and observe these practices first hand. Unfortunately, the rites of the primitive tribes do not have specific instructions on how to break their fasts.

No religion requires its followers to practice the long and strict fasts practiced by important, historical leaders. While Jesus, Moses, and Muhammad fasted for 40 days in either the desert or the mountains, they never asked the faithful to fast for such long periods. Regrettably, we do not know if these courageous prophets drank water during their fasts, nor how they broke their fasts.

**IN ANCIENT GREECE**

During the same period during which medicine emerged in ancient Greece, around the year 400 BC, priests in some temples practiced what they called “Natural Hygiene” via fasting, diet, exercise, prayer, and physical and mental rest periods.

Indeed, the trend so many thousands of years ago was towards the “natural.” They discouraged drugs and recommended letting Nature play its part, without upsetting it for any reason whatsoever.

According to the Greek philosopher Celsus, disease was caused by what was referred to at the time as “melancholic plethora”. This problem was believed to be caused by an excess of black bile resulting from the incomplete digestion of certain foods, as well as by excessive eating or irregular eating. (By itself, the word “plethora” refers to a large number.) Celsus was a strong advocate of fasting. Patients who did not improve by medical methods would stay in a temple, also referred to as sanctuaries. Within these walls, they would fast while praying.

**DAY LABORERS**

“It is this semi-fast that coincided with the hardest work in the fields. They fed on greens, sprouts, and young vegetables from the garden, which had not yet started to produce. They all have sunken cheeks, and this half-fast lasts until the end of June.
Their facial features are slimmed and boney because they never get enough to eat. This semi-fast and their way of living from wild and natural foods gives them an unusual level of health from a pure blood. Medical examinations have clearly seen that, as well as an exemption from, almost all human diseases that fill our pathology textbooks”.

This tribe fasts out of necessity because they have nothing to eat in the spring. This is also the case of farmers who live in autarky, but are they truly fasting?

**THE RAMADAN OF ISLAM**

As mentioned earlier, Ramadan is a religious fast practiced by Muslims around the world. This fast lasts 30 days. Most Muslims comply with fasting, with rare exceptions, although the children and the sick are exempt from practicing this fast.

Daily life continues as usual, each person going about his or her business, strictly fasting without water. No food or drink is permitted until sundown. Prayers are made at regular intervals, several times a day, at the mosque, within the work premises, or otherwise at home. Finally at sunset, the signal is given to break the fast, shouting: God is the greatest!

The faithful go back home to eat and drink water. Tables are customarily filled with food and sweets, prepared for the occasion by the wives during the day. It's a festive occasion, and the mood is cheerful. During the day, behavior was somber and resigned. Now, everyone smiles.

In Islam, the religion considers fasting a requirement to achieve forgiveness of all sins. Muslims think about this during the fast. They also think about it during their frequent prayers: six times each day, even after fasting.

Many of them, especially young people, stuff themselves during the nightly feast, but most adults are more restrained. Ultimately, nearly everyone loses several pounds during the month of Ramadan.

Around one o’clock in the morning, just after midnight, a man assigned to this task runs through the streets of the city and loudly beats the drums while shouting to wake up the faithful. At that time, they hasten to eat a little bit before the fast starts again at two o’clock in the morning. However, very few get up to eat and prefer to continue sleeping until morning, too tired from a day of work and abstinence.
At the end of 30 days, the fast ends with a big party called “Id et Fitr,” which means “the party to break the fast,” or simply “feast to eat.” It is a public holiday. Everyone wears their best clothes and prays. And, where applicable they present their best wishes to the president, who also fasts like any other citizen.
CHAPTER 2

FASTING AMONG ANIMALS

In nature, fasting is more widespread than one may think at first. Every form of life seems to practice fasting in one way or another. For many animals, fasting is a natural way to preserve themselves from the harsh climate, whether the excessive summer heat or the bitter cold of winter. During these periods, birds stop singing and frogs are silent.

When I read scientific articles about animal behavior in newspapers or when I watch various shows about nature and its mysteries on television, I hear how many animals have reserves which allow them to undergo a fast for extended periods of time. I am always amazed that no one has made a comparison between human beings and other animals.

Salmon can fast for several weeks, and bears can survive without food all winter long, living on their fat. Even brave researchers would not suggest that humans could fast for weeks.

When an animal is sick or injured, it will naturally fast by following its instincts. This is Nature's order. The sick cat looks for shelter and heat. When it has found what it is looking for, it sits, fasts, and recovers. Similarly, a sick dog moves to a quiet corner and fasts until it has recovered. At one time, I had a dog that refused to eat for three days. No doubt he was feeling sick.

The goldfish in my big round pond, fast all winter long when ice covers the water. In the warmer months, they feed on mosquitoes or flies that fall into the water. According to elephant hunters, when an elephant is injured, it abstains from eating, while its companions continue to eat. Humans are the only animals that force themselves to eat when they are sick, and this can significantly worsen their illness.

AESTIVATION OF CROCODILES

Aestivation is a state of numbness that is achieved by some animals during the summer season. To protect themselves from the excessive summer heat and save energy while rivers and wells are drying up, some animals reduce their activities by aestivating to survive these severe weather conditions. Their vital functions continue
on at a very slow pace, including their heart rate, respiration, etc. In fact, crocodiles hibernate and aestivate twice during the same year, during the winter and summer months. When rivers begin to dry, some freshwater fish burrow into the mud, then fit themselves into a secure, damp cocoon. The fish live entirely on their reserves until rain fills the rivers again.

Lemurs have a well-furnished tail that serves as their nutrient supply during the long fast of summer, via aestivation.

THE DORMOUSE HIBERNATION AND ITS UNIQUE SAFETY MECHANISM

The dormouse is always very active in the summertime. But when winter approaches, this animal moves to a hidden and protected corner to survive the hardships of winter. The following behaviors occur:

- Food consumption halts during winter.
- Breathing of the dormouse slows down.
- Its temperature becomes close to the same temperature as the outside environment.
- The dormouse loses considerable weight. It loses much weight.

However, should its life be threatened: exactly the opposite process will occurs, almost as if a magic button or secret thermostat were turned on. The pulse rises rapidly, the body temperature rises as well, the eyes become bright and the arms and legs of the animal contract. In less than 3 minutes, the dormouse becomes hot and its pulse is as fast as in summer. It is a miracle of nature.

Unfortunately, the human being who practices fasting has no dormouse-like backup system. A person cannot fast as long as animals hibernate -- which is up to three months or sometimes even seven months without water!

THE POLAR BEAR

The female polar bear hibernates, but not the male. She hibernates with intestines full of bacteria. At the end of hibernation, when spring approaches, no bacteria are found in the bear’s intestines. Indeed, a week of fasting was enough to sterilize them completely. This will certainly be of interest to those who suffer from amoebas or any other intestinal parasites.
THE SEAL OF ALASKA

The life of the Alaskan seal is surprising. First of all, it weighs around 660 pounds. When the mating season comes along, the male seal relocates and begins a fast, while waiting for females. The breeding and fasting period lasts for three months. The seal loses approximately 220 pounds during this time. Its harem can include between 60 to 150 females, and the very sexually active male fertilizes them all during this mating period.

The male seal must always stand guard over his harem, fending off the repeated raids of jealous rivals. Impatient young males are eager to take advantage of any unguarded moments, when the old seal is busy elsewhere, to steal a quick embrace with any willing females. The sexual rivals often engage in relentless battles. They take a position like heavyweight fighters on two sides, inside the harem, roaring and pointing their heads towards the sky. Their thick necks are waving like they are doing some mad dance. Then, comes the battle. Because of all this mating and protecting activity, the male seal rarely sleeps during the mating season.

This fight will not last long. The victorious seal becomes the absolute master. And without even having time to rest, other contenders and invaders are waiting their turn for battle, having already prepared themselves for the challenge.

This dance lasts for three months, day after day. After this mating and battling season, and without much sleep, the male seal’s weight drops from from 660 pounds to about 440 pounds. At the end of 3 months, the seal is tired and exhausted.

Even defeated seals, which never succeeded at mating will fast during the mating season. However, it should be noted that females only fast for a period of seven days unless they are injured. If they are hurt, they will fast for three weeks, then resume nursing their young babies, who also fasted with their mother. Unlike human counterparts, a female seal can stop feeding its pups for 21 days and then resume feeding. A human woman’s milk would dry up after a few days of not nursing.

When the breeding season is over, the seal dives into the ocean and stuffs itself with salmon. The lost 220 pounds are quickly regained.
THE SALMON

In Le Monde, on Wednesday, December 30, 1987, page 15, Roger Cau describes the life of salmon.

“Atlantic salmon is indeed the principal guest of the Loire-Allier basin which represents the longest ascent route in Western Europe (around 800 km). Only some Russian rivers, in the White Sea, or some American rivers, like the Yukon in Alaska – host salmon on longer routes (but those are Pacific salmons). Everywhere else, the migratory fish has only a few feet to overcome to deposit its eggs in a safe place. In France, it is the case in Brittany, in Lower-Normandy and in the Adour Basin, set in the foothills of the Pyrenees, where the INRA (National Institute for Agricultural Research) is located since 1972, and where the Institute breeds, studies, and releases thousands of smolts in Saint-Pée-sur-Nivelle.

For half a century, humans strove to create obstacles which delayed the fish in its migration to the extent that it may become extinct, as is the case in the Seine or the Rhine, which are too polluted.

(...)  

In the wild, female salmon lay their eggs between November and December on beds of pebbles or gravel that they previously clean from mud. These areas represent the bright places in the river that fishermen identify in advance to assess their catches, and they carefully monitor the three environmental guards stationed on the Allier.

A male salmon guards the nest, which moves aside the river opportunists. Three months later, salmon fry hatch and are called “parr” in the summer when it becomes a fish. Observations have shown that some of the Allier parr “hurtle down” the next spring, while others, with slower growth, remain one more year in the river before going to the ocean. When it reaches a length of twenty centimeters, the parr enters its “silvering” stage, while getting the brilliance of sardines and becoming a smolt. It is only then that it develops its olfactory memory, allowing it to regain its natal river after several years spent in the sea. It will then be called, according to its age “Castillon,” “Grilse” or “Beaked” (the old Salmons, with a beak-like mouth).
ON AN EMPTY STOMACH

At a rate of 10 to 30 kilometers a day, smolts swim backward to the sea because their nose is always to the flow.

Once in the sea, they consume fish and small crustaceans. Then the salmon head toward the Davis Strait and the Faroe Islands, where they will find their cousins coming from Canada and the rest of Europe.

Fish Aging (a study of fish scales) makes it possible to identify the precise number of years spent by fish in either their freshwater or sea environment, similar to the study of rings on a tree.

The average life cycle of the Atlantic salmon is about six years (2-3 years in rivers, 3-4 years in the sea). However, it is longer in the cold waters of Canada. In Brittany, where the ascent is easy, it is common for salmon to return to the sea once or twice after its first spawning. It is less usual in the Allier where, after 3000 kilometers of ocean, the salmon still have to go up to several hundred kilometers while sneaking between nets and concreted passages. All this is accomplished on an empty stomach, as spawning fish survive thanks to their abundant reserves accumulated in the ocean. If they bite on the fisherman’s hook, it is only through a predatory reflex, just like the dog bothered by an insect.

THE QUEEN ANT

The queen ant also fasts during the breeding period.

FROGS, INSECTS, AND BEES

Frogs and insects fast during their metamorphosis. Chaussat reports that frogs fast for sixteen months.

SCORPIONS, SPIDERS, SNAKES, AND TURTLES FAST, TOO

According to Jacquet, scorpions fast for 368 days. Bleckwell observed that spiders fast for 17 months. Several snakes were kept without food for two years. Some large vegetarian turtles can fast for several months.
OTHER ANIMALS AND THEIR FOOD RESERVES

With such reserves, this is how the monster named “Gila” (a type of lizard) fasts for several long months, slowly consuming the reserves located in its thick tail.

The Emperor Penguin, which fasts all winter, maintains 11-13 pounds of reserves in the stomach area.

The camel’s humps are food reserves on which they feed when they do not find anything to eat in the arid desert. The size of the hump is used to evaluate the length of time the camel can go without food. At the end of a long period without eating, the camel’s hump hangs down like an empty bag. Then with nutritional recovery, this hump refills again to produce new reserves.

On the coast of the Hawaiian Islands, there are species of seals that build food reserves before and after pregnancy. As soon as the mother gives birth to its pups, the female begins her fast that lasts during the entire period of breastfeeding. For at least 36 days, the mother seal has nothing to eat.

At the end of its fast, she is reduced to a skeleton because she has had to breastfeed her baby. The latter, which was weighing on its date of birth around 44 pounds, weighs 175 pounds on the 36th day of breastfeeding! At this stage, the female permanently leaves her pup to go searching for food. The baby seal will fast one or two days before hunger forces it to look for food on its own, even though it does not know yet how to hunt.

The reserves of the mother seal must not only satisfy its needs during 36 days of fasting but must also provide the nutritional requirements of the baby: fat, sugar, protein, minerals and vitamins. Also, the reserves must provide a considerable amount of protein to allow for the rapid growth of her young seal. They must also provide calcium and phosphorus, required by the rapidly growing skeleton of the baby-seal.

A LONGER LIFE

For some animals, growth and even the regeneration of lost limbs continued during hibernation, and wounds healed. Hibernating animals live longer than others of the same size that do not hibernate.
Cuttings that give rise to new plants grow according to the same principle. Indeed, they receive no outside food, in the initial stages of this regeneration process.

The human being can profitably practice a yearly maintenance fast of seven to ten days. Many animals hibernate without drinking water, but water is vital for humans during fasting. Without water, they risk death from dehydration.

Could this information indicate that humans should engage in some form of fasting?

**SHOULD WE IMITATE ANIMALS?**

Humans are born with all the equipment they need to live in a healthy way. They do not need to mimic the lower forms of life. Our way of living comes from our own internal needs. These are expressions of our structural adjustments, as well as our capabilities and functional needs. We do not need to imitate animals. However, by observing them, we can learn several useful lessons because they are closer to nature than we are, and their instincts are less perverted than ours.
CHAPTER 3

THE EGYPTIAN FARMER AND HIS DONKEY

One day, Mokaoukes, king of Egypt, sent the Prophet Muhammad three gifts: money, a black woman, and a doctor.

The Prophet accepted the first two presents, but refused the doctor saying: “We are people who only eat when hungry, and when we eat, we never eat to satiety.”

An Egyptian farmer suffered from several diseases. For several years, he was treated by all the doctors in his region, and yet, his health was deteriorating day by day, until he was forced to abandon his work and guard the farm.

One day, while he was sitting in his yard in front of his only donkey, he watched the donkey grazing on grass. Having nothing else to do, he began to think while observing the donkey: “My only donkey is doing better than I am. I have no strength and I have pain in my limbs, but my donkey is in good health. It grazes on the grass while I eat three lavish meals every day, prepared by my faithful wife who spends several hours in the kitchen.” Suddenly, a flash of light hit him, like a moment of divine grace. “I’m going to behave like the donkey and see what happens.”

So the man began to graze on the grass from his backyard, refusing any other food. His wife grieved, mourned, and thought he was going to die. But the grass was too hard for his teeth; he had to spit it out. This situation lasted several days. He drank water when he felt thirsty and surrendered to nature for everything else. After several days, he was surprised to find that his diseases went away one by one and that he was recovering after all. When his friends, his parents, and his neighbors heard the news, they spread the news like wildfire throughout the region.

This is how he gained a reputation beyond the mere scope of his region. Patients gathered to see him and began following his expert advice. However, physicians did not like what they heard. Neither did the pharmacists, who could not accept the fact that a simple farmer could decrease their earnings. Unhappy to see their clientele narrowing down day by day, they banded together to attack.

Pretending to be concerned about public health and to believe that dangerous germs could be found in the grass, they analyzed the grass that the farmer had grazed on to search for the “secret of its miraculous virtues.” According to them, all they found were nasty microbes that could contaminate and endanger the entire population.
They forbade the consumption of grass by patients, effectively taking them back to physicians and pharmacist again.

This true story was told by the Egyptian press in the 50’s.
CHAPTER 4

THE RESERVES OF THE BODY

If people and animals can fast for several days or even weeks, it is because they have bodily reserves that enable them to pursue all their functions without food. Even thin people have reserves. As for the obese and fleshy people, their reserves are visible to the naked eye, but unfortunately, these fat reserves are often unbalanced and ineffective.

One popular belief is that if you stop eating, the body’s nutrition is completely suspended. Nothing could be more false. Indeed, the body is always nurtured, minute after minute, from within through the blood. Nutrition is life and without it, no life is possible.

Our body has considerable reserves. As long as we don’t exhaust all body fat, as with an individual with anorexia nervosa who engages in chronic self-starvation, the body’s essential tissues remain intact. The reserves of the body are composed of the following elements:

- Fat
- Bones that contain minerals like calcium
- Sugar, in the form of glycogen in the liver, the muscles, etc.
- Vitamins

BALANCED RESERVES

How are our reserves used? To nourish the body, 24/7/365. But for these reserves to be utilized, they must contain vitamins, minerals, natural trace elements, enzymes, etc.

We can eliminate toxins only if we have balanced reserves. If one of the nutrients just mentioned is lacking, detoxification cannot take place.

AMONG THE NEWBORN

In general, babies are born with well-balanced reserves. These reserves can last for several years, even if the child’s diet is deficient.
For example, mother's milk does not contain much iron. That is why nature has compensated for this deficiency by placing abundant iron reserves in the baby's tiny liver. This in-built iron store may last for several years.

We know that veal’s liver is high in iron, yet cow’s liver is not. That’s why doctors used to recommend the consumption of veal liver to anemic people. However, this practice rarely works because with anemia, the problem primarily lies with absorption and not consumption. Through fasting, the power of absorption improves, and the person can then absorb the iron contained in food.

**THE MISLEADING APPEARANCE OF FAT PEOPLE**

A morbidly obese man came to our center for a fast. His weight exceeded 250 pounds. One would think that he had abundant reserves, which would allow him to fast for several months. Unfortunately, his reserves were unbalanced; they lacked essential nutrients, and as a result, he was unable to fast for an extended period.

**WHAT SQUANDERS THE RESERVES**

After 60 or 70 years of unhealthy living (with the use of artificial and industrialized food, and abuses of all kinds: coffee, tobacco, carbonated drinks, wine, chocolate, spices) we squander our physiological resources and replace our core reserves with fat, toxins and water to dilute those.

But what depletes the reserves even faster is the regular consumption of drugs of all kinds. To eliminate these poisons, the body uses its store of vitamins, mineral salts, etc.

People who have followed a diet low in vitamins for years have a lot of trouble fasting for a long period. I remember the case of a 32-year old nuclear engineer who told me that he wanted to fast for 40 days. Given the deficient state of his health and his pale and sickly look, I told him that 15 days would be sufficient. Unhappy to hear this, he left without following up. Shortly after this conversation, he agreed to fast under my supervision and to comply with my instructions. He began fasting, but by the fourth day, he was on the brink of total collapse, and we had to stop the fast and follow it by an extended period of recovery. This engineer was following the macrobiotic diet, which consists of a preponderance of overly cooked foods, which eventually causes nutrient deficiencies.
Some people take laxative teas or sleeping pills every day, and consequently, they have scanty reserves. Before even considering fasting, these toxic concoctions should be stopped to remedy these deficiencies and give the body time to recover.

People who take cortisone for many years should know that it is an artificial hormone that eventually withers the natural hormone in the body. At first, they must gradually decrease this medication and they should not consider fasting until they are no longer taking the drug.

This precautionary advice also applies to all drugs, prescribed, or over-the-counter medications. However, keep in mind that individuals dependent on medications to sustain their lives should not stop taking them. For example, people with diabetes who need insulin must continue to take insulin throughout life and should be very careful about any prolonged fasting.

**NO ELIMINATION WITHOUT SUFFICIENT RESERVES**

Long ago, I noticed the following fact: those who practice a long fast for more than 20 days experience the following benefits: Their breath is not foul anymore, their urine is clear, the taste inside their mouth is good, and their weight decreases at a much slower pace.

Then as soon as these people stop their fast, their weight drops down again, and their urine becomes dark and smelly.

These observations were not enough to make me go further in the development of my technique, and I instead followed Shelton’s method.

According to Shelton, it was better than nothing to detox less at the end of a long fast — the fasting period had to continue until the return of hunger.

He broke the fast with small amounts of juice. Therefore, digestion did not take away too much energy.

That’s when I had the idea to give fasters a few lettuce leaves and some juice heavily diluted in water around the 20th day. But it was not enough to boost elimination, as we will see later on in this book.
CHAPTER 5

THE THREE PHASES OF FASTING

During a fast, people assume that they will lose weight. But what kind of tissue does the body lose during fasting? At first, the body sacrifices less vital tissues, such as fat, waste, and toxins. It does not get to the nerves nor the brain. In fact, the sick tissues are sacrificed to feed the vital tissues and to allow the maintenance of all body functions.

Fasting must be divided into three phases:

THE FIRST CONSTRUCTIVE PHASE OF DETOX

During this phase, the person’s bodily reserves are abundant and this allows a healthy human to fast for weeks. (Keep in mind that you must still consume water.) Unhealthy people have fewer reserves than healthy people and, therefore, they cannot fast as long. This first constructive phase of fasting lasts as long as the reserves of the body are maintained.

We will divide the reserves into two kinds:

1) The good reserves: sugar, vitamins, minerals, trace elements, enzymes, etc.

2) The bad reserves: waste, toxins, tumors, pus, infections, and everything the body needs to eliminate.

The body stops the detox process for the following two reasons:

1) The body removes most toxins, and doesn’t need further detoxification, a very rare situation. Most people are so full of toxins that they need several fasts to eliminate everything. However, when a person follows a healthful diet, the level of toxins is so small that the body can get rid of them in days, if not within a week.

2) We deplete the good reserves before eliminating most of the toxins stockpiled for many years. This is the most common case.
During this constructive phase, the body eliminates wastes and toxins. The bad tissues are dismantled and liquidated.

The main symptoms during this phase are the following:

- Bad taste in the mouth upon awakening
- A gradual weight loss
- Bad breath
- Dark and smelly urine
- Lack of appetite and sometimes nausea
- White tongue
- Dry mouth
- Thirst

During this constructive phase, sexual function is restored for those who had lost it. In addition, the senses of smell and hearing are rejuvenated, the mind becomes clear and lucid, and the body heals most diseases.

THE SECOND PHASE OF SLOW ELIMINATION

When fasting continues beyond the first phase, deficiencies start to show, which leads to the stagnation of the detox process and the slowing down of weight loss and all bodily functions.

If the fast continues, deficiencies will appear. Detox and weight loss slow down, as the body tries to survive without the missing nutrients. Several weeks may pass this way, and then the individual develops an almost complete state of exhaustion. And that is when the last phase begins.
THE THIRD PHASE OF DANGEROUS STARVATION

When the person reaches the third phase, which is a dangerous point for the individual, the body lacks everything: vitamins, minerals, trace elements, enzymes, fat, etc. The body can no longer carry out its vital functions. To survive, the body starts using up vital tissues and organs.

Degenerative pathological changes occur at this point, and, according to Morguilis: they are “... identical to the ones found in all pathological conditions, and are nothing particular. In fact, ALL pathological cellular changes are, above all, the consequences of starvation”.

If we think about it, this quote from Morguilis is of the utmost importance. Indeed, diseased cells are cells that are starving, imprisoned, intoxicated, and unable to assimilate nutrients. These cells are not fed because food does not benefit the body when it is intoxicated. In other words, it is akin to a slow poisoning. A detox is the necessary prerequisite for food to be assimilated and then, to be able to sustain the cells. This detox quickly takes place through fasting, when the actual reserves allow it.

In short, cellular changes that occur during the first constructive phase of fasting are physiologically normal, but those occurring after the depletion of reserves are pathological.

The lay public or the medical community often make the profound error of believing that the tissues and organs start to disintegrate after skipping a meal or two. They ignore that the body has reserves, that the first phase of fasting is highly beneficial, and that danger does not exist until a person has reached the beginning of starvation.

Shelton advocated pushing fasting to the threshold of starvation. After that, it was dangerous to continue the abstinence. This fast could last between 20 and 80 days, depending on the individual. The monitoring of symptoms could indicate the end of reserves and the beginning of this dangerous stage.

The inability to walk or even to stand up may indicate the beginning of the starvation phase. However, often people who fast believe they won't be “able to tough it out” or “power through it.” This is a purely psychological issue, rather than a physiological one.
When people ask me: “Will I be able to do it?” I tell them the following: “Because you asked me this question, it is clear that you did not read any book about fasting. You must read a book on fasting first, and you will not ask me this question again.”

A woman who had read nothing on the subject, but still wanted to fast under my supervision (I lent her a book on fasting during her stay), confessed to me after two weeks that she thought she would be “rolling on the floor.” She thought that she would not have been able to use the stairs or even simply walk around after the third day of the fast! She was very surprised, after two weeks of fasting, to have enough strength to walk and read.

Patients that are too emaciated when they begin their fast can reach this phase in a few days, especially if they fast without a hot water bottle to their feet. But these skeletal persons should never fast in the first place. Fasting is neither a universal solution nor a magic cure. It rushes detoxification, if you have sufficient body reserves.

In short, according to Shelton, “nature does not leave us without any signal when the reserves start to run out. Indeed, the hunger, that was lost, returns with such intensity that it drives the patient to eat”. It was Doctor Dewey who described the “return of hunger” and Shelton followed him. It makes sense and seems natural. Doctor Vetrano, who was the assistant of Shelton, has only met a few cases where hunger came back. Personally, I have observed many cases, but not enough to transform that situation to a general rule. Even those who have crossed the threshold of the dangerous starvation phase do not feel that famous “hunger”.

Currently, once the fasting person enters the second phase of fasting when the weight stabilizes twice, I turn to a half-fast. This normally occurs around the 20th day. I only had one case where it was necessary to wait for four stabilizations to reach the 20th day.

This is all a far cry from the third stage of starvation, and thus there is no need to worry about reaching this dangerous limit.

When a patient begins a fast, one can consider the person’s weight as a likely indication of the reserves available, but this is not always accurate. We must never forget that a person can have unbalanced reserves and enter the third phase of fatal starvation even though that person weighs 130 pounds or more.

By monitoring the successive weight stabilizations, you never risk this error.
We see in this table that the normal weight matches the height in feet when the person has a muscular body. However, you must subtract 22 pounds for a non-muscular person. The dangerous limit was calculated by taking 60% of the normal weight of a non-muscular person. For a person who has a muscular body, you must add 22 pounds in an additional column which does not appear in this table.

Normal weight is very approximate since you must take into account the size of the bones, the head, the chest cage, etc.

However, a person can also have a normal weight and body mass index (BMI) but still have few vital and essential reserves. How can we know that? If a person takes medication on a regular basis, the table cannot be considered as a correct indication of this person. The daily use of drugs considerably depletes vital reserves. In contrast,
however, medications taken occasionally do not dangerously exhaust the reserves and should not be taken into account.

As I have repeatedly said, if a person stops the fast at the end of the first constructive phase, and if one monitors the pathological symptoms that may appear (difficulty to walk, a sensitivity to sunlight, or other pathological symptoms), then this person is unlikely to reach the dangerous starvation phase.

For patients with digestive difficulties and who are skinny, it is prudent not to push fasting too far because weight regain would take a very long time -- up to 6 to 12 months to regain the lost weight.

In general, reserves are depleted before total detoxification and several repeated fasts, with at least 3 to 6 months intervals, might be needed.

A person can fast at any age. I have monitored babies and even old people in their 80s (the fasts were kept rather short). Caution is the rule. At the slightest warning, it is better to move to a half fasting, such as fasting only half the day. Also keep in mind that elderly individuals take four times more time to recover than younger people.

As soon as we break the fast, we start to regain the weight lost. We can certainly regain all the lost weight in no time just by gorging, but it is never smart because we'll end up with swollen feet, like those of an elephant. In this case, to remedy this trouble, we must return in moderation.

Many people tell me, “I will continue the half-fasting at home. I'll refeed on my own: just give me all the instructions, and I will strictly follow them.”

I answer them the following way, “No one has the will to refeed after a fast, all alone, and at home.”

Instead, this person is likely to be caught up by bulimia and overeating. Instead, the fasting person needs a trusted and knowledgeable person to monitor him, control him, and guide him. The instructions may only be effective for a few days because the actions to be taken must change according to the symptoms that occur day after day. And the layman certainly cannot guide himself, nor know what to do or what not to do.

During the period of refeeding, after a half-fast, the weakest organs are regenerated. It would be a terrible shame if foolish overeating resulted in undoing all the expected benefits.
There are a variety of camels that can lose 40% of their weight by fasting and then they regain all the lost weight in one meal! If a person takes the risk of imitating the camel, this person risks death.

In general, no one by himself can control the quantity of food eaten after fasting. The fasting person no longer thinks with his head, but rather with his stomach. For these reasons, the supervision of a competent and energetic person is needed.

Another issue is that rest is imperative with fasting and immediately thereafter. Going back quickly and forcefully to daily activities undoubtedly delays the regain of weight and vitality. There should be a period of rest at home — a recovery period that is accompanied by patience.
CHAPTER 6

DAILY HUNGER

Let’s discuss hunger: the way you feel before eating. Not the kind of starvation hunger that you can observe among people who have no food.

Hunger isn’t a bad thing. Instead, it’s a natural human response and one of the many signs of good health.

Hunger is an indicator that the body is willing to accept food and digest it. If a person is not hungry, this may mean that the time has not yet come to eat. Hunger can also be suppressed by the abuse of some substances, such as alcohol or drugs.

Hunger is an instinct as natural and useful as thirst, fatigue, sleep, and all the other sensations by which the body helps you identify its needs. But a distinction must be made between real hunger and fake hunger.

Let’s take fake hunger first, which is a desire that is not a genuine desire for food. Television advertisements with “food pornography” are designed to make people desire certain foods or beverages. They may encourage individuals to eat to excess because the foods are so desirable in appearance. It’s also true that fake hunger may be induced by the large portions of food that many restaurants serve. Unlike what your mother may have told you, it’s not necessary to “clean your plate,” no matter how good the food looks. A healthy individual can skip a meal and even several meals without feeling discomfort or a loss of strength.

With real hunger, a person always feels well after a moderate meal. This person feels healthy and strong, and can easily wait for an hour or two before eating. This waiting time does not cause any discomfort.

The surefire way to distinguish real hunger from fake hunger is to wait an hour and see if the desire for food increases. Real hunger becomes acute while fake hunger gradually disappears.
SYMPTOMS OF FAKE HUNGER

Fake hunger includes one or more of the following symptoms:

- Headache
- Burps
- Discomfort
- Pasty, bitter or dry mouth
- Stomach gnawing
- Stomach pangs
- Constricted throat
- Feeling "spacey"
- Fatigue

Shelton wrote: “Hunger is not a medical condition. It does not appear through symptoms of a disease. Hunger is felt in the mouth, the throat, the nose and all around the body. A shot of morphine momentarily relieves the morphine addict. A cigarette momentarily calms the nervousness of the smoker, but such reliefs are not proof that there is a physiological need for these poisons. Finally, dietary drunkenness is similar in all respects to the addiction of drugs and those who suffer from it experience similar symptoms when they do not get their usual dish.”

SYMPTOMS OF REAL HUNGER

The symptoms of real hunger occur in the following ways:

- A pleasant and clean mouth
- A relaxed throat
- A clear, optimistic, and euphoric mind, as well as, wellness
- Saliva
- The absence of any unpleasant symptom
- A diffuse digging feeling in the mouth, throat, and stomach like a vacuum

In everyday life, it is a very bad idea to eat before feeling true hunger. Instead, wait for real hunger before putting anything in your mouth, whether food or drink.
As I already mentioned, as soon as the first signs of true hunger appear, wait a little bit longer, an hour at most, to confirm and sharpen this hunger. The stomach is then constricted, and not distended by the previous meal. Then eat what you want to eat, including natural foods, to ease your hunger, not simply to fill up your stomach.

This is important because if you eat without being hungry the stomach is still stretched out from the previous meal. This tends to make people eat much more than they would have consumed had they really been hungry. Besides food would not provide all the pleasure you had anticipated. That's when people seek to compensate through overeating!

It is also better to limit yourself to a single kind of fruit rather than to a variety of fruits. If you eat a variety of foods, you may be easily tempted to overeat.

**RESPECTING REAL HUNGER**

With hunger, the pleasure provided by the consumption of some fruits is at its maximum, and individuals will be fully satisfied when they have eased their hunger. Respecting real hunger is the most important factor in health.

If we do not respect this, frugality is an empty word and is not practiced. Without an acute hunger, frugality is beyond the power of the will of most people. Food then becomes like a drug: one dose calls for yet another.

**HUNGER AND FASTING**

A common myth is that people who fast are hungry all the time. People who fast are not hungry. They even have nausea, bad breath, a dry tongue, and thirst that can sometimes be very intense...but nothing that looks like real hunger.

It is true that at the beginning of a fast, a person may still experience habitual rhythmic stomach contractions at meal hours, for a day or two, but rarely more.

Eventually, hunger disappears for a long time.

Then, the body turns to its abundant reserves. But it is also possible that at the first meal we skip, hunger disappears immediately. This is the case of those who are very intoxicated and have bad health.
Real hunger persists and becomes more pronounced if we do not eat. But if we ignore it a little while, it will go away, and the body will turn to its reserves.

From my experience with 4,000 fasting patients in about 40 years, most are not able to recognize true hunger.

Conversely, others wait too long for the return of this hypothetical hunger, well beyond the fasting safety limit, and they end up at the edge of an abyss if others are not there to persuade them to stop the fast.

Our instincts are maladjusted, and we cannot recognize real hunger when it occurs. As a result, we must look for other criteria to stop the fast. I will discuss the weight stabilization method later in this book, a criterion which has the advantage of being objective and practical. The weight scale does not make any error of assessment!

Do not make the mistake of thinking that any medical doctor could monitor a fast. Several doctors have encouraged people to fast, but in the craziest and most dangerous ways. One doctor, made his fasting patients drink their own urine! Another doctor gave patients transfusions of their own blood. Where have they seen such extravagant methods in Nature?

Fasting without qualified supervision can be a dangerous and deadly undertaking.

**A CASE IN POINT**

Mr. B. brought me his son lying in the backseat of his car. Alone, he had undertaken a fast for 40 days on his own. He weighed only 61.5 pounds and his height was 5 feet and 2 inches. He had already passed his danger level of 66 pounds.

The man had stopped the fast alone with ridiculous and tiny quantities of orange juice for 13 days and he was not getting better. He was hanging between life and death. I could not take such a responsibility, and I refused to take it. If he had died in my clinic, we would have attributed his death to fasting, if not to myself. In this man’s case, he was waiting for the “return of hunger” that did not come back.

Doctor Vetrano, who was the assistant of Shelton for 15 years, claims she only observed around ten cases where hunger came back at the end of fasting.
How can one establish a general rule with so few cases? Again, according to Shelton: “The return of hunger may occur after seven days if the individual has completed his/her detoxification.” Perfect. But then why did Shelton state the following: “… If one persists to fast after the return of hunger, the dangerous starvation phase begins”.

Surely, after only seven days of fasting, most people have enough reserves to avoid falling into the starvation period if they continue their fast.

Finally, the famous “return of hunger” during fasting might be a natural instinct, but this natural mechanism seems to be maladjusted among civilized beings with poor health that are leading an artificial life.

It is best not to stop fasting upon termination of the first phase, but instead to move on to a half fast, which restarts the detox process.
CHAPTER 7

DEFICIENCIES

DEFICIENCIES DURING FASTING

Fasting can cause deficiencies in the body. That is why some practitioners in Germany have injected their fasting patients with artificial vitamins or have given them fruit juices and raw vegetables to avoid such deficiencies. However, it should be noted that the body usually has enough vitamin and mineral reserves to last for weeks. After several days or weeks, these reserves gradually begin to deplete. How can we know when deficiencies start to appear? The person’s weight loss changes can indicate that. In the waste elimination process, lost weight is burned off and used for energy, with the help of vitamins and other essential reserves. When these reserves begin to deplete, the detox process slows down, and weight loss also slows down.

During the first phase of fasting, no deficiencies occur. In general, this period lasts for three weeks, sometimes less.

After several days, the second weight stabilization phase occurs. This is the second phase of the fast, the one leading to deficiencies. At this time, raw foods must be introduced to allow the body to continue the elimination process.

The foods consumed are important. For example, an exclusive white bread and water diet can cause deficiencies and even death within weeks. These deficiencies lead to very serious nervous diseases such as beriberi. A highly deficient diet is a hundred times more dangerous than fasting, especially if fasting doesn’t go beyond the deficiency phase.

During famines, populations survive on a highly deficient diet. We can see on TV the children of Africa, whose bellies are bloated due to fermentation of cereal flour producing gas and also due to the lack of raw food in their diet.

DEFICIENCIES BEFORE THE FAST

Mr. M.B. came to me to undertake a supervised fast for 40 days. He was suffering from severe and chronic anemia, and doctors had diagnosed him as incurable. They advised him to go and live in the countryside; otherwise, his days would be numbered. Following their counsel, Mr. M.B. settled down in a small town, but the anemia did not improve. Later, after reading about the benefits of fasting to cure deficiencies, he came to fast under my supervision. For 40 days, Mr. M.B. only drank pure water. His anemia should have worsened. Instead, after fasting, his blood analysis revealed a normal red blood cell count!
Five years have passed since then and every year, he gets a new blood test. Every year, his results are normal. The 40-day fast did not worsen the iron deficiency in the least, but rather cured it.

What happened then? The food we eat contains abundant amounts of iron. But for this patient, the iron was not assimilated by his body. He asked for help from the physicians who prescribed him iron-based supplements. However, this iron is mineral in form and therefore it was not assimilated, and his anemia did not improve.

Then Mr. M.B. turned to naturopaths who told him the following: The iron contained in medication is not organic; it is pointless; it is a mineral that the body cannot assimilate. We will prescribe you organic iron, vegetable iron, and natural iron in the form of artichoke extract.

He drank this extract, but his anemia did not improve.

Finally, Mr. M.B. came to fast under my supervision for 40 days without taking iron supplements in any form whatsoever, and his anemia disappeared! An inexplicable miracle? No. What happened was that he actually had iron in his body reserves, from the food he had digested and absorbed, but which he had not assimilated. It is the iron from his body reserves that the body eventually assimilated during fasting.

We must remember, when the body is in a toxic state, the assimilation of useful and necessary elements is prevented. As soon as Mr. M.B. was detoxified, he began to assimilate the iron and to mass produce the red blood cells that his body needed.

It is not what we eat that matters in the end, but what we assimilate. Some people are very meticulous in their food choices, seeking out organic foods, which are the richest in vitamins and minerals. Yet their health does not necessarily improve. A person with a strong digestive system and healthy assimilation can take advantage of less nutrient-rich foods, provided they are raw or nearly raw. It is not necessary to search for foods that contain the most vitamins, or that are rich in a particular mineral. Nature is so generous that the vitamins in a single lettuce leaf would be sufficient to meet our daily needs, provided we had the digestive powers to extract and assimilate them.

One current fashion among naturopathic circles is recommending magnesium supplements. Now, this is the same problem as with iron or calcium deficiencies. A person just needs to detoxify thoroughly through a monitored fast to allow the body to absorb the magnesium which already exists in raw foods. We don't have to worry about the magnesium content of a particular type of food or to seek concentrates and extracts, as a minimal quantity is sufficient for the body and nature is always generous.
DEFICIENCIES AFTER A LONG FAST

A long fast can lead to deficiencies, but they are quite normal and temporary. If you want to check your health with a blood test, which I always recommend, you should wait several months after a fast.

I do not practice long fasts anymore, because I consider them a waste of time. Once the elimination process and weight reaches its limits, I move to a half-fast. This dramatically boosts the detox process. I had a case where the second weight stabilization was observed on the tenth day. At that time, I estimated that it was too early to pass to a half fast, and I waited for the fourth stabilization to move to a half fast.
CHAPTER 8

MEDICATIONS AND FASTING

POSSIBLE COMPLICATIONS

Those who undertake to fast immediately after stopping medications may expect complications.

I have had so many complaints of all kinds from patients (depression, acute mental crisis, crying, screaming, etc.) that I now refuse those patients who want to cease taking their medications under my supervision in order to fast immediately.

Several years ago, after monitoring thousands of fasting patients without any trouble, I had a series of fasting people who began to bleed a few days into the beginning of the fast. As far as I was concerned, it was a new and unexpected development. Even a disturbing one. Why should fasters suddenly bleed?

Therefore, I interrogated these patients and I discovered that, in each of the cases, they used to take anticoagulant medication. The bleeding did not last too long and no severe results followed this incident. But this example highlights the dangers involved with medications.

I have long known what to expect when I supervise the fast of an alcoholic, a smoker, a morphine addict, a user of a popular drug, but new drugs and new medications reveal unforeseen and unforeseeable complications.

As far as I am concerned, I ask all those who take medications to progressively stop them at home and not to consider a fast before following a preparation diet.

A FIRST CASE

Twenty years ago, I had an agricultural engineer, Danny, who suffered from seizures. He had stopped taking all medications for a long time.

Danny fasted for 52 days without problems. Then suddenly, he developed a psychotic break that lasted for 3 days and 3 nights. He remained standing all the time, always speaking aloud, and insulting his boss and the Pope. Danny was experiencing an intense thirst, and I gave him water. He urinated a very foul-smelling urine in his pants.
while scribbling incomprehensible words on a piece of paper. It was clear that this madness was a violent crisis in relation to the elimination process.

The crisis passed and Danny slept a restful sleep for several days. Upon awakening, he did not remember anything except the paper he had written and he asked me for it.

Currently, I will not supervise a fast for a long time, since I move to a half-fast as soon as the elimination process and the weight stagnate. The half-fast strongly reignites the detox process and when this happens, I insist that the fasting person drinks up to 2 liters of water per day to avoid damaging the kidneys or causing nervous disorders and other crises. Would Danny have had such a crisis during a half-fast? I cannot answer this question.

A SECOND CASE

A similar case came to me to undergo a fasting cure under my supervision. Frank was 47 years old. He suffered from insomnia and anxiety disorders. He was taking several kinds of medications and he was also a smoker. His wife gave me all his medications and the cigarette box, which ended up in the trash shortly after their arrival.

Frank fasted for 21 days. He began singing loudly, asking for an appointment with the President, jumping around in the closet, and urinating in his pants. The crisis lasted 24 hours, and then he slept a restful sleep for 3 days. Frank experienced hunger and any elimination process had stopped.

His wife had accompanied him during his stay at my request. All other cases that came unaccompanied by any members of their family had to be discharged because they cannot be assisted during their attacks. I do not have specialized staff or any muscular nurses who can take shifts day and night for these special cases.

I gradually began to refeed Frank. Then, after a bowel movement of bulky stools, he had a second nervous attack which was less violent. The intestinal muscular effort had exhausted his nervous system.

Six months later, Frank’s recovery was complete and he resumed his function as a factory manager, a job he had left behind 14 years ago.

LAXATIVES FOR YEARS

The intestines that have been forced to work tirelessly over the years, begin to rest during fasting.
At the end of the period of fasting or half-fasting, there might be some delay before the bowels start moving again. This can last up to 3 weeks. One does not have to worry, or to panic. Food intake should remain moderate and should not be increased as long as the first stools are not passed. If you overeat, the intestines clog up and cause much abdominal discomfort.

People who are constipated have a major battle to win. It is to leave their intestines to operate on their own after fasting and without laxatives. Enemas and glycerin suppositories can offer psychological help but, nothing more. With great patience, people with constipation will win this battle. But if they return to their laxatives, they have lost!

The patients who have taken medications for extended periods to help their intestines (such as laxative teas or medicine) often suffer very painful complications when they stop their fast.

The mucosal membrane of their intestines, which has been scraped and deprived of any intestinal flora for years, eventually deteriorates and will no longer fulfill its duties of stool storage. In that case, the stools stick to the dry walls of the colon and a hard blockage, difficult to dislodge, is formed. This is very painful and the problem can last for days, weeks, and even months, if we do not quickly resolve the underlying cause. I have had a dozen similar cases, which are reported in a special chapter later in this book.

It is not necessary to defecate every day when a person eats moderately. The body can catch up.

Under my supervision, constipated people have always got spectacular results by fasting.

**ASPIRIN**

It is essential to immediately stop all remedies against headaches, even if they intensify and become unbearable. They will not last too long, maybe a few days at most. Drink plenty of water in order to eliminate toxins into the urine. These are toxins which disrupt the nervous system and are found in the blood.
Aspirin is a poison which can result in hemorrhages and ulcers. It relieves headaches, but only on the surface because there still remains an underlying problem.

There are many other replacements for aspirin that must also be stopped. They are in the category of nonsteroidal anti-inflammatory drugs or NSAIDs.

**ANTIBIOTICS**

All antibiotics must be stopped and the diet must be modified. After a time of preparation, one may consider a fasting cure. The more antibiotics that a person takes, the longer the preparation time will be: several weeks to several months.

Fasting eliminates infection and the viruses will disappear by themselves.

In case of fever, and no matter how high the body temperature is, one should immediately start fasting, without antibiotics, in the warmth of his/her bed. One should not leave the bed. A high fever is never dangerous (the body does not commit suicide), if we respect the basic requirements of life, if we let the body act as it pleases, without hindering its actions with chemicals or any other means against nature.

Fever is the way that nature institutes to eliminate toxic waste. Nature knows its limits and will never go beyond them.

**SURGICAL INTERVENTIONS BEFORE THE FAST**

What about those individuals who have undergone a surgical intervention? Are they able to fast without inconvenience? I am often asked this question. The answer is, it depends on the operation.

In the past, a man of 72 years old came to me to undergo a fasting cure. The surgeons had taken away a third of his stomach, probably to cure an ulcer. Couldn’t they have found anything better? Most ulcers are caused by an excessive use of NSAIDs.

I monitored this fasting patient very closely, fearing an incident. He fasted for 21 days without any problems, and he had an excellent recovery of physical strength and food digestion. As every step was carried on with maximum prudence, this fast went off without any trouble. I had taken the precaution of ending his fast with diluted carrot juice and warm vegetable stock instead of the traditional fruit juice recommended at that time.
A young man of Polish origin had undergone an operation of his intestines, which were reduced by 23 inches. He fasted for 20 days without trouble and with close monitoring and extreme caution during the food recovery period, as described earlier.

The wife of an investigative judge of Digne had been operated on for breast cancer and had undergone several radiation sessions. Her health and particularly her digestion were deplorable. I allowed her to fast for 14 days under my constant supervision, but not a day longer. Her fasting went perfectly. I am convinced that if it had exceeded the previously mentioned time, she would have been in serious troubles.

A lawyer from Algiers came to me to undergo a fast. He was suffering from insomnia and sensitivity to noise. He was taking sleeping pills, tranquilizers, and aspirin since his imprisonment, which lasted one year.

It seemed risky to let this gentleman fast, because in his youth, part of his lung had been amputated, due to what was mistakenly diagnosed as tuberculosis. So I told him to undertake a half-fasting for 20 days. This half-fast included two apples a day, and nothing more.

No crisis occurred and his elimination process was smoothly carried on. It is only then that I had the courage to let him fast for one week, without any problem.

The last case I want to talk about is a patient of the same age (50 years old) who had poor health: affected nerves, colitis, pneumothorax, etc. Despite his persistence on the idea of fasting, I had only accepted a half-fasting, for 20 days. His detox machine was in high gear and I am convinced that if he had exceeded this period of time, or if he had fully fasted with only water, his lungs, which had previously been damaged by the pneumothorax, would have been affected by the detox process and he would have had very serious troubles. The lungs and kidneys are purification organs; they must be in good condition in order to undertake a long fast.

Finally, fasting hastens wound healing.

**MEDICATIONS DURING THE FAST**

During a fast, medications have a more pronounced effect on a person than if he/she were normally eating.
I have observed people who were suffering from insomnia secretly taking sleeping pills during their fasting. Their cure was a total failure, and they could not get rid of their insomnia.

However, those who have not cheated, and who endured several sleepless nights during the first week of their fast, were rewarded and gradually regained the long-awaited sleep.

That is how an Algerian of 45 years old, suffering from insomnia, came to undertake a fast under my supervision. After 10 days, insomnia persisted despite my assertions that sleep should have come back after seven days at most. He left, disappointed with the result.

But after he left, I found on the floor in his room, several black pills that he had accidentally dropped. He had clearly not complied with my requirement to take no sleeping medications.

In another case, Ms R. R. was in her thirties. During her fast and the food recovery period, she secretly took tranquillizers. The small meals that I served her caused repeated indigestion for no apparent reason, because I knew nothing about the medications she was taking. Ms. R.R. had said that she suspected the two slices of raw cucumbers and the three lettuce leaves she was eating in the evening. I insisted that she eat them anyway, but she refused any raw vegetables.

You should know that drugs greatly decrease digestive power.

**CAN ONE SUDDENLY STOP MEDICATIONS BEFORE THE FAST?**

Medications are toxins that must be stopped before starting a fast. During a fast, the body is very sensitive and drugs are more harmful than when we eat normally.

Some people take daily medication on a regular basis for years. In this event, these substances must be gradually reduced until you can completely stop them, before starting a fast.

If you stop medications suddenly, and especially just before undertaking a fast, you can expect all sorts of troubles.
It is true that some people can only break this vicious circle by suddenly stopping these poisons and beginning fasting immediately. But this is hard to achieve, and often exceeds the physical possibilities of the patient. This also depends on the kind of medications that need to be stopped.

**MEDICATIONS TO BE STOPPED BEFORE THE FAST**

**IMMEDIATELY STOPPED:**

- Laxatives
- Anticoagulants
- Sleeping pills
- Aspirin
- Antibiotics

Medicine:

- For the heart
- For the kidneys
- Against bronchitis
- Against anemia
- For the skin
- For the eyes
- For hearing
- For the blood
- For nerves, stomach, intestines
- For breathing
- Artificial vitamins
- Contraceptive pills

**GRADUALLY STOPPED:**

- Antidepressants
- Hormones (except the contraceptive pill)
- Cortisone
Why do most people fear suddenly stopping their medications? They probably fear experiencing violent bodily reactions, but these reactions are actually symptoms of the elimination process.

For example, smokers who quit smoking feel uncomfortable, nervous, and irritable because the elimination of tobacco produces all these symptoms. The quitter should drink plenty of water to alleviate these symptoms.

The person who stops drinking coffee will feel down and tired. The sudden withdrawal of caffeine can cause a dull headache; he has a muddy mind, dark and pessimistic thoughts, and he feels depressed. However, those are only symptoms of the elimination process. A person can alleviate these symptoms by drinking lots of water.

The person, who stops drinking alcohol (wine, beer, etc.), has immediately violent symptoms of detoxification and elimination. Detoxification centers even exist for that purpose.

**ADAPTING TO POISONS**

Let's see what happens when we have taken a medication, or any kind of drugs, for years. First, the LAW OF MAL-BIONOMIC ADAPTATION or DISEASE TOLERANCE:

The behavior of the living organism toward the external stimulus is an instinctive behavior, whose motive is self-preservation. This behavior adapts to all influences that it cannot destroy, control or avoid.

Then we have the LAW REGARDING THE MEANS OF THE MAL-BIONOMIC ADAPTATION or DISEASE TOLERANCE:

The adaptation to any harmful influence is an unhealthy adaptation, which always happens in the body, through changes that are far from ideal and that lead to degeneration.

We all know the example of the person who is accustomed to arsenic, tobacco, drugs, etc. This adaptation is always accomplished through tissue changes that are far from ideal, such as cancer of the lungs, stomach ulcer, the decline of the immune defenses, etc.

As soon as you stop medications and/or drugs, the body no longer needs the defenses it has instituted to protect itself and begins gradually to dislocate these defenses. As
we have just seen, these defenses are ulcers, cancer, tumors, arteriosclerosis and all other manner of diseases. Moreover, this elimination process often occurs through reactions of the organism that may be violent but also beneficial. The level of the intensity of the reactions depends on the vitality of the patient. The more vitality we have, the more strongly we react. With fasting, all energies are available and the reactions are strong.

ALCOHOL

When an alcoholic stops drinking, his whole family is relieved. Alcohol is a misfortune. I have never had an alcoholic who came to undertake a fasting cure. Alcoholics and drunkards do not seek to live in a healthy way or to improve their health. They opt for the philosophy of continual escape. How can we make them aware of the harm they are causing? Maybe they could cling to an idealistic philosophy, to yoga or to a cult that forbids alcohol. We must replace one thing by another.

TOBACCO AND DRUGS

I have never had a drug addict who wanted to quit using drugs through a fasting cure. However, I have had several smokers who had no difficulty in suddenly quitting smoking before going through a fasting cure. The desire to smoke disappears as soon as they start the fast.

I allow those who have difficulty, at first, to rarely smoke outside of the house. I do not insist on that fact, because they understand. Within days, they quit and hand me their pack.

A drug addict who quits using drugs begins to immediately feel the unpleasant symptoms of the detox process. It is a type of painful depression, anxiety, fear, tears, an active and painful liver, a furry tongue, bad headaches, pessimistic ideas, dark urine, etc.

These persons must be psychologically supported during such periods and they must be patient. The crisis is over within a few hours. Drinking extra water can strongly alleviate the suffering, by dragging poisons, tobacco, and drugs into the urine. These crises typically occur after midnight, when elimination is at its maximum. They usually calm down during the afternoon.
ANTICOAGULANTS

As soon as a person starts to prepare himself/herself for a half-fast, he/she must completely stop anticoagulants.

The body is able to dissolve a clot better than anticoagulants. These dangerous drugs are not necessary in any case. The stopping process should concur with a radical change of diet, if not a half-fast. When a person stops them, the blood becomes more fluid, pure, and prevents all crises.

“Everything the medications are supposed to do, nature does it better if we obey it.”

It may be convenient to avoid full fasting, in order not to overflow the heart by an intense detox process. A half-fastening is enough to begin with. I had an elderly man who was taking anticoagulants. From the first day and before starting to fast, he began to have constant nosebleeds.

“If my husband had begun the fasting, said his wife who was accompanying him, I would have accused the fasting for provoking his bleeding.”

She would have held me responsible! I immediately sent him to the hospital where he stayed for 30 days, during which he constantly bled. Would he have continued to bleed if he had fasted? I do not know and I will never have the opportunity to find out, because laws do not allow me to take such risks.

Fasting certainly detoxifies the blood and therefore makes it less viscous and much lighter. The risk of a dangerous blood clot formation considerably decreases during and after fasting. Finally, it is likely that a half-fast should be recommended, rather than a full fast, in order to avoid excessive detoxification that would load the blood with too many toxins all at once.

The preparation prior to fasting is the best prevention. It is better to be slow in all these sensitive cases. Or better yet, to refuse them. They can heal themselves, at their homes, taking their own responsibilities.
SLEEPING PILLS

Sleeping pills can be immediately stopped. There is no danger in this sudden stopping. The more you delay stopping, the more you push away normal sleep. The results are quite fast and normal sleep returns within 8 days of fasting. This sleep is deep and prolonged, as there is some catching up to do. This is how insomniacs are the only ones who sleep well during fasting.

I have never been disappointed with insomniacs, except with those who cheat and secretly take sleeping pills. Sleep that is triggered by sleeping pills is not a real sleep. It is rather a daze, a stupor. The nerves are stunned, like somebody had received a big hammer stroke. Certainly, the worst thing to do during fasting is to stay awake worrying. However, after a few days, natural relaxation comes to stay and we get up in the morning, really rested, despite the occasional lack of sleep.

ANXIOLYTICS (ANTI-ANXIETY MEDICATIONS) and ANTIDEPRESSANTS

We must stop these poisons gradually, at least three months, before starting a fast. Quitting them suddenly can cause violent crises.
CHAPTER 9

THE FAST IS NOT A CURE

It is hygiene

Fasting should not be considered as a cure, but rather as a physiological rest. The only worthy remedy is the removal of the cause and there is no place for any other remedy. Health is obtained after a period of recovery and detox, which is stimulated by fasting. All things being equal, the same causes always have the same effects. As long as the cause remains, the effect also remains. In order to eliminate an effect (disease), we must remove the cause.

We must not attempt to remove or cure the disease because it is the disease that cures the patient! A little bit of patience and the elimination of the causes should be enough to cure the disease. Fasting can help, nothing more. The symptoms of disease, even if they take the form of nervous breakdown, depression, or fever, are symptoms of elimination. The more that is eliminated, the better, provided you do not re-feed your body with garbage.

“Those who criticize Natural Hygiene accuse us of wanting to cure everything through fasting. There is no way to let them understand our stance. We did not say that fasting cures anything. The truth is we do not believe in remedies. Wanting to cure the disease is the survival of voodoo.”

The body accomplishes wonders in matters of recovery provided you help it with abstinence. However, recovery is entirely the work of the living organism and not the fast. I totally agree with Dr. Tilden who says: “I do not believe in fasting as a remedy”.

Chemical and natural medicines do not recognize the curing character of the process called disease and they attack the fictional entity that has been created by their imagination. They do not know that the disease process is the curative force of nature. We must understand that human diseases are a type of revolution derived from the unhealthy human lifestyle, and that health recovery will come from this progression into a healthy lifestyle.

The old stupid idea, according to which the disease must be cured, should be forgotten. Indeed, disease is part of life as well as health. This is an abnormal phase of
existence, a biological process. This is not something that must be cured. As a matter of fact, we do not cure the disease when we recover. When the public speaks of “curing the disease,” it means the disappearance of all annoying symptoms, like fever, cough, constipation, depression, diarrhea, asthma, eczema, psoriasis, headaches, etc. But when medicine speaks of curing a “disease,” it refers to the disappearance of all symptoms that are diagnosed as an entity. In medicine, curing constipation means to take laxatives every day, even if the patient will suffer more afterwards.

**FASTING IS NOT A THERAPY**

“Fasting is not a therapeutic measure. We always tend to interpret normal and natural processes of life in medical terms. This leads to a lot of mistakes. Fasting is not a cure. It does not cure the disease. If we keep that in mind, we will avoid making mistakes by speaking of “therapeutic fasting”. It would be more accurate to say that fasting as a biological process, is often an integral part of the healing process, but it is no more a cure than breathing or physical exercises. Fasting is a physiological rest period, a very low activity period, during which the body can do what it cannot do in times of activity and repletion.” - Shelton

All of this may seem like a simple quarrel of words. Not at all. As a matter of fact, the opinion of the person who wants to cure the disease through fasting is similar to the one who wants to heal the disease through medications or an herbal tea, in an erroneous and medical understanding that seeks to eliminate the symptoms. Fasting should not be used to eliminate the symptoms. Rather we should seek the causes and remove them. We must cure the disease by removing its cause, then fast to help the body recover. There is no room for any remedy, either natural or chemical.

Using fasting as a remedy consists of using it in all kinds of diseases, for all times, regardless of the patients who do not have any reserves, regardless of unfavorable factors that might prevent achieving the expected results. We must go beyond this medical mentality, which has an impact on naturopathy.
CHAPTER 10

ENERGY, THE DETOX PROCESS, AND FASTING

CAN A PERSON STILL DETOX WHILE BEING PHYSICALLY ACTIVE?

The body can only function with energy. However, detox also requires energy. As in real life, this energy is used in muscular, digestive, nervous, mental or sexual areas, and toxemia is accumulated due to the lack of proper elimination. That is why we must reduce energy expenditure, in order for greater energy to be used for the elimination process. Fasting is a physiological rest.

Therefore, those who fast, but continue their daily business without staying in bed as I recommend, detox very little. One can certainly maintain normal activity during fasting, but will not benefit from it. It is not worth it to fast in these conditions. One must stay in bed most of the time during fasting, as one would in the hospital.

Digesting food consumes a considerable amount of energy. During fasting, this amount of energy is saved and made available to the organs, which work twice as much during the elimination process. It has been calculated that the digestion of a good meal directly corresponds to the effort required by several hours of field work!

Physiological rest should include the digestive system, the heart, the circulation, the nervous and glandular system, the respiratory, the muscular and the mental activities. During this rest, the body organs can repair their structures and regain their functional strength.

The extensive and long experience with fasting, in a wide variety of ailments for over a century and a half and involving the work of hundreds of practitioners at the bedside of thousands of fasting patients, has led us to conclude that when the digestive organs are relieved thanks to fasting, all the body energy is transferred to the elimination organs, which allows them to release toxins. When they are relieved regarding one aspect, the organs and vital processes are more prepared to do their job elsewhere. The process of excretion is as continuous as life. It starts before birth and ends only when all actions of life cease. Fasting does not initiate this process.

The amount of blood passing through the kidneys, within 24 hours, is equivalent to 45 barrels. A similar amount passes through the liver and lungs. Therefore, we can note that the excretion work is a constant process. The blood and tissues can become
clogged when waste accumulates due to the slowdown of the excretory function. But this functional slowdown comes from the reduction of functional power. By allowing the transfer of the digestive organs’ nerve impulses toward emunctories, fasting provides an immediate increase in the elimination process.

THE DIGESTIVE TRACT BECOMES A GARBAGE CAN

Additional channels of elimination are often established to assist the body to discharge its burden of toxins. The digestive tract is also requisitioned to perform additional elimination tasks. Many fasters develop continual and abundant levels of spit, because the tissues of the mouth are draining putrid secretions. In many cases, these secretions are so abundant that they are discharged like a fountain. The nose and throat tissues are sometimes also involved in this elimination process, which may last several days before coming to an end. A foul mouth indicates a foul gut as well. This is largely due to the excretions that are discharged there during a fast.

As these secretions are drawn towards the colon, we can only guess the large amount of toxins eliminated by the digestive tract. As saliva is also foul during the greater part of the fast, it would seem likely that the salivary glands also help in the process of elimination. The breath of one of my fasting patients was so foul that I could not enter his room without feeling the back of my throat hurting, as if he was eliminating ammonia.

THE ELIMINATION DURING THE FAST

The elimination process during fasting operates through three main channels:

1) Through urine,
2) Through the lungs and breath, which burn some waste,
3) Through the 32 feet of the digestive tract, in which the body discharges its waste just like you would do in a garbage can (with bad breath).

Sometimes, after the departure of a fasting patient, the room has to be ventilated for several days, due to the persistent horrible smell.

One might be tempted, like some doctors and naturopaths, to undertake a regular emptying of the entire digestive tract. Since I intend to deal with this matter later, I will just say a few words here. On the one hand, a good purge, given every three days,
Vibrant Health Through Water Fasting

By Albert Mosséri

admirably removes the putrid intestinal contents, which are filled again by the continuous elimination process. But at the same time, these purges rub down the sensitive mucous membrane of the intestines and damage their delicate tissues for life. Patients who have undergone these purges are afflicted forever.

It's also true that purges only evacuate substances that have been already eliminated by the cells. The elimination process happens in the cells, which discharge their waste in the blood or in the intestines. Therefore, purges only evacuate what has already been eliminated by the cells. They do not help elimination. The purges evacuate, but do not eliminate.

FOR EXUBERANT JOY

“Fasting is a great preparation for a renewed, more abundant, more meaningful, and sensible life. This is the necessary first step for those who want to feel exuberant joy in their life, which once our first ancestors had. Our enthusiasm and entertainment were dispelled, to a large extent, when we lost our vital strength and purity. To regain those vital elements, we should clean the body and get rid of the debris that has been accumulated by an unhealthy life. Fasting is one of the organic purification means, allowing the restoration of strength and impulsive integrity.” - Shelton
CHAPTER 11

HOW LONG SHOULD A PERSON FAST, WHERE, AND WHEN?

Behind its shiny appearance, the company currently, carefully maintains the defects that create disease. Dr. PATHAULT

HOW MUCH TIME SHOULD A PERSON GIVE TO FASTING?

After having consulted all the specialists, after having followed all medical and naturopathic treatments, after having lost years and years trying everything, it is finally then when patients come to me, as a last resort, imposing a deadline upon me, an imperative ultimatum to cure them within 15 days of fasting!

Why didn’t they consult me first? Why did they first try all manner of chemical and natural remedies? That is because people are not stupid: they know that, to heal, they should give up coffee and wine, bread and camembert, meat and tobacco, and this is what they do not want to do.

Why do they set me a deadline of 15 days, when they took 15 years to develop their diseases? That is because they consider that abandoning their unhealthy habits is the supreme sacrifice and that a 15-day fast is enough punishment! I cannot tell them that 15 days is insufficient time to eliminate the result of 15 years of unhealthy living conditions; otherwise, they would leave without any follow-up. I have to tone down their diet, and even their fast, to soften the harshness and monotony, hoping they will change their mentality with time. That a dramatic improvement will encourage them to make new sacrifices.

Sometimes, people write to me to ask me how long the cure will last. I always answer that it depends on the level of toxic substances in the body. I also tell them that I do not apply 7 days or 21 days of fasting for everyone. The more the person is afflicted with toxins, the more time is needed for the elimination process. How can we arbitrarily set in advance the length of a cure? All living organisms are different from each other. Health conditions or diseases differ from one person to another and the reactions they generate are often contradictory.
The length of the cure always depends on the elimination process, that is to say, the taste of the mouth, the smell of the breath, the color of the urine, and especially the tongue color. As long as the tongue remains colored and as long as the taste of the mouth is vile when waking up, the treatment must be continued, provided the patient has the necessary time. A person cannot eliminate in two weeks a toxic body response that took 20 years to accumulate. If a person has enough time, it would be stupid to shorten the cure before total detoxification of the body, which is revealed by a pink-colored tongue, and a pleasant taste of the mouth when waking up.

Often naturopaths recommend a short fast and they are against a long cure. Yet it’s a virtual certainty that people cannot achieve a reversal of their physiological conditions through a short fast. In contrast, a long treatment, supervised by an experienced person, will give them the desired results.

A young man of 25 years old was suffering from persistent cervical osteoarthritis, with permanent pain in the neck and elsewhere in the body. He practiced several short fasts during a year, totaling 56 days, but without any conclusive outcome. He came to practice a fast under my supervision; the treatment lasted 60 days that were comprised of 30 days of fasting with only water and 30 days of half-fasting. His arthritis was eliminated, as well as all his pain.

“The body needs time to do its work. When we arbitrarily limit that time, we are preventing the recovery. Anyone wishing to practice a fast and to take maximum advantage of this resting period should be reluctant to rely on the supervision of a practitioner who refuses, by ignorance or inexperience, to continue the cure far enough to achieve the desired results.” - Shelton

At the beginning of my career, when my experience was still limited, an industrialist suffering from osteoarthritis came to fast under my supervision. He weighed 198 pounds (for 5 ½ feet), and after 45 days of fasting, he weighed 154 pounds. His cure was prematurely interrupted, and it was a total failure. I should have continued his fast by a half-fasting.

I rarely tell a fasting patient that he needs a long fast. Instead, I tell them that their fast will be guided by daily developments. Who knows how much time is required to cure a stomach ulcer in a particular case? And yet, it is not recommended at all to stop the fast before total healing. Can we set the day to stop the fast? Not always! If on the agreed day, the body has a major crisis, the fast should not be stopped, and we would not be able to stop it even if we wanted to.
A professor decided to stop his fast on the tenth day because his free time was limited. Unfortunately, he was in the middle of the elimination process, and the crisis took the form of a nervous breakdown. He insisted on stopping the fast, but ending the fast did not abort the crisis. He left unhappy. At that time, I was following Shelton’s method that did not anticipate any preparation period. If that fasting patient had followed a preparatory diet, he would not have had such a violent crisis.

WHERE SHOULD A PERSON FAST?

The fasting animal moves to a quiet corner, away from all disturbances. Religious retreats often serve the same purpose but on another level. For humans, men and women, the best place is a quiet house, among other fasters, away from temptations and under qualified supervision. “I fasted dozens of times, Dr. B. told me, but I did not want to fast alone, I wanted to be with other fasters.” Companionship is necessary, and the human being is a gregarious animal. This fellowship gives fasting patients the experience of others and boosts them up.

At home, there are temptations, the hostility of the environment, the risk of ending up in the hospital; which is just the place to be avoided! The experience of fasting does not come from reading a book, especially for a person in a poor state of health. This experience can be acquired by the practitioner over several years and while monitoring hundreds of fasting patients, of all ages and all health conditions. Fasting is not a self-service option. To carry on a good fasting cure, you need a specialist.

A French author welcomes fasting patients. He allows them to smoke and only accepts fasting patients who can walk 6 to 9 miles every day. At the very first crisis, he sends them to the hospital. For him, fasting is an achievement just like climbing a mountain or crossing the Atlantic in a sailing boat.

FOR HEALTHY PEOPLE

Healthy people may fast alone at home without any special supervision. But who is healthy? You may imagine being in good health, but have forgotten about your medical history, as well as the vaccines received, the accumulated toxins, etc. When you eat bread, meat, cheese and when you drink wine, you cannot be healthy, although appearances and your radiant look may appear to show the contrary.
To find out if a person is healthy, he/she should fast for a few days. If you do not feel anything special: no nausea, no palpitations, no loaded tongue, no bad taste when waking up, no dizziness, no thirst, no nervousness, no headaches, no burps... It means you are healthy. But if you feel one or more of these symptoms, it means that you are infused with toxins and are in bad health. Fasting is the mirror of sound health. Fasting reveals the actual state of one’s health. It is a more valid test than laboratory tests and analyzes.

In everyday life, people hide the real state of their health by taking coffee in the morning when their early morning mind feels sluggish. They consume tobacco to calm their nerves, and tranquilizers to calm down, and then at the end of the day, they take sleeping pills to sleep.

The athlete who is in perfect health can fast for 25 days as if he/she missed a single meal without feeling ill at all.

**WHEN SHOULD A PERSON FAST?**

There is no particular reason for practicing fasting. Over time, toxins accumulate, and it is best to rest as soon as possible, without delay. The best time to fast is when you need it. Waiting is often a source of more poison unless you follow a strict diet of fruits and vegetables and nothing else.
CHAPTER 12

MEDICAL SUPERVISION

The medical diagnosis is an ingenious fraud to reel in even an obstinate vegetarian. The diagnosis stimulates the natural curiosity of patients, and then infuses them with fear so that they finally defer to the doctor for medical treatment. When a fasting person requests a conventional medical supervisor, he demonstrates an unlimited naiveté and stupidity.

Fasting is not taught in medical school. I knew a doctor to whom I had lent my book on fasting, a young doctor from Nogent sur Seine. He thanked me, saying, “They do not teach anything on fasting in medical school.” So what do they teach in medicine? During the first three years, very general and basic sciences are taught: biology, anatomy, and physiology.

Then they teach remedial courses, in other words, how to remove symptoms. How do you expect someone who has not even learned what fasting is to monitor a fasting patient? He is not qualified to do so, even if he describes himself as a naturopath. In practice, he has no experience in this domain. It would be as stupid as asking a plumber to perform a carpentry task or a baker to do the work of a priest. In so doing, we are only revealing our confidence in medicine.

Let us consider a few examples. It is normal and expected that one’s blood pressure drops significantly during a long fast. Now if a “traditional” doctor takes the blood pressure of a fasting patient, let us say on the 25th day of the fast, he/she would be worried that the blood pressure was too low, and transfer this concern to the patient. The consequences will not be satisfactory. The patient would become worried, which might raise the blood pressure a little. But the point is, a lowered blood pressure would be normal in a fasting patient.

DOCTORS ARE SYMPTOM REMOVERS

A physician would seek to remove all the symptoms that occur during the fasting period. But these are only symptoms of elimination! The person who is fasting and who has a severe headache is eliminating toxins from the blood, which afterward the kidneys will extract. The doctor will be tempted to fight these headaches by prescribing chemical remedies, if not natural ones. In contrast, the hygienist will tell the
fasting patient that this is a good sign. He would advise drinking a little more water to ease these headaches.

A fasting patient urinating blood is eliminating highly acidifying toxins from the kidneys that can irritate the bladder. It is an elimination that the doctor will tend to fight by prescribing chemical remedies, if not natural ones. However, the hygienist will tell the fasting patient: drink plenty of water to wash the kidneys.

A fasting patient, who is having cystitis and feeling burning sensations when urinating, extracts very acidifying urine. This is an excellent elimination, but the doctor will tend to fight it with drugs or with natural remedies, if he is a naturopath. However, the hygienist will ask the patient to drink plenty of water and nothing more.

A fasting patient who feels weakness during the fasting draws back all his energy towards elimination. But the doctor who notices this will try to stimulate the patient by using chemical remedies or other therapies.

When having a fever, the fasting patient eliminates wastes that the body burns at high temperatures. The doctor will be tempted to fight the illness by prescribing chemical or natural remedies: antibiotics, pain relievers and so on, which will stop the elimination process.

The fasting patient, who feels nervousness and insomnia, is eliminating wastes that disrupt the nervous system. The doctor will tend to fight these symptoms by prescribing tranquilizers and sedatives, which will halt the elimination process.

The fasting patient is eliminating when he/she vomits or feels dizzy. The doctor will tend to stop the fast, just when it is the most beneficial.

The fasting patient who feels heart palpitations, who has difficulty breathing, who experiences a violent kidney stones crisis, is eliminating in numerous ways. We must let nature take its course without any interference. The doctor will attempt to ease the pain by chemical remedies, to remove heart palpitations with medications and to eliminate breathing difficulties by prescribing medicines. But all this delays the elimination process and stops the benefits of fasting.

The fasting patient who, in very rare cases, has a severe mental crisis, or feels a temporary mental confusion, is having an elimination crisis. Toxins are disturbing his/her nervous system for a particular time. The doctor will be tempted to stop these crises by prescribing powerful drugs, or by sending the fasting patient to the hospital, with all the risks that imply.
I cannot list all the possible cases where the intervention of a conventional doctor can lead to disaster. They are too many. When we ask a symptom remover to change his/her profession, he/she is lost. In Germany, several homeopathic physicians run fasting centers. They use fasting as a remedy to combat the symptoms of the elimination process. They do not let natural processes take their course. They alternately use massages, homeopathy, clay therapy, hydrotherapy, ozone therapy, micronutrients, herbal teas, punctures, and pills. Their medical background prevents them from having a different perspective. All these “anti-natural” ways exhaust the energy of the fasting patient and delay the elimination process (since the detox process requires energy).

A healthy body does not need massages or herbal teas or homeopathic pills; neither does a sick person. In fact, the same factors, which are necessary for perfect health, and essential for life, are needed for both healthy people and sick people. However, factors which are not required and indispensable for health and life itself are also not useful for either healthy people or sick people.

**SHOULD WE TAKE THE OPINION OF A DOCTOR BEFORE FASTING?**

She was only 30 years old and yet suffered from numerous nodules. The medical diagnosis was: lymph cancer. For a period, she received medical treatment, despite the fact that it was hopeless. I do not understand why she had to accept this treatment, knowing that it was hopeless. Then she decided to stop the treatment and to try to fast. But before she came to fast, under my supervision, she considered that she should notify her doctor of her decision and asked him, at the same time, to give her a medical checkup. Is a medical checkup valid? What can it reveal? Perhaps, the extent of the damages. But it cannot assess the degeneration at its beginning and source. Instead, it only shows the degeneration when it becomes somehow irreversible.

The doctor objected and warned her not to fast. Otherwise, he assured her, she would suffer serious risks, and her condition would not allow her to live with such deprivation. In short, according to this doctor, fasting could only be tolerated by those who are well! Sick patients should feed and nourish themselves more and more.

But that doctor, from whom she unconsciously sought an opinion, has likely never seen a fasting patient or practiced a fast. So how could he allow himself to give an opinion on something he completely ignores and knows nothing about? It is just like asking a plumber his views on the mechanism of your broken clock. Nothing is more foolish than to ask a doctor's opinion about fasting. In medical school, he was not taught about fasting. He was only taught the art of removing the symptoms: the doctor is a symptom remover. Nothing more.
CHAPTER 13

FRUIT CURES, DIETS AND STAGES

Be your own doctor.

Fruit cures and diets are very useful for people who eat like everyone else. It relieves their stomach; it allows them to eliminate some toxins, and makes them feel much better. The real benefits of these treatments are in the decreased amount of food absorbed during the day. Those benefits are not derived from a particular type of food, but rather from the consequent reduction of food consumption. This reduction lets the organs of the body rest.

During the grape season, those who follow the grape cure gain 2 or 4.5 pounds per day and nothing more. Others prefer cherry or orange cures. Banana cures are also recommended for weight loss. The stools become bulky because raw bananas, especially when they are ripe, are indigestible. That is why a person loses weight. I do not recommend this cure, as undigested food ends up cluttering and tiring the body.

Finally, for those who follow a hygienist diet, these cures and diets are not necessary. If needed, there is nothing like fasting, even if it is only by missing a single meal.

FOOD DOES NOT HAVE ANY ELIMINATION PROPERTIES

No food has, in itself, any elimination properties. Food does not help in the elimination process, no more than juices or even water does. For example, prunes do not have any laxative or eliminating effect. Instead, the intestines reject them because these fruits contain a poison that the liver cannot neutralize. Prunes do not help in the elimination process, they are themselves eliminated out of the body; it is not the same thing at all. It is important to note that people who have a good digestive system can fully digest plums and prunes.

A real elimination is not a simple intestinal cleaning. It happens at the level of the body’s cells which throw away their wastes into the blood. When possible, the liver, the laboratory of the body, neutralizes these wastes by making them ready for elimination. Finally, the kidneys filter the blood and get rid of these wastes, which are dumped into the bladder to be then eliminated in the urine. That is what the elimination process is all about.
Furthermore, the elimination process that happens in the cells needs nervous energy to be accomplished, and this nervous energy is supplied by the nervous system. As a result, the absorption of any type of food uses energy for its digestion, to subsequently give energy, after the digestion, and during the next day.

“There is no substitute for fasting,” wrote Shelton. Multiple attempts have been made to find satisfactory replacements for this normal and natural process, but none can provide the desired results; none are as effective as fasting. In fact, introducing nutrients into the body, even if they are only fruit and vegetable juices, is not considered fasting. Conversely, it is delaying the work that the body efficiently accomplishes when it is not weighed down by nutrients.

The idea that juices contain vitamins and alkaline mineral salts that are used to “alkalize” the body and are used as other remedies is another intrusion and overlay of the medical system in the field of nutrition. Many practitioners recommend and prescribe “elimination cures” and “curative diets,” and so many people follow them with somewhat satisfactory results. But they are rarely fully satisfactory. Why? Because food cannot act like a remedy, and recommending a special kind of food to cure a particular disease, is a mistake in the first place.

Of course, it is important to know which kind of food is the best, as well as how to combine different foods together, and how to prepare them, but it is also extremely important to know when you must not eat! The body is recovered only when it has excreted accumulated toxins, restored normal nervous energy, and when we have managed to correct the patient’s lifestyle.

Food does not break unhealthy daily habits. The body eliminates, and therefore has organs designed for that purpose. These organs perform their functions when they are well supplied with nervous energy.

As for the grape cure, grapes have no virtue by themselves. They have no eliminative or curative attributes. They simply ease the digestion because they demand less digestive efforts compared to usual meals.

Any fruit or vegetable, consumed in small amounts, eases the digestion and helps accelerate the elimination process. But it is even better not to eat at all, because this means a complete rest from any digestion.
DEFIENCIES

Not having thoroughly studied the deficiencies issue, naturopaths fear that fasting may increase these deficiencies. Thus, they came to recommend fasting, but at the same time including the consumption of juices, vitamins, or micronutrients. But fasting does not cause deficiencies during its first phase. This phase can last usually up to 3 weeks. After that, the stagnation of weight indicates the beginning of deficiencies. It is at that time that the fasting patient should be given fruits and vegetables to avoid deficiencies.

A carefully controlled fasting cure treats anemia. The red blood cell count returns to normal, when no drug or iron-rich food, nor any natural plant extract, had been able to cure it. So what happened? The power of absorption of the body has improved; the patient was able to take advantage of his body’s iron stock, as well as the iron reserves found in what he/she eats. It is a question of absorption. High levels of body toxins prevent the proper absorption of iron, similar to how excessive toxins prevent proper digestion. Fasting removes toxic substances. A purified organism absorbs well. An unclean, poisoned, and intoxicated body does not absorb anything. Anemia is not caused by an iron deficient diet, but by a poor power of absorption.

Shelton wrote: “Of course, many studies and medical experiments have shown, without any doubt, the existence of certain diseases caused by nutritional deficiencies (deficiencies in vitamins, minerals, amino acids, etc). These studies have shown that there are two fundamental causes in the development of diseases that are caused by nutritional deficiencies:

   a) A diet deficient in certain essential nutritional elements
   b) The failure of the body to absorb the nutrients consumed in the diet.”

Where point (a) represents a primary deficiency and point (b) a secondary deficiency.

It is mostly secondary deficiencies that we encounter in developed countries. But we have lost sight of that fact, and vainly seek to find remedies by stuffing the patients with vitamins, minerals, and proteins. Therefore, we prescribe cod liver oil, nutritional yeast, vitamins, pills, mineral concentrates, protein concentrated foods, and a lot of other substances for men, women, and children who are suffering, not from a deficient diet, but from a flawed absorption that does not allow them to benefit from the nutrients present in their diet. But if they are unable to absorb the consumed food, how would overeating help them to do so?
What they really need is not more food but more absorption capability. Overfeeding does not provide a better absorption capability. The rest of the digestive system, which is of the whole nutrition mechanism, will allow the body to use the ingested food. But if, due to a nutritional block or a paralyzed absorption, the body is not able to absorb food rich in vitamins, then fasting will enable the body to fully benefit of it. “By giving the body the rest needed, you give the body the strength to work and the work will be easily done.” Shelton

**CAN WE FAST GRADUALLY?**

Fruit cures and diets have a great disadvantage compared to fasting. They maintain hunger, while with fasting, hunger disappears from the beginning. That is my answer to those who argue that there are “food levels” to be followed prior to fasting. These levels maintain hunger, making them very difficult to follow, whereas with fasting, hunger disappears which facilitates the cure.

Surely there must be a preparation phase for fasting to be completed at home: stop the chemical poisons, coffee, wine, and unhealthy food. Yet a too strict diet is not helpful and would maintain hunger while wasting valuable time if we are in a treatment home. Shelton, with his radical reasoning and in his experiments, has no sympathy for these diets and these levels. Of course before fasting, a time is needed to stop the poisons and unhealthy food, but there is no need to follow a strict diet. A preparation phase that involves a consumption of a hygienist menu is enough, especially since this menu is different from everybody’s menu and will help you to lose several kilos.

To all those who use fruit juices instead of fasting, Dr. Tilden advised, way back in 1927, to abandon this practice. According to Tilden, “It is proven that during fasting, any solid or liquid food hampers the elimination and the efficient functioning of the excretory organs.” In fact, the elimination increases when food intake is reduced, but elimination further increases to the maximum when no food is consumed. “I agree with Dr. Tilden,” wrote Shelton, “When he says that he does not believe in taking fruit juices or any other food every two hours. Why drink too much juice?” Diets are as erroneous as drugs.

And just before he died, he reaffirmed this by saying: “No lemon juice, no fruits juice. Nothing. Water only!” Shelton noted: “Fruits are very nutritious. And when we say we are following a ‘fruitarian fasting,’ we willingly forget the fact that we are swallowing a huge amount of nutrients. It is therefore certain that such a diet cannot be described as
‘fasting.’ In fact, orange juice contains about 100 g of sugar for every 800 g of juice. And some oranges are so sweet you would believe that sugar was added to them!

Fruits are rich in vitamins and mineral salts, and some contain a lot of proteins, such as avocadoes, bananas, and dates. Drinking fruit juice or eating fruit is not fasting. This is a diet that can be very nourishing. I know many people who easily gain weight on a fruit diet, which is not particularly high in sugar. In fact, says Shelton, “Nothing replaces fasting.”

A COMPARATIVE EXPERIENCE DURING FEVER, DURING FASTING, AND DURING HALF-FASTING

According to Dr. Page, “From the beginning of the American experience in fasting, it has been discovered that small meals do not provide the same results as a complete fasting.”

In an article published in 1850, Dr. Kittredge from Boston, Massachusetts, a doctor who had given up practicing medicine to adopt a hygienist practice, described his own experiences with fasting. In this article, he says: “Even the most strict and less stimulating diet is harmful. I know it out of experience. In fact, on two occasions, I was sick and I had the opportunity to compare both methods. One day, I took a light mash and the second day, I fasted. Consistently, I felt better when I was fasting, and yet I still had an appetite all the time.”

Obviously, when a person has even a slight fever, every bit of food or liquid other than water worsens the patient’s condition. Only a total fasting can quickly bring down a fever. Once the fever comes down, it is important not to break the fast immediately, but to wait for two more days! Otherwise, the fever will come back. This is Shelton’s advice. In fact, when the fever comes down, this means that the body is only partially detoxified. The body needs to be purified and cleaned at the lower levels, in order to avoid re-triggering a fever.

This is why I advise to break the fast as soon as the temperature drops to 97.7°F, giving a hot stock of vegetables for a day, but not with fruit juice or fruits. The stock will not bring back the fever, even if it is consumed as soon as the fever comes down. In fact, very few have the will to wait for an additional two days to break the fast.

Anyway, let’s go back to Dr. Page. Several years later, Dr. Charles Page abandoned the practice of medicine to adopt natural hygiene concepts. He emphasized that even...
the tiniest meals and the most severe diets are not considered fasting. The experience of those two doctors was confirmed by a large number of very competent persons. Dr. Kittredge emphasized that even the smallest amount of food increases the suffering of the sick person.

I fasted once for ten days in similar conditions, only consuming water, despite a ferocious appetite. My condition improved right away, but as soon as I took a little bit of food, the symptoms worsened. For nearly 20 years, I have been convinced of the harmfulness of giving any type of food in cases of fever and inflammation. I find that patients recover more quickly when they strictly implement my recommendations to not eat. I acknowledge, of course, that plenty of very sick people can recover with soup and even with medication. But I believe that they recover despite it, not because of it.

It is obvious to me that in cases of acute diseases, fevers, inflammation, or severe pain, total fasting is the only remedy that is worthy. Macfadden recommends fasting in acute cases, and the half fast for chronic cases.

Dr. Nichols strongly advises half fasting for cases of chronic gastric discomfort, and said, “No food should be taken until complete healing. Fast and drink water: that is all that is needed to restore the digestive system.”

As for Densmore, he considered giving tiny meals to feverish patients as very imprudent, as was giving them fruit juices. Indeed, fruit juices contain sugars and acids that often may aggravate the fever. “Absolutely nothing should be given to the patient,” wrote Densmore, who refers to Drs. Trall, Shew, Nichols, and Page. “You have to trust nature, and in most cases, the appetite is totally missing in acute cases.”

UTILITY OF DIETS AND HALF-FASTING

The following are primary cases where diets and half-fasting can be useful:

1) All beginners who eat like everyone else can usefully practice a fruit cure, a diet, or a half-fasting.

2) When the first phase of fasting is completed, and when the elimination and the weight stagnates for 3 or 4 days and for two or three times -- at that point, the half-fasting launches the elimination process and prevents deficiencies. The tongue becomes colored: black, yellow, brown, or green, etc.
3) Fasters who have difficulty drinking water, despite the fact that during crises, they must drink a lot to avoid the risk of aggravation, can drink water tinged with a little bit of juice.

4) The half-fast is indicated for individuals with heart diseases.

5) For the elderly.

6) Those who are fearful about fasting may begin with a half-fast, with the goal that the example of others induces them to a complete fast.

With the half-fast, you should consume each day 500 grams of fruits and 500 grams of crudities, spread or peeled, starting at noon. The quantities depend, more or less, on the size.
CHAPTER 14

MORNING FASTING ACCORDING TO DR. DEWEY

Using a remedy is like causing a second artificial disease to cure the first one – Dr. HUFFLAND

For the majority of people, when you wake up in the morning, you have a dry mouth, sometimes a pasty one. Do not wash or brush your teeth with toothpaste. Instead, wait until your mouth becomes soft again and full of saliva. Bad breath in the morning is a natural barrier; a way to remind you that you should not eat anything. Another bad morning habit is drinking a hot beverage like coffee or tea.

The habit of having three meals a day is considered modern, yet everyone does not apply it. Children instinctively don’t eat anything in the morning. Many people do not eat by instinct in the morning.
CHAPTER 15

In life, days pass but are not always the same. On one day, there is an exam you should pass or an interview with your boss you have to attend. And on another day, you await a conversation you dread having or another difficult problem. The stress at these times is significant. In these circumstances, no digestion is possible, and it is better to skip a meal altogether.

If you eat during these stressful moments, the meal will be poorly digested, and food will ferment. No insight or clarity of mind is possible with a queasy stomach. Concentration becomes impossible and ideas become confused. Many turn to coffee or cigarettes to get themselves out of the mess. However, you simply have to respect your instinct that says to skip a meal, because for many people, hunger disappears at that moment.

CLARITY OF MIND

When a disaster happens or when we receive bad news, as is common in our busy life, the digestive juices are inhibited, the mouth becomes dry, and digestion partly shuts down. Every bit of food or drink will not fully benefit the body.

When you see a storm approaching from far away, then skip a meal, this will help you deal with your problems, and you will be in a better condition to find a solution. All you can eat or drink at those moments deflect energies towards the stomach, and you will feel down, unable to react, lost, knocked over!

Gaston Berthet, Figaro correspondent in Cairo, told me that he used to fast during the proofreading of his journalistic articles. He said that it allowed him to have a clearer mind and more sharp eyes to find typos which find their way into the texts of his manuscripts.

If you have a competition or an event requiring a great physical effort, skip a meal, and you will be in better shape to fulfill it. For drink or food to provide you with strength, it must be digested, absorbed and assimilated. But this takes hours and even part of the day: a total of 15 to 18 hours (with the exception of sugar, which rapidly enters the blood).

If you are grieving, or feel strong emotions like hatred, jealousy, bitterness, or even are feeling positive emotions like romantic love, in such circumstances hunger often disappears. So take this opportunity and respect your instinct to skip a meal. If you
must make a decision and are torn between various options, hunger often disappears. Skip a meal and your mind will be clearer, you will feel calm and lucid.

To eat, you should be hungry, be serene, calm, happy, relaxed, and peaceful. Hunger is here to remind us when to eat. Many naturopathic schools of thought make the mistake of insisting too much on the quality of organic food, and not enough on the conditions within the person’s life or environment. It is not sufficient to eat organic foods to ensure their assimilation. Many factors can help or hinder digestion. For example, coffee, chocolate, spicy food, or overeating of high-protein foods poison the body enough to substantially reduce its digestive power, for some time.

At stressful moments, the best food is poorly digested and poorly tolerated. Don’t incriminate this food, but rather put the blame on what you ate the day before or even what you regularly consumed further back. What poisoned me for twenty years were the “flavor enhancers”, monosodium glutamate (MSG) that is found in popcorn, crackers, and powdered soups sold everywhere. Though I was skipping meals, my digestive power was only restored when I removed these substances completely from my diet. It took me a year to get rid of the headaches I had caused myself by consuming foods with these additives. I could not digest anything anymore, and I tended to point the finger to food while something else was involved. In short, skipping a meal can only help if you avoid consuming damaging chemicals in your food.

When facing a complicated situation, you need your full brain power to solve the problem. The clarity of mind necessary in such a situation can only be guaranteed if the blood is not concentrated in the stomach. When the stomach is full of fatty food, digestion becomes a priority, and no dedicated mental activity is possible. Frequently, the mind is muddy and spacey with the consumption of fatty food, and you will experience a lack of imagination and initiative. Such foods may also cause pessimism, melancholy, and nervousness.

If you must drive your car over a long distance, your reflexes will be safer if you skip a meal. Amazingly, people typically give the opposite advice: eating first to have the necessary strength for driving! As if food intake would immediately give energy! Obviously, if one is hungry, one or two apples can calm hunger while you wait until later to eat more in a relaxed environment and without haste.
CHAPTER 16

WEEKLY FASTING

Doctor Herbert M. Shelton wrote some immortal words: “Fasting can be truly described as a physiological or a biological process by which the living organisms face the emergencies of life. This helps them to resolve the here aforementioned crises of life with joy.”

What are these emergencies? Disease, of course, but that’s not all. Between perfect health and illness, there is a range of conditions that require the equivalent of a simple bandage. The outer limits of fasting are not health nor serious sickness. Fasting can also be of value as an emergency measure, as well as, an immediate means of action.

“Who should be fasting?” Shelton asked. He answers this question by first asking another one. “Who should never fast?” The answer is no one. Fasting is a way of existence of rare usefulness in health. “There is no moment in life where fasting is not helpful. Of course, there are conditions where fasting should not be undertaken without qualified supervision; or other conditions where it should not be too long; but these conditions do not mean that everyone, in the civilized life, cannot benefit from an occasional fasting.

“No one needs to be sick to enjoy a period of fasting, and no one has to suffer from a chronic condition to follow a fast. Unless you have perfect health, unless you live a perfect life, and unless you keep yourself in a perfect condition with healthy habits, which can maintain this perfect health, there will be countless occasions when fasting will be very useful”, says Shelton.

An excellent and quickly adopted habit is to fast on a specific day per week. It could be on Wednesday or any day you choose. On that particular day, you eat nothing during the day, and at night you break your fast by eating fruits.

Some people start this fast at noon and to break it the next day at noon. You may drink water or consume nothing. It is best to choose a day when we are very busy, as it makes it easier not to think about food. If you live and work in a hot climate, of course, you need to consume water to replace water lost from perspiration. If you lose too much water, you risk dehydration. When mealtime is over, you do not think about food anymore. It is all in the head; one must control his/her ideas. This routine is very easy to adopt because humans are creatures of set routines and habits. This weekly fasting
should not be an excuse for overeating on other days. It’s not a free pass to overeat today because you know you’re going to fast tomorrow.

Life should not be an endless series of meals with artificial, seasoned, and spiced ingredients, followed by fasting. Those who eat natural food without seasoning and wait to get hungry to eat will not need to fast frequently to purify themselves.

**ANNUAL FASTING IS THE BEST HOLIDAY**

The best holidays are not those which we spend by the sea, in the mountains, or on a tour abroad, from which we return more tired than before the departure. The best vacation is the one we spent fasting, in bed, to recover energy lost during a year of hard work. Fasting is more than a mere physical rest, because only fasting forces you to stay in bed to get some sleep. Pascal said that man's misfortune comes from the fact that he is incapable of staying in his room.

In fact, most people who eat are unable to remain in bed to properly rest. They are too angry, too tense, and cannot relax enough. If you want to enjoy your holiday, recover your energy and regain your strength, consider a hiding place, a place for fasting, with or without supervision, according to your health condition. In this way, you can avoid the problem of what some people report, which is the need for a vacation to recover from their vacation! They are joking, but vacations that are spent on constant motion with little rest are not restful for the body.

I recommend a yearly fasting of one to two weeks for maintenance and recovery of strengths and to eliminate the accumulated toxins. In fact, the best hygiene lovers, even the most stringent adherents, sometimes commit errors difficult to avoid: overwork, temptation, failure to comply with hunger, etc. Civilized life imposes too many tensions on our health for it to remain perfect throughout the year. Why wait to get sick to prevent bad things?

Certainly, holidays are needed, but not to get overtired, to play, to run, to worry and to come back from the vacation even more tired than before the departure. Some manage to divide their vacation into two parts: one part for fasting and the second part to go away from home, whether to the sea or the mountains.
CHAPTER 17

REJUVENATE, LOSE AND GAIN WEIGHT, BY FASTING

Doctors prescribe drugs, of which they know little, to cure diseases, of which they know nothing. – VOLTAIRE

Marie came back to take her husband home. He had fasted under my supervision for 44 days. As soon as she saw him, she exclaimed: “Mr. Mosséri, you brought back my husband as he was the day of our engagement!” But he was 50 years old!

Another lady told me that friends had approached her and expressed their surprise to see her look as if she were 15 years younger. She had fasted under my supervision. Fasting allows rejuvenation of ten years or more, especially for obese persons, or those with a healthy weight, but not for skinny people. What about the hanging flesh of the abdomen and under the arms? According to my observations, this fat is eliminated and disappears.

Another lady of 51 years old told Shelton on her 33rd day of her fasting “I feel revived.” In fact, “All her symptoms disappeared; her eyes became bright, as bright as those of a young girl in love for the first time! Her skin had become as clear as the morning dew and her tongue as clean as that of a baby at birth. She was smiling, she was happy.” With the return of hunger, fasting was stopped. After that, her health was strengthening by the day, along with wellness and vivacity. “A clean tongue, bright eyes, clear skin and wrinkles vanishing around the eyes: all these changes are not only superficial but the result of broad changes carried out in the whole body. Indeed, the consequences of fasting are not superficial; they touch the inner depth of a person.”

Rejuvenation is only possible if a person is not too old, nor too thin. I once supervised a Romanian of 80 years old. I talk about her elsewhere in this book. She wanted, among other things, to look 40 years younger! Even fasting cannot totally defy the reality of aging. However, I also supervised a 37-year-old actress. She was fasting to rejuvenate because she knew from experience that a fasting cure has the power to rejuvenate. After 20 days of fasting, she had adopted a Natural Hygiene diet. The day before her departure, she wore make-up. I was astonished. I had in front of me a 20-year-old girl! I regretted that I did not take any pictures before and after the fast.
OBESITY

A medical weight loss diet is one of high protein foods. Foods rich in protein (meat, fish, cheese, legumes, eggs) make you lose weight because they poison the body. After a few years of such a diet, the kidneys and liver are affected. A fat lady came to me to undergo a fasting cure to lose weight.

- How much do you weigh?
- About 176 pounds.
- And how much should I write down?
- About 198 pounds.
- How much exactly?
- 213 pounds!

She dared not confess her exact weight right away.

With much hesitation, she told me that she would eat 200 pastries per month. Many obese people eat small meals and make up for it between meals. Obesity is always caused by overeating, along with some particular predisposition. It is true that some thin people eat more than obese ones. However, the persons of the first category digest nothing, while the others accumulate fat and toxins that hold plenty of water.

To lose weight, toxins and drugs which hold water should be eliminated. Also, the accumulated fat should be digested. It is by fasting that these processes are quickly engaged. However, we must not imagine that by fasting we can lose 66 pounds in 60 days. This is not a reasonable expectation. The body does not have enough reserve vitamins, minerals, or enzymes to digest this much accumulated fat. Instead, you must proceed step by step: for example, performing a fasting cure every three months, with a hygienist diet between the periods of fasting. In general, fat people want to lose weight, but without any difficulty. That is why they fail to lose weight.

The experience of Dr. Shelton to assist fat people in losing weight was, as he admits, an almost total failure. He confessed bitterly that the majority left after a few days. This is what prompted him to say brutally: “In my experience, fat people do not lose weight.”
And yet, I think I have found the key to the problem. I say to all obese individuals who want to lose weight. If you only want to lose weight, without being concerned about your health or your diet; you will not succeed in your project. It is imperative to care about your diet and your general health, to adhere to a healthy and hygienist diet, and not accumulate fat and toxins. Therefore, the prerequisite is to focus, through reading, on everything related to natural health.

Some obese people ask me to give them a diet saying they will follow it literally, without having to study all the nutritional aspects. But this is not possible because the temptations are so strong that you cannot stick to a diet if you have not studied all the scientific reasons attached to it. To follow such a diet with perseverance, you have to focus on every aspect of the subject, having in mind, all the time, the reasons behind the diet. Otherwise, the slightest temptation will cause you to stumble. Indoctrination is essential.

A young lady came to lose weight. She was a nanny. She fasted for 28 days but refused to weigh herself during fasting. She said, “If I weigh myself every day, one day I will be happy to have lost weight, and another day I will be disappointed to weigh the same. It is to avoid these mood swings between satisfactions and disappointments, and not to have these cold showers, that I prefer not to weigh myself. At the end of fasting, I will do it, not before!”

Excellent psychology. Indeed, a fasting person does not lose weight consistently every day. There are stages followed by sudden drops in weight. When we weigh ourselves, we are retaining impatience. However, the practitioner needs to know the daily weight of his/her fasting patients to note the stabilization periods, more or less 200 grams per day. Because it is after the second stabilization (three days each, which means four consecutive weights), when we must pass to the second phase, the half-fasting. It is useless to push the fasting beyond the second stabilization (unless the fasting patient has only fasted 12/14 days, which is not sufficient) as the reserves are depleted and the weight loss becomes insignificant.

As a result, if you don’t want to weigh yourself but allow the practitioner to weigh you, a simple way to achieve this goal is to weigh yourself backwards. Simply step on the scale facing the wrong way so that you won’t see the number. Be sure to tell the other person ahead of time that you don’t want your weight stated aloud.
GAINING WEIGHT

We quickly understand that fasting is an effective way to lose weight, but paradoxically, to gain weight, the same path must be followed.

In fact, the causes of excessive thinness are numerous:

1) Indigestion

2) Excess of foods rich in protein (meat, fish, eggs, legumes). These foods lead to weight loss because they poison the body and reduce its digestive power.

3) Drugs intoxicate the body and reduce its digestive power. Mr. A. is 36 years old. Height: 5.6 feet. Weight: 110 pounds. His healthy weight should be around 132 lbs. He fasted for 30 days, and his weight dropped to 79 pounds.

He could barely walk in his room. He gradually re-started to eat and after a few months his weight went up to 132 pounds and then 154 pounds! It was a bit too much.

In general, thin people eat too much, but cannot digest well. What they eat does not benefit them, because they are full of toxins. Fasting detoxifies the body and allows it to digest better, to better absorb, and to better assimilate food. Excessive toxins in the body prevent food assimilation. A sick person assimilates little. When purified, the body absorbs everything like a dry sponge.

After that, exercises with weights and dumbbells will help fix the gained weight and consolidate it. But we must also avoid staying awake late at night, overwork, coffee, and unhealthy foods. Fasting is not recommended for extremely thin individuals who may have anorexia nervosa, a psychiatric disorder, in which the individual actively avoids eating all the time.
Drugs killed more people than eating, and eating killed more people than war.

“Mr. Mosseri, I cannot drive my car without anxiety medication,” Ms. P. told me, adding, “Otherwise my nerves are not stable.” Each year, this lady follows a short fast in a hygienist or naturopathic center. When she came to undertake a fast under my supervision, I insisted she give me all the drugs she had, which she did reluctantly. During every fasting period, she stops all drugs, then she goes back to her eating diet and goes home. Then, at the first vexations of everyday life or the first nervous overwork, she returns to the consumption of the same anti-anxiety medications! Instead of having some rest and weathering the storm she adopts the easiest solution. When she fasts in a center that is not hygienist-oriented, but naturopathic she is even allowed to smoke and to take her drugs. She says she cannot drive her car without medicine. How is driving for her (and everyone else on the road) safe, when tranquilizers intoxicate the nervous system further?

Depression is an elimination symptom. When the body eliminates toxins in the blood and cells pour out waste into the bloodstream, and until the kidneys can release toxins into the urine, these toxins can irritate the nervous system and even cause a nervous breakdown. That is why taking a new dose of tranquilizers stops the elimination process and then you feel better. While this lady is driving her car, her body is eliminating waste and she feels it in her nerves. The poor state of her nerves was increasing with the elimination process.

When a smoker quits smoking, his/her body begins to eliminate nicotine in the blood. While waiting for the kidneys to reject nicotine in the urine, the nervous system is disturbed and you feel depressed, you have a headache, an unpleasant nervous disturbance, and you tremble. This is an elimination crisis that you have to bear patiently, knowing that these withdrawal effects will fade away if you only wait a little while, instead of stopping this healthy crisis with a new cigarette. If you drink lots of water, it helps eliminate toxins in the urine.
THERE ARE DIFFERENT KINDS OF DRUGS

Antidepressants, caffeine, tobacco, and alcohol are all drugs that the body tries to eliminate when you stop taking them. But if the person retakes them, then the elimination process stops. The temporary relief they provide comes from the interruption of this elimination process.

"By taking sedatives and tranquilizers, somatic sensitivity as well as psychic sensitivity run out. Then the urgently demanded elimination process is not undertaken. With each repetition of the dose, habit and addiction are formed. However, the excretion of the drug produces the rebirth of sensibility. It is at this moment that a person becomes aware of his/her condition. The doctors call this the "withdrawal symptom", but those are rather symptoms of elimination. We should realize that these are the screams of a body outraged by poisons. Addiction to drugs comes after we seek a relief when we are uncomfortable, weak, disturbed and suffering; we seek this relief precisely because we are using drugs. These problems do not mean a real need; they are not a genuine appeal to use drugs again. It is not a need for the drug itself, but what we feel is a subconscious request for relief. For 50 years, I insisted on the fact that what we call "drug addiction" comes from seeking relief from distress, misery and inconvenience caused precisely by these drugs. Thus the drug addict gets a brief break from his/her troubles in narcotizing his/her nerves again. The addict to stimulants receives a brief illusion of renewed strength, forcing his/her nerves with a stimulant that was the cause of his/her current weak state. In July 1971, a former drunkard was interviewed on American television, he said: "I drink alcohol to have some relief from the misery caused by what I drank the night before." - Dr. H. M. Shelton

That last quotation perfectly illustrates the situation of drug addicts. As discussed earlier in this chapter, the lady shows up for the tenth time to undertake a fasting cure. Tranquilizers had made her gain 30 kilos. Her nervous condition was regrettable. She had attempted suicide and she also suffered from insomnia, anxiety, and fear. This time, she had no medication with her and started her fasting.

After 3 days, she reported that her nausea and insomnia became unbearable. I allowed her to eat 2 apples every night, and nothing during the day. The nausea stopped and she was finally sleeping well most of nights. This half-fasting lasted for 15 days. She was delighted with the result. At that time and before she went back home, I warned her: “If you take tranquilizers when you get home, I will refuse to welcome you in my clinic again.” “But what should I do if I get upset? If I am overwhelmed? If a tile falls on my head?” she asked me.
I told her that when that happens, you break some plates, leave everything and go out for a vigorous walk or go to the movies! Let the storm pass without taking chemicals that would befuddle you, without drinking alcohol that will stun you, without seeking for the shock that will astonish you. All these drugs are poisons that leave traces in the body long after taking them.

The trouble, misery and suffering caused by drugs are symptoms of elimination and must be ignored. We should never fight the symptoms. They will go away when you stop the reason of their existence! But the request for relief from troubles caused by drugs is so persistent, so insistent, that very often, the victim finds himself/herself unable to resist the temptations to go back again and again which is the cause of his/her troubles, seeking a relief, even a temporary one, that the same drug gives him/her. And to obtain this “relief”, he/she needs more and more repeated and increasingly stronger doses. It’s hard to break away from the influence of these drugs. They are constantly advertised on television and many doctors freely prescribe them.

**HOW TO BREAK THE VICIOUS CIRCLE?**

How is this vicious circle broken? Through exercising your personal will power? Very few drug addicts have much if any will power. By gradually reducing the doses? By substituting one drug with another? We can try these methods and I have known drug addicts that have stopped consuming poison without too much difficulty.

Unfortunately, drug addicts no longer have the willpower to go back to what they used to be before the addiction started.

"When the disease or the pain reaches a certain maturity; they cannot usually be controlled by the will. A suitable environment and a hygienist life are the only hope for these cases. In fact, it would be illogical to assume that a person who had violated the laws of nature to the point that all of his/her sensations became abnormal and that the main sources of life became contaminated, constituting very poor morbid conditions and vicious habits - it would be illogical, as we said, to assume that this person may suddenly recover through his/her own willpower. Of course, exercise of willpower is a necessary condition for recovery, but it is never sufficient, unless it is followed by a complete revolution in lifestyle, accompanied by good habits of healthy living. Only counting on the intelligence and moral sense of a smoker, of an opium addict or an alcoholic, as a way or an action to encourage him/her to abandon his/her vice, is generally as effective as asking a person with a fever to stop shivering." - Shelton
Drug addicts need help, and their efforts need to be supported by a physician they trust and who has a certain influence and character. They also need a special atmosphere, like the one found in all hygienists’ centers. Moreover, fasting is the most effective way to abandon these bad habits forever. In fact, after a few days of fasting, the desire for these poisons disappears. While fasting, a person does not smoke or drink caffeinated beverages, as they tend to cause nausea.

Unfortunately, it is not that easy to come off tranquilizers. I know people who have managed to stop them without much difficulty. But many others have suffered much. Currently, I ask those who want to fast under my supervision to stop taking tranquilizers and sleeping pills before starting the cure, and not when they come to my house. I had too much trouble with nervous crises, with tears, with screams and with panic, to bear that much annoyance. My house is not a prison for drug addicts.

THE REASON

"The only reason, if not the main reason, for addiction to drugs, is bad education. It is also possible, and this is certainly true, that the most likely persons to succumb to these drugs are the neurotics. But it is a fact that drug use initially comes from poor education. In fact, if the entire population had not been badly educated from childhood, it would not have turned to drugs as a "support" when unusual circumstances overwhelm the nervous system. Pain, insomnia, deep and lasting emotions, etc., are what fill those whose nervous system is unstable. They turn to the kind of palliatives that can provide the desired relief. Nowadays, for bad and false education and for all the pains that inevitably arise, we are grateful to the medical body and to nobody else."

- Shelton

While it is true that the public always requests instant relief, doctors should be the guides, the wise men; they should not give people what they want, things that will hurt them later.

"The pharmaceutical industry has legally flooded the market with tremendous amounts of drugs that are sold everywhere. The majority of drugs sold to young persons are provided to pharmacies by authorized manufacturers. Even when assuming that these drugs can have medical usefulness, it remains true that the pharmaceutical industry produces a thousand times more drugs than what doctors prescribe. Isn’t it scary? Drug manufacturers are so eager for financial profits that they are willing to destroy the
brains of all young people to increase their dividends. I feel astonished when it comes to the apathy and indifference of parents who are impassively watching the destruction of their children, instead of rising with all their collective power to bring an eternal end to the drug industry." - Shelton

It would be interesting to know the amount of legal drug manufacturing in the drug industry: tranquilizers, sleeping pills, sedatives, opium, etc, and to compare it with that of illegal drugs’ manufacturers. The authorities are fighting drug dealers and throwing them in jail, but they allow doctors to prescribe drugs. Drugs are harmful when we take them in secret or based on a medical prescription. Pharmacies are regularly robbed by junkies in need because they know where to find their favorite poison. A poison is still a poison, even if it is prescribed by a practicing doctor.

To fight against drugs, to stop tranquilizers, coffee, alcohol, tobacco, use one of the following methods:

- Fasting
- Progressive suppression of poison
- Brutal suppression of stimulants, narcotics, coffee, alcohol, and tea
- Healthy food and hygienist diet
- Physical training with weights in a gymnasium or at home

Some are helped by embracing an Eastern philosophy such as yoga, macrobiotics, or by adhering to a vegetarian society (Krishna, Adventists), which should streamline unhygienic and anti-physiological approaches. The research for an escape is a negative philosophy, which can only be effectively opposed by another positive philosophy. Fasting is very effective in breaking the habit very quickly, but the elimination process crises that the body generates are often unbearable. In addition, hygienists’ centers are not equipped to receive such patients. They do not have any straitjackets, and there are no specialized and muscular nurses who take turns during three different shifts, days and nights. They also do not have padded rooms where you can leave patients struggling on their own for some time.

Yet I have known many patients who are dependent on tranquilizers and who through willpower alone, rather abruptly stopped taking their drugs. For others, a gradual withdrawal program is necessary.
THE STORY OF DOMINIQUE

One day, I received a phone call, and below is a reproduction of our conversation: “I am calling from Belgium. My name is Dominique and I am 21 years old. I suffer from depression with anxiety. I am 5.2 feet and my weight is 127 pounds. I was advised to call you to see what you can do, but I am hesitant because I have to see my psychoanalyst. They told me I would have good results by psychoanalysis, because it all goes back to my childhood.”

“Dominique, I oppose psychoanalysis. They will indeed ask you to tell them about your childhood, while you are lying on a couch. During each session, they will ask you to repeat the same thing. This will last for months and years. But talking about childhood does not have the power to change it, neither does it have the power to eliminate your anxieties. What medications are you currently taking?”

“I take sleeping pills and tranquilizers.”

“I advise you to immediately stop all these drugs and come to see me. Within weeks, I guarantee your complete recovery. It is only after the fasting cure that you can start this psychoanalysis treatment, but you will find that you don’t need it.”

Let me explain the mechanism of depression and anxiety. The brain, like all the body’s organs, must be watered and fed by clean blood. If the blood is full of toxins, it disturbs your mind and causes delusions that give you anxiety and can even cause a psychotic breakdown. But if the blood is pure, then the brain works marvelously; your ideas are clear, positive, and optimistic. No pessimism and no negative ideas will disturb you.

Here is a small example that you will easily understand. Most people get up in the morning with a muddy mind. This is due to the elimination process that happened during the night (catabolism) and that is not over yet. The blood is impure and the urine is loaded. If you just wait for an hour or two for this elimination process to end, then your ideas become clear again. But in your case, there are too many unresolved issues and the elimination disposal is not complete. It continues all day, every day.

To stop this elimination that happens during the night and continues into morning, many people drink coffee to stimulate them. Others take sedating medications like anti-anxiety drugs. But the toxins in the blood are still there -- they have not yet been eliminated. The body will try again to remove them, when it has the strength to do so, especially at night, when your energy is restored. And during this elimination process, you will have more anxiety and depression.
When you have nothing to eliminate, or when you do not eliminate (using coffee or sedating drugs to stop the elimination), you may feel good. Depending on the case, this could be good or this could be bad.

1. It could be good when the body is clean and does not have much to eliminate.
2. It could be bad when the body has a stock of toxins, but they are prevented from being eliminated by diverting energies to other tasks.

When we eliminate a lot of toxins, we feel uncomfortable. In fact, when the blood is loaded with an abundance of toxins, they disturb the nervous system. Briefly, the fasting cure is to eliminate the accumulated toxins and to purify the blood in order to regularize the physiological conditions. Thereafter, we should avoid anything that defiles the blood and the mood, all of which are polluting your inner environment, i.e. drugs, coffee, alcohol, tobacco, and chocolate, as well as foods that are not specific to our species: fried, fermented or aged cheeses, bacon, spices, and herbs.

To better understand these natural mechanisms, you must refer to my other book to study Law number 21, called the Tilden Law on Toxemia. Toxemia is the presence of any substance - in the blood, lymph, body fluids, organs, tissues and cells - that is incompatible with health.

Another law is Law Number 24 that states: “Disease is considered as an elimination process.” This means that nervous depression and all its symptoms represent an elimination process, as I have already explained before, in detail. But this elimination is never finished because we stop it with drugs that divert energies to other tasks. We maintain that elimination process by maintaining its already mentioned causes (tobacco, coffee, harmful food, etc.)

Briefly, Dominique came in the following week to follow a fasting cure. From the early days, she experienced nausea and vomiting, which lasted two or three days and were alleviated by a daily drink of lemon juice diluted in a liter of water. When vomiting had eased, the lemon juice was removed and she only drank pure water. Before she came to me to start the fasting, I didn’t have enough time to give her the needed preparation to do at home. She came suddenly. So she did this preparation at my facility, but on the fifth day, she refrained from eating, and I authorized her to start the fast.

Later on, I regretted not having insisted on her completing a full seven days preparation, or even more. It would have saved her some unpleasant crises, as we shall see. On the seventeenth day of fasting, she felt a sharp pain in the ear and
nausea. Then vomiting started again, even stronger. The next day, the pain subsided, but a very large swelling appeared between her ear and her neck. That was the mumps coming back, which she already had had when she was three years old.

According to the corollary of the Law Number 32, regarding the STEPS OF RECOVERY, of the same book, it is stated: “The person in recovery needs to move from the chronic condition to the acute state, that is to say, going in the opposite way.”

Psychologists wanted to take Dominique back to her childhood. But here she was re-experiencing the symptoms of her childhood in a spectacular way and without psychoanalysis!

The pain she had felt under her ear represents the blood draw that the glands of this area were demanding. Once the blood had arrived in a large quantity, the pain faded away and a huge swelling was shaped. The function of this swollen gland was to purify the blood. Four days later, the purification was over and the swelling completely disappeared. However, the vomiting continued, day and night, every hour. It was very painful, as she could not sleep at night, nor could I! At this point, we had to stop the vomiting, in order not to cause mental confusion, due to the concentration of blood in the abdomen and its retrieval from the brain.

She tried to eat an orange, but she was unable to swallow it because the glands were still somehow swollen. We then tried the juice of a very sweet orange, but she found it too acidic, because her body was acidified by the elimination of toxins. So we tried a diluted grapefruit juice, but she also found it too acidic. The diluted carrot juice did not work either. A hot broth was finally prepared and she drank a bowl without difficulty. Then she wanted to drink more. At that time, I prepared her an apple juice from the previous year harvest of my orchard. She drank it slowly.

On several occasions, she requested (in writing, because she could not speak) carbonated water such as Perrier. Each time she asked, I explained to her that these drinks contain sodium bicarbonate, which releases carbon dioxide bubbles and thus damages the kidneys. She did not want to understand anything, because she had not read anything about the subject before coming to undertake a fasting cure. She was not mentally ready to reject the old food or beverages.

After a few days, vomiting gradually disappeared and then we continued with a half-fasting. I feared that by stopping the vomiting with juices, she would not be able to resume the half-fasting, neither physically nor mentally. I also feared that with this half-
fasting, vomiting would resume. All my fears proved to be false. The vomiting did not resume with half-fasting, which she pursued for seven days.

The half-fasting included the juice of 200 grams of a fruit diluted in a liter of water. If she could drink water, I would have given her the whole fruit, but she could not drink. In addition, I gave her a few lettuce leaves in the evening. We will see later that I greatly increased the amount of fruits and raw vegetables during the half-fasting (one kilogram in total, fifty-fifty). Here are the symptoms she showed at that time and that I was looking forward to see disappear:

<table>
<thead>
<tr>
<th>Nervousness</th>
<th>Rare and smelly urine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bad taste</td>
<td>Feeling of tension</td>
</tr>
<tr>
<td>Furry tongue</td>
<td>Tightness in the throat</td>
</tr>
<tr>
<td>Sensitivity to light</td>
<td>Thirst and dry mouth</td>
</tr>
<tr>
<td>Continuous tension</td>
<td>Absence of hunger</td>
</tr>
<tr>
<td>Continuous spitting</td>
<td>Congested head</td>
</tr>
<tr>
<td>Heartburn</td>
<td></td>
</tr>
</tbody>
</table>

All these symptoms disappeared one by one. The body was completely purified and the spirit, as well. The recovery was complete.

Before she left, she said, “I owe you a lot.” That says it all. Several weeks after her treatment, she called me to say, “I am fine, no depression. My forces are coming back gently. Then she asked me for advice about another person she knew who was suffering from various disorders. She was willing to send him/her to me.”

**THE ELIMINATION PROCESS OF DEPRESSIVE PERSONS**

Those who regularly take painkillers, tranquilizers, and sleeping pills will end up damaging their health. Their nervous system becomes dependent on these medications as well as drugs. They cannot live without them, without falling into a depression that makes it unbearable for them and the people around them. Unfortunately, tranquilizers and anti-anxiety medications seem very useful because they stop depression, and because they bring peace to the people around them. But not for long.

In fact, with time, addicted people become increasingly insensitive and requires higher and more varied doses. And their health makes them suffer more, until the day they have had enough. Of course, administering painkillers suits everyone around the addicted person, but over time these patients eventually die from heart disease,
paralysis or other serious diseases. However, with a healthy lifestyle, drug addicts will no longer need to seek these harmful remedies because they will not feel depression anymore.

The withdrawal from these poisons comes with problems: those of the elimination process. How will these patients end their poisons? The ideal would be to brutally cut the drugs and therefore, the suffering. The crises that are felt are those of the elimination process. When they end, it is over. But very few have the courage to follow that path.

Neurologists sometimes advise those who want to be weaned to lower the doses when the patient feels well. But who follows this reluctantly given advice? No one. Very few manage to break this habit because they are not looking to get rid of these dangerous chemicals, and end the habit. They opt for the easy way, and those around them rely on this same habit for tranquility.

Moreover, any withdrawal program that drags on may fail because habits become a second nature. We must go fast, very fast, to succeed. All depression symptoms are those of the elimination process. When taking tranquilizers, we stop this elimination process (nerves receive a serious blow of chemicals that deflects energies towards them) and it feels good. Usually, elimination occurs at night when the body is at rest and it has all its energies at its disposal. In general, it is also during the night that the depression occurs. We must note that at such times, the urine is dark, the breath is foul, there is an absence of appetite, and sometimes we feel nauseous. The drug diverts energies away from the elimination activity and therefore stops it. This is not a benefit, it is totally the opposite.

On the other hand, when the elimination is significant, the cells pour out toxins into the blood. The blood becomes so acidic that the nerves respond suddenly. When depressive persons fast by stopping all drugs, a violent crisis triggers in a short time. So we are tempted to calm down those persons by giving them their usual drugs. We must delay as much as possible any drug intake, as long as the crisis is still bearable, and then give a quarter of the usual dose. Some persons can withstand the crisis and this is much better. Thereafter, we will wait for the next crisis. Never give sedatives regularly.

When the patient's weight stabilizes for 3 consecutive days (that means four weightings close to each other by 0.44 pounds), you have to follow the elimination diet,
spread throughout the afternoon. Start with fruits (1 pound in total), and in the evening: 1 pound of salad altogether, staggered every hour.

THE STORY OF JACQUELINE

Jacqueline, a 50-year old French professor, took sleeping pills and tranquilizers for 20 years. Her health was ruined on all levels. The drugs gave her no effect anymore. She was taking more than one kilo of drugs at a time, she was drinking coffee, and took a lot of vitamin C. I sent her a preparation that she did not follow. She just wanted to fast, nothing more! She gave me the drugs that I made sure not to throw away -- we'll see why later.

On the third day of fasting, she knocked on my door at night, raising her voice and calling for a sedative. She would prevent me from sleep until I gave her a sedative. So I gave her 4 pills instead of the 9 pills that she used to take every day. Her sleep was heavy for 12 hours: the dose was therefore too high.

Fasting was continued, when the next crisis occurred, two days later, I gave her only two pills. Next, I ended up giving her only one pill. During one of these crises, and while I was waiting as much as possible in order for the crisis to become stronger and most unbearable before giving her a sedative, she tried to call her husband to come pick her up. I stopped her and quickly gave her one of her usual tranquilizer pills. She calmed down after an hour and then slept. Having once tried to give her only half a pill, she was not able to sleep, and I was then obliged to give her a full pill, which is still the tenth of her usual dose.

I noticed that her weight was stable when she took the pills because they stop the elimination process. But when she was able to endure the crises; she was losing weight. The depression crises are elimination crises. All the symptoms confirm it: liver pain, bad mouth, dark urine, thirst, etc. But when I let those symptoms appear, it was unbearable for me: she would wake me up at night to talk loudly and constantly, she would moan, while wanting me to hear her groans, her cries: it was hell for me. I was unable to bear it, even knowing that this would be the last crisis. Too bad, I would give her a pill and it would calm her. Then, she slept and would wake up with a smile on her face, forgetting everything she had told me the day before (“I want to go back home” etc). This is the last crisis, she’d say. I hope this is true.

During one of her crisis, she tumbled down the stairs and scratched the skin around her eye. One of these nights, thinking she was helping the elimination process, she began to drink 2 liters of water. The result was a severe diarrhea, then a crisis. I forbade her to drink; especially since she ate a pound of fruit per day. Once, she had tried to commit a suicide after two stays in a psychiatric hospital.
“My husband does not care about me and I wanted to have his attention through my act, and call him to order.” During crises, she pitied herself constantly and complained all the time. After 25 days, she went home without completely stopping the pills, but she was taking only one per day. After six months, she completely stopped these pills at home.

But this was not the hardest thing to do. The second part of the program was still to be implemented: the hygienist diet. She did not follow it even for a single day. Her husband did not encourage it and she fell back into the same vicious cycle. If she had followed the hygienist diet, she would never have experienced any depression. When the lifestyle is healthy, there is no depression.
CHAPTER 19

ACUTE DISORDERS
Fever, pain, etc.

HOW TO TREAT FEVER

When you have a fever, you should stay in bed and refrain from eating. You also have to drink a lot of water. But first, you must know what an acute illness is. Acute illness is a forced elimination process of the body, it is a remedial action. The body burns wastes and in order to do this, it triggers a series of natural processes that contains a certain heat, just like in an oven.

“The remedial action is the sum of structural and functional modifications - often dramatic decreases and excesses - by which the living organism resists and expels any obstructing, offensive and harmful substances, then repairs the damage. Such excesses of the regular functions of life such as coughing, sneezing, pain, inflammation, diarrhea and diuresis, as well as vomiting, are obviously efforts of resistance, expulsion, and restitution. We will not discuss it further in this paragraph. However, let us note a familiar example of structural modification which is certainly defensive: the tonsils and other lymph glands in toxic phases.

This prostration of muscles, of mental faculties, and of the digestive system, is one of the main features of acute illness. This prostration appears to be induced, less by fatigue than by diversion of energies and resources of the body, which are mobilized and concentrated in the continuous and gigantic remedial effort. This prostration of the three main body defense mechanisms seems to be conservative and compensatory rather than restorative. It represents a dramatic decrease in function, in order to assist remedial work. Thus food abstinence, which is inseparable from the functional prostration, is also part of the remedial effort; as well as coughing, vomiting, fever, diarrhea, or inflammation.

Just to speak like everyone else, fasting is part of the disease. However, it would not be accurate to say that all diseases are remedial efforts; the word “disease” is a general term that obviously covers non-remedial phenomena, such as blindness, deafness, paralysis, cerebral hemorrhage, etc. In acute illnesses such as typhoid, pneumonia or other, when the digestive system is prostrated, muscular activity in these organs is suspended along with the digestive secretions.
Resulting from the lack of digestive capacity, aversion to food is distinctive. Thus, if despite this aversion, a person eats, he/she might immediately vomit. And if this person does not vomit, food will not be digested and remains in the digestive tract, causing irritation and discomfort, until their expulsion through diarrhea. It is indeed common that the digestive tract empties itself through vomiting and diarrhea, as this seems to be essential for maximum efficiency of the remedial effort. The absorption and elimination of diseased tissue is, under certain circumstances, the only work that the body can safely undertake.” - Dr. Shelton

The reader may rightly wonder if all these assertions are confirmed by facts and experiments, or if else they are only mere theoretical speculation. Here are some experiments:

“The first ever direct observations made on human digestion were those of Dr. William Beaumont between 1825 and 1833, the year he published his famous book entitled “Experiments and observations on gastric juice and the physiology of digestion.”

These experiments and observations were about the exposed stomach of Alexis St. Martin. Beaumont found that when the subject had a fever, the gastric juice was not secreted or almost not, so that food served only to irritate the stomach and, consequently, all of the body. “No digestive juice, wrote Beaumont, can be hidden under such circumstances! It follows that food becomes too insoluble in the stomach, like lead.”

In case of illness, Beaumont noted that food remained inside St. Martin’s stomach from 6 to 40 hours, without any change, except for fermentation and putrefaction. These findings of Beaumont were verified by physiologists in repeated ways. Professor Anton Carlson of the University of Chicago, confirmed these findings that gastric secretions are absent in case of fever, inflammation, severe pain, and intestinal disorder. Similarly, the rhythmic contractions of the stomach, that we mistakenly call “contractions of hunger," are also absent under the same circumstances. The absence of secretions and stomach contractions during the common cold, gastritis, fever, tonsillitis, etc., coexists with the lack of appetite and lack of taste when we eat.

“Pain, inflammation, headache, and mental disturbances (such as grief, anxiety, anger, shock) stop digestive secretions and take away the urge to eat. Under these conditions, as well as in cases of the earlier mentioned illnesses, there is an absence of physiological conditions that are necessary for digestion. It would be crazy to insist on
eating when food cannot be digested. If food is not rejected by vomiting or expelled by diarrhea, they remain in the gastrointestinal tract and cause a lot of irritation and discomfort.

Food does not supply the body with nutrients if it is not digested. And it has to be digested before being absorbed. Then it must be absorbed before it can be assimilated. In the end, it must be assimilated before it could be of any use to the body cells. Yet, when the digestive secretions are absent, whether they are minimal or low, digestion cannot take place. Then the food consumed in these circumstances constitutes a burden to an already weakened body. In this situation, there is only one logical thing to do, which is fasting.

We take neither pleasure nor nutritious profit out of a forced diet – nothing but pain and further deterioration of the nutritional processes. Food abstinence is what the body claims, even if forced-feeding seems necessary. Fasting, even if it is only to skip a meal or two when you have a fever, pain or mental distress, is a necessity of life. Under modern conditions, you should be eating when you are healthy and refraining from doing so when you feel uncomfortable in order to avoid the development of more serious suffering.

The prostration of patients suffering from pneumonia, typhoid, smallpox, yellow fever, etc. comes from the fact that the body concentrates all its strengths, its resources, and its attention in the resistance, expulsion, and reparation mechanisms. For this purpose, it shall suspend all its activities which it can dispense temporarily, while a more urgent work is taking place. According to Dr. Jennings, "For the acutely ill patient, the voluntary muscles are at rest and do not dedicate anything to their maintenance, but a small expense to keep them ready for action when needed. Thus, the most perfect energy economy is exercised in the appropriation and use of the vital forces."

The digestive system is also maintained for future action, but as for the skeletal muscles, its function is suspended in the case of the acutely ill patients. Simultaneously, with the suspension of the stomach muscle activity and the digestive secretions, we have a suspended urge to eat. The body often looks to empty the entire digestive canal through vomiting and diarrhea, and it is worth noting that the acutely ill patient’s welfare is proportional to the performed emptying. If we give something to eat, the discomfort increases."
THE FEVERISH CHILD

“We note a huge difference between the child who is forced to eat by any means, when he/she is sick, and the one we leave fasting. The latter is more comfortable than the other and sleeps most of the time. The one who eats moans all the time, cries, sometimes yells because of his/her illness and agony. So parents take him/her in their arms and walk around the room to calm him or her, or give him/her a sedative as Graham said, the irritation of the digestive tract causes the same for the entire body. Thus, the loss of appetite is one of the first symptoms of acute illness - typhoid, smallpox, scarlet fever, diphtheria, etc. You can browse the entire list, and you will see that one of the first developments of these illnesses is the loss of appetite. But we need energy to digest. Yet when we fall sick, nature stops the urge to eat and suspends the digestive processes, to conserve energy for the most urgent work.”

WEIGHT LOSS OF THE PATIENT WHO EATS

"Moreover when we give food to a sick person, he/she loses as much weight as if he/she was not eating anything. Isn’t it a conclusive evidence that the food eaten is not assimilated?“ The weight loss of a patient who eats is the best proof that food does not benefit him/her. He loses weight just like he/she was fasting. But why go against nature that has cut the appetite of patients?

"When suffering from an acute disease, you do not feel hungry. When you have severe inflammation, a lot of pain, a high fever, etc, the ability to digest disappears. You have a very furry tongue, bad breath, an unpleasant taste in the mouth, with the absence of digestive secretions in the stomach, a dry mouth, often an inflammation of the mouth with a lot of mucus that flows in it, and the absence of hunger. Very often, when you eat in these conditions, food is immediately thrown up. In any case, the invalid person feels worse and his/her disease is prolonged.

"Food abstinence allows the body to speed up its excretion work and when we start fasting, there is an immediate increase of the elimination process. On the other hand, even if it is not essentially opposed to elimination, food could in the case of illness, inhibit this necessary process. It is certain that giving food to an invalid person increases his/her discomfort, worsening his/her symptoms and often exhausts his/her forces, sometimes until death in certain cases, where abstinence could have saved him/her."
It is complete madness to give food to acutely ill patients, because digestive ability fails in these circumstances. The eaten food is vomited or rejected through painful diarrhea, and in both cases, the patient is exhausted by these processes. Otherwise, food ferments and putrefies in the digestive tract, significantly increasing its toxic state. Thus the produced poisoning is, and without any doubt, behind many unnecessary deaths. The evidences are overwhelming and show that the invalid persons that we leave "starving to death" recover, while the patients that "get stuffed to death" are ultimately often the subject of the gravedigger's attention." – Shelton

**SHOULD WE FEED THE FEVERISH PERSON?**

The common idea is that you should eat to get stronger, especially if you are sick or feverish. What a crazy idea!

“If a person is sick, everything he/she tastes will be bitter, the slightest noise will disturb him/her like an agony and his/her mind will be muddy. His/her tongue may be covered with a yellow or brown layer, his/her abdomen will be sensitive, he/she will have a slight fever, and sometimes he/she vomits bile or mucus. According to the common theory, this person must be fed in order to make him/her stronger. Whether he/she is agitated, is suffering from nausea and does not only lack appetite, but cannot stand any food to the point of vomiting it, if given by force, his doctor, believing that the patient should eat, insists that he/she eats and would find himself very upset if his patient could not eat. The patient may be fat, but he/she needs to have some food! Food will increase discomfort, fever and bloating, but he/she needs to have some food!

Despite the absence of digestion and assimilation, the doctor insists that patients should get stronger by eating food. Whereas, forcing someone to eat in these cases is not beneficial, on the contrary it makes the patient weaker. However, under the influence of a rational fast, the body is detoxified, rested, and ready for a new start.

“In the absence of any normal hunger and digestive power, the ingested food putrefies and poisons the person. The invalid persons are fed and overfed, despite the inability to digest and assimilate, then when they are killed because of diet and medication, we read in the newspapers the following: "President X, or Deputy Y, had a strong vitality that enabled him/her to withstand the ravages of the cruel disease which attacked him for months, before the impotence of all medical art..."

But the time will come, and closer than we think, when the public and the medical professionals will be surprised that the current treatment has never been described as
rational. The fact that the current treatment does not kill victims on the spot, is the only reason we continue to practice it. If this treatment was invariably fatal, it would not remain fashionable for long.”

When President Pompidou died in France, radios and televisions all reported that he had endured the disease and its damages with great courage. “He had fought and resisted bravely against the disease, cortisone finished him by poisoning him for months, but he was valiant to the end...”

I rather think he should have had the courage to stop smoking, drinking coffee, and eating meat. If all these factors of unhealthy lifestyle had deteriorated his body, then medicine had finished him off. Frankly speaking, drugs were incriminated in the death of the French President. Thus, the silence is broken, the rumor is arriving to all corners of the earth, day by day, and we will end by understanding the poisoning characteristics of drugs and those who prescribe them. If humanity does not rush to destroy medicine and its supports, the pharmaceutical industries will destroy it for good and faster than the atomic bomb.

We can read what Dr. S.M. Landis wrote in the Water-Cure Journal, on September 1857: “For acute and inflammatory illnesses, we do not give any food.”

In acute diseases such as diphtheria, recovery occurs in almost all cases when they are not inhibited by an obstructive treatment. Serums only “succeed” in limited duration cases. Regarding the flu, Dr. Tilden advises “clean air day and night, and no food at all - not even orange juice. Seven or eight days are sufficient to remedy to such a case, if he/she is not killed by food and drugs.”

The experience of Dr. Weger regarding scarlet fever is consistent with that of Dr. Shelton, knowing that “this illness disappears the same way and invariably when we introduce fasting.”

“Doctors often agree to promote fasting in case of dysentery, but they are not willing to trust the nature for all cases! They accept fasting as one of the remedies, but when we ask them what are the other remedies, they name the purges, opium, etc., which also failed.”
ANIMALS FAST

“It is well known that animals fast when they are seriously injured. The testimony of those who have fasted following a bone fracture confirms the absence of pain and wellbeing from the beginning, while the healing continues at a very quick pace, quicker than if they were eating. In all discomfort cases, food increases this discomfort, while fasting decreases it. Yet the well-being and the absence of pain that arise from fasting can be classified as key results.

“The human being is the only animal that eats while being sick, knowing that a continuous food intake when you are not feeling well, when having a fever or in pain, builds the chronic illness. One of the strictest laws of natural order is to “never eat when sick” but humans deny this fundamental rule of all animals alive and seek to “feed to get stronger and build strength.” Build strength against what? If food builds strength, how in the first place do well-nourished people get sick?

“Fasting is universally followed in the animal world, in case of acute illness and in case of injury. It is likewise universally indicated in the same way for humans. This is a false education that leads us to think that in case of acute illness, we should eat. The idea of the last few years that patients should have a high calorie diet and a diet concentrated in protein is wrong. Neither calories nor proteins will be digested and assimilated. Fasting is the only logical procedure.”

HOW TO STOP FASTING AFTER A FEVER?

Shelton recommends continuing to fast two or three days after the fever has dropped, and then stop fasting with a fruit juice. If we stop it before that, the fever comes back. Unfortunately, when the fever drops down, patients do not have the patience to continue fasting for some additional days. They stop fasting and become feverish again! So they have resume fasting again. That is what happened to me long ago: an endless vicious circle, which lasted for weeks. In fact, the fever drops down when the toxic tolerance level is reached. But at this level, toxemia is still very high in the body. There should be a more intense detoxification so that fever does not hit again.

This is why I recommend persons who suffer from fever to not stop fasting with fruits or their juices, because of the sugar and acids. As soon as the temperature drops to 96.8°F – 97.7°F, you should have a hot vegetable broth, three or four times daily. All this for one or two days. The third day, you can eat vegetable soup instead of a broth. On the fourth day, you can reintroduce fruits.
SHOULD WE HAVE A DIAGNOSIS?

Is it necessary to call the doctor once we feel a fever, in order to have a diagnosis? No. It is a common mistake to seek medical diagnosis, especially if we are not willing to follow the prescriptions and ordinances. Attaching a name to a disease may serve only to frighten and to scare. What about analysis and tests? They are useless and do more harm than good. They are a means of pressure, supposedly scientific, bringing patients to follow medical treatment.

Unfortunately, the majority of those who have given up and do not believe in medicine have kept their confidence in the diagnosis. It is a mistake. Medical diagnosis has no value. Dr. Roger Dalet has clearly explained this in his book “The Lies of Medicine.” I have used pages and pages of it in my book The Gulag of Sida, to which we should refer. The important thing is to look for causes, not to give a name to a group of symptoms. But the diagnosis is not intended to seek the cause, neither can analysis indicate the cause. All diagnoses, all analyses, and all tests lead only to one goal: alleviate the symptoms. Their sole purpose is symptomatic treatment. The diagnosis ends up impressing the most hesitant persons, by fear and by dangling before their eyes obscure medical words, unique laboratory equipment, and "scientific" formulas, so that patients eventually give up. But the symptoms do not need to be fought.

Finally, if you need a medical certificate to justify a medical leave, you should preferably call a homeopath doctor. But you must be clear to him/her that you are opposed to antibiotics, because even homeopaths prescribe them!

THE STORY OF A CHILD WITH FEVER

I received an express letter coming from Tunisia. It was a French teacher who wrote to me. "You saved my daughter ten years ago and now it's about my son that I am sending you this emergency letter. It has been ten days, he is having a slight fever that does not seem to bother him, and he continues to live as usual: he runs, plays, eats, etc. The consulted doctors were unable to diagnose the disease. We have an appointment with two great professors that will try collaboratively to give their verdict."

My immediate reply was as follows, "Cancel your appointment with all these doctors and professors. Do not seek a diagnosis, it's worse than useless. It is a slippery path, full of hidden traps, that will guide you by threats and fear, to the medical treatment
that you will refuse. Start immediately a fasting cure with only drinking water, with a warm vegetable broth if your wife is opposed to a total fasting. Nothing more.”

Two weeks later, I received a letter from the same person, “You saved my son. He has fully recovered. We canceled the appointments with all the doctors. I am thankful and full of gratitude. However, the disease that the doctors have described is rare, we did not know what it was.”

The recovery of their child was not enough for them! The doctors managed to captivate the parents’ imagination to a point that they mentally imprisoned them. We must get rid of the diagnosis idea. It will also be helpful not to use a thermometer if this dramatizes things inside the child’s head. The mother can, by putting her lips on the forehead of her child, assess his/her temperature, without the need for a thermometer.

**HOW TO FAST?**

Another instructive example explains the cause of the failure of fasting in some cases that do not meet necessary requirements.

“I had a fever, said a friend, I have fasted for many days, but since the fever did not drop, I had to take pills to make it drop. Fasting did not cure me.”

“Under which conditions did you fast?”

“I continued to attend my courses at the Faculty of Medicine because I had to be present.”

The problem here was crystal clear to me. Fatigue and cold are not favorable conditions for fasting. Fasting while going to work never gives good results. She should have stayed in bed and stayed warm with a heating pad on her feet, if necessary. This was too much for a young student of 22 years, agitated, and who did not understand anything, though she had fasted under my supervision, and stayed in bed for three weeks. Many hospitals keep their patients in bed, why do fasters refuse to do it?

Another very common mistake among my followers is to drink fruit juice during fever. But fruit juices contain a lot of sugar and acids, which maintain fever and significantly prolong it. Fruits are nutritious. Water is the only liquid allowed when having a fever, but if the environment is too harsh, I accept rigorously a hot broth, very bright, of finely chopped vegetables. But be aware that when having a hot broth; the recovery will take longer than with pure water alone.
HIGH FEVER

Some are scared when a fever gets over 104°F. They fear that this fever is dangerous to the person’s life. They call a doctor in panic. They take all prescribed treatments and do all the required analyses. We should be aware that the body does not commit suicide. Fever is quite a natural process that nature triggers to burn wastes. Nature puts in place a safe and efficient process. The higher the fever, the more vitality is abundant.

It follows, therefore, that fever is a sign of great vitality. Fever, even a very high one, is never to be considered as a danger. The real danger is to oppose this fever, to fight it, to want to make it drop at all costs, to go out and work, in the cold, to get tired.

Leave it to nature. Nature is good in a motherly way, provided that, of course, the elementary needs of the patient are ensured: to stay warm, to drink at will, to rest in bed, and to keep calm. Accidents are always provoked by drugs and food. The processes of nature – including fever - are never dangerous.

HOW TO HELP NATURE?

On the other hand, it would be very pretentious to want to help nature by providing elements that are not needed. All treatments and all remedies are useless and harmful. Nature does not need active help. She needs a passive help: rest, calm, water, staying in bed. Nature acts effectively when these factors are insured. Everything else will impede its healthy effect. For recovery purposes, fever is the fastest and the most valuable process of nature.

EXCEPTIONS

I had two or three cases when fever was present. With fasting, it dropped without completely disappearing. The person at that time, despite the low temperature, felt very good, with a clear mind, abundant energy, and had normal activity. The patient had no headache, body aches, fatigue, or any physical or mental discomfort. For a day, I instructed her to take a hot vegetable stock. The fever disappeared.

Another dramatic case ended in the death of the patient. We are talking about a young woman of 37 years old who suffered from irregular fever, accompanied by a pain and a swelling of the spleen. After 7 days of fasting, she died. Despite two years of a strict hygienist diet, spleen cancer could not be eliminated.
Irregular fever is an adverse symptom, such as pain and swelling of the abdomen. The bursting of a deadly abscess needs an urgent intervention. Fasting along with an intervention can save only a few cases, not all of them.
CHAPTER 20

CHRONIC DISEASES

TOXEMIA

In chronic diseases, fasting helps to eliminate accumulated toxins. It is not the fasting cure that eliminates or heals. The period of rest called "fasting" allows the body detox and to get better by itself. But first, how do you get sick? What are the causes of the disease?

Shelton repeated tirelessly one of his masterful sentences, “Man is the architect of his own misery! He is held responsible for his diseases!” In fact, we get sick because of our mistakes, through our madness and unnatural habits.

Let us study the text of Dr. Virginia Vetrano, “Enervation is a diminished condition of nervous energy. This condition inevitably occurs when we live in a way which consumes nervous energy faster than we recharge it. In other words, it is a kind of nervous fatigue.”

Many activities consume nervous energy. We can feel it, but we may not recognize it. In fact, some people live in a chronically overexcited emotional state which prevents them from experiencing fatigue. They will only feel it on rare occasions. That is how toxemia and disease are inevitable when we are angry unless we are not subject to the laws of physiology. Toxemia is an abnormal state of blood and tissue originating from an unhealthy lifestyle that produces enervation. Former hygienists considered toxemia as the excessive accumulation of metabolic waste coming from enervation. A lifestyle that wastes nervous energy will produce enervation which builds toxemia or a sort of internal organic pollution. But contemporary hygienists support the idea that there are two forms of organic pollution."

(Notes from the publisher — Frederic Patenaude: Natural Hygienists used the uncommon term "enervation" to describe the "depletion of vital energies." It is an unusual word, but I have decided to keep it instead of choosing a more modern term, which may not convey the image conjured by this term.)
THE TWO TOXEMIAS

1) Endogenous organic pollution.
2) Exogenous organic pollution.

Endogenous organic pollution represents normal metabolic waste, i.e. chemical, cellular by-products originating from daily activities of cells that must be discarded, so they don’t damage tissue.

Exogenous organic pollution comes from toxic substances found in the outside environment. Here are some examples: the air we breathe, the water we drink, the food we eat, all can contain poisons. Indigestion, overeating, alcohol, chocolate, coffee, tobacco, etc., can also be considered as examples. It is easy to understand exogenous poisons, but endogenous toxins are not recognized by medicine because they are natural products of metabolism.

For example, carbon dioxide is a natural byproduct of metabolism, and blood always contains a certain quantity of carbon dioxide. It becomes a poison when there is too much of it. If it is in excess, we do not detect it, because the body has a way of hiding it by combining it with other minerals, until the body can eliminate it.

ACIDITY

When the body contains more acid mineral salts than alkaline ones, tissues are robbed of their alkaline reserves to neutralize this acidity. The balance between acids and bases in the blood and tissues is very delicate, and to maintain it, the body sees itself all the time obliged, so to speak, to rob Paul to pay Peter. Thus, excesses and deficiencies are covered, so that toxemia is not detected, despite all laboratory tests. To determine the actual condition of the body, we should be able to analyze all the body cells, but this would mean death. It is only our body that can perceive its condition.

NO TEST FOR TOXEMIA EXISTS

Another reason why toxemia is not recognized by physiologists is that all so-called health standards were established studying an average to poor state of health. Physiological sciences do not acknowledge a high level of health because their tests are always performed on average and especially sick people. Such tests cannot give valuable information. Only healthy people should be studied to determine the highest
health potential. However, the fact that we cannot medically detect a toxic condition by a laboratory test does not mean that we cannot recognize it. There are other ways.

In fact, enervation and toxemia can be identified through fatigue, laziness, depression, and weakness. These symptoms first show enervation, then, when they are more advanced, they indicate toxemia. Laboratory tests and diagnoses cannot measure these subjective sensations. That is why medicine denies their existence. When we complain to a doctor about a lack of energy and other symptoms, the doctor examines and then instructs one to carry out complete laboratory tests and X-rays. But as usual, as these tests and examinations reveal nothing serious, he will tell you, “You are not sick. Your illnesses are imaginary. Forget them. Go out and have fun!”

Doctors give this advice to very toxemic persons, who feel so bad to the point that they don't even have the strength to enjoy life, even if they try hard. As long as we have a lot of nervous energy, and the circulatory system and elimination organs are in good condition, all endogenous, and exogenous poisons are eliminated every day, through the lungs, the kidneys, by the colon, and the liver. Thus, the tissues are protected against toxins. This state of health comes with well-being and a sensation of happiness.

**SINCE BIRTH**

Babies are born with a very low tolerance for poisons. Although the mother may smoke, drink coffee, tea, and alcohol, eat chocolate, and consume other toxic substances, the baby’s blood and tissues are kept relatively clean. However, the placenta only constitutes a light barrier, and poisons affect the fetus, but the new body manages to get rid of the toxins because his/her young tissues have a renewed vitality.

Unfortunately, babies are born in a toxic world that will subjugate them to an unhealthy environment and introduce them to many devitalizing habits. The Western lifestyle immediately puts them in a state of toxemia. As a result, the child gets his/her first cold or any other elimination crisis. After the continuous attack of exogenous and endogenous poisons, babies learn to tolerate toxic substances. They develop fewer colds and flu.

When metabolic wastes do not go beyond the limit of the body, they are usually useful. In fact, these toxins are found in the blood all the time and help important physiological functions. We have trouble only when they are in excess. So when these toxic
substances accumulate beyond the tolerated limit, the body triggers an elimination crisis in one form or another.

**IRREVERSIBLE DAMAGE**

That does not mean that no harm accompanies the burden of these toxic substances in the body. Living all the time in a toxic state means being constantly poisoned. Tissues throughout the body are damaged, and sometimes in an irreversible way. To clarify this, let us assume that at birth, the body is adapted to live with only one millimeter of toxic substances for each 100 millimeters of blood. Let us consider this as normal.

When our lifestyle doesn't respect the limits of nature, toxic substances will accumulate in excess and can increase from 1 to 1 and 1/2 millimeter to 100 millimeter of blood.

The body, which was previously clean, cannot tolerate this poisoning, so it triggers actions to eliminate this excess, whenever toxic substances exceed 1 millimeter for 100 millimeters of blood. It continues that way until it becomes exhausted by the detoxification efforts and the constant irritation. Therefore, the crisis is released. Thus, the person establishes a tolerance for an additional amount of toxic substances in the body, both endogenous and exogenous.

After this, it will be only when toxic substances accumulate to reach above the new level of tolerance that a crisis will occur. The body is now stressed, but does not trigger a crisis unless it is extremely irritated by these substances’ excess. The crisis helps to bring down the toxic burden to a point of tolerance, but also below this point, to a normal level. Thus, when the tolerance reaches 1.5 mm for 100 mm of blood, the cold or the crisis disappear. If the lifestyle did not change, unhealthy habits produce more enervation, as the body must “operate” under a burden of additional toxins, it becomes even more stressed, and the point of tolerance will increase even more, for e.g. 2 or 3 mm for 100 mm of blood.
LOW TOLERANCE LEVEL

The only way to restore a low tolerance for toxins is to change one’s lifestyle and to ensure enough rest and sleep to recover lost energy so that the organs can function again at the highest physiological level.

That is why those who live in a very healthy way react so quickly when they make the slightest change. They kept their tolerance level very low, and their body vigorously eliminates all poisons before they affect the tissues. The hygienist cannot get away with unhealthy living like his friends who eat anything. When they behave in an anti-organic way, the body reminds them to go back to healthy living right away. It is a healthy body that quickly sounds the alarm.

However, when enervation and toxemia dull our senses, they do not react promptly and lead us to think that we are healthier than those who make efforts to lead a healthy life. Sometimes this raises doubts in the head of a hygienist, who does not understand and who asks herself why she feels so bad when she made such efforts in the right direction.

SCAR AND FIBROUS TISSUES

When chronic toxemia constantly irritates the tissues, a state of chronic inflammation settles in. It has probably happened to you -- at some point you cut your finger and then watched how inflammation contributed to the healing process. The wound is covered with a new type of tissue, called scar tissue. After the wound heals, the tissue is white, without blood vessels, hair or sebaceous glands. This is a nonfunctional tissue used only to meet the functional skin like zigzag stitches or stitching threads holding a torn dress. This thread will do the job, but not as good as the original material; it has not the same quality. The scar tissue is still inferior to that of a functional one.

Chronic inflammation is caused by chronic toxicity, and destroys the functional cells of an organ, to replace them with fibrous tissue. Unfortunately, no pain accompanies chronic inflammation, as most of the internal organs don’t have sensory nerves. It follows that chronic inflammation, as opposed to acute inflammation, can exist without awareness. This is unfortunate because a considerable pathological destruction can continue while you think that you have perfect health!
ORGAN DETERIORATION

Chronic inflammation may exist in multiple places in the body at the same time. Its origin is only found when a certain number of body’s cells are destroyed, causing impaired function accompanied by objective signs of illness. At that point, a considerable pathological deterioration of organs and tissues are imperceptibly produced. So, structural changes that are going beyond normal occur in all parts of the body.

EARLY WARNING SIGNS

How do you know where you stand? Nature warns us by many alarm signals, such as:

- Tiredness
- Irritability
- And many other small miseries that we suppress with coffee, tea, pills, and stimulants.

The harm continues in an almost unsuspected way.

Usually, the cells wear out and die very slowly, and are replaced by normal structural tissue cells. But when chronic inflammation originating from chronic toxicity is not treated, the cells are quickly worn out, and chronic inflammation causes a process known as fibrosis. This is a tissue similar to scar tissue. Thus, fibrous tissues multiply rather than normal, functional ones.

EXAMPLE: ARTERIOSCLEROSIS

Toxins circulating in the blood are low-intensity irritants that stimulate fibrosis. That is how arteriosclerosis develops, gradually affecting all the arteries of the body, and without the person being aware of it. Because low-intensity chronic irritation stimulates this fibro-plastic activity, many healthy cells of the arterial walls are replaced by a hard and fibrous tissue. Other tissues in the body are destroyed in the same way. In fact, these fibrous tissues can grow in the heart, kidneys, liver, spleen, anywhere in the body where toxemia causes chronic inflammation.
Thus, we lose functional cells, which are replaced by scar tissues. This scar tissue development takes place because we allow, for years and years, a chronic state of toxic build up. Many people are unaware that there is a lifestyle to prevent the development of harm. And those who know it, by reading hygienists’ books, have no excuse to allow the disastrous destruction of tissues. Harm is so slow and imperceptible that we imagine being able to get away with an unhealthy lifestyle. Alas! It is not so. We will have to pay our dues at one time or another. Every time we violate the hygienics’ laws in any areas of the necessities of life, the body suffers, and cells are damaged.

One can state other examples besides arteriosclerosis, such as cirrhosis, tuberculosis, tumors, cancer, polyps, etc.

**ENERVATION**

Enervation always precedes toxemia. There can be no toxemia as long as your organs are functioning normally. We have nine systems in the body: skeletal, muscular, digestive, nervous, reproductive, glandular, cardiovascular, immune, and skin. As long as these nine systems and their tissues and organs are functioning WELL, these systems can remove all of the waste products that your cells produce in their daily activities; and these systems can then maintain you in excellent health! When you deviate from healthy living and you waste more nerve energy than you recuperate during periods of rest and sleep, you then produce a state of Enervation.

Nature restores herself only through adequate rest and sleep (and through fasting, which is simply a state of complete rest). Modern living is so exciting; there is so much to see and do, we often make the mistake of forgetting to rest. Or we fail to secure a sufficient amount of sleep, thereby depriving the body of natural, restorative processes. A still greater mistake is made when we have something to do; and to get it done quickly, we resort to some stimulant. If stimulants are used in place of adequate rest and sleep, then recuperation of nerve energy will lag behind expenditure, and organic function slows down. As the organs and systems fail to do their daily job, endogenous and exogenous toxins accumulate in excess, and the individual becomes toxemic.

Recuperation from a temporary or partial exhaustion will take place with one or two days of extra rest and sleep. If, however, you persist in the excesses that waste your nerve energy, and if you often stay out late at night or daily overeat or indulge excessively in sex, or you constantly cascade unhealthy foods down your throat, plus
work day and night without extra sleep and without respecting the needs of the body for extra rest, or if you are a "stimulation junkie" and seek constant thrills and love to ride high drama -- then enervation will follow.

This leads to the lowered functioning capacity of every tissue, organ, and system in the body. At this point, it could take the enervated person many weeks or even months of 12 hours a day or more of rest and sleep, along with strict, low-key, hygienic living to get well. If one organ fails to perform its proper function, due to enervation, it fails to give the needed support to other organs, and as a result, the other organs suffer and fail to support the rest of the body. Consequently, the organism begins to tumble downhill as a whole. It may seem piecemeal because one organ may reach the bottom first, but the others are tumbling along right behind. The mind-body organism is a unit. When enervation supervenes, the whole organism suffers. Rearranging the lifestyle to align with Hygiene and relearning how to best deal with stress and taking time for adequate rest and sleep are your only antidotes. And priceless as they cost absolutely nothing!

Whether your energy is spent by excessive use of the sensory organs such as the eyes, ears, nose, skin, etc., or in excessive motor or mental/emotional activities, the result is the same: Nerve energy exhaustion. Enervation develops from any excessive, vital expenditure. We cannot go out and purchase nerve energy. Some people are so completely depleted in this so necessary stuff of life that it may take years to recover. You cannot actively regain nerve energy once it is spent. Passivity through EXTRA rest and sleep is the only way out of the depths of Enervation.

I have said it elsewhere, and I repeat it again: while the doctor doses poisons according to each disease, the Hygienist doctor doses food as needed. He/she doses rest, doses exercise depending on the strength, doses sleep according to the person’s condition, doses sunbathing depending on the ability of the person to benefit from it. While medicine fights symptoms, Natural Hygiene provides necessary factors for a healthy life.

If we overwater a plant, it will die, and if we do not water it at all, it will also die; while the latter situation will take longer. It is necessary to dose water as needed: the larger the leaves, the more water will be required as it will quickly evaporate, so water it more. It is quite an art, and it is more challenging with human beings.

When an organ reduces its functional efforts by denervation, other organs that depend on it will suffer accordingly, and ultimately, the whole body suffers. Whether the energy
is consumed in an excessive use of sensory organs, such as eyes, ears, nose, touch, etc., or in excessive physical activities, the result is the same: enervation. In fact, enervation develops by any abusive energy consumption. Some persons are so depleted that they take years to replenish only partly this intangible element.

**HOW TO RECHARGE ENERGY? AND HOW LONG DOES IT TAKE?**

We cannot actively recharge lost nervous energy. The only way to get out of the depths of enervation is passivity. In fact, vitality is restored by rest. Only nature can build our vitality, and it can only do that when the body is inactive or sleeping. To the great sorrow of patients, it takes time and patience. Sometimes it takes more than a year of rest and extra sleep before a sick person can recharge his/her nervous energy.

It will seem obvious that we should avoid enervation if we want a long and vigorous life, because denervation delays elimination and secretions. All body functions, such as digestion, blood circulation, and cellular elimination impaired, which leads to toxemia. It is, therefore, necessary to learn how to avoid enervation, to avoid toxemia. When we have learned this, why do we allow the continued accumulation of metabolic wastes on tissues, in the same way, as if we have agreed to live in a dirty house?

**TOXEMIA**

We know that when alcohol, which is the byproduct of bacterial activity, becomes concentrated enough, it kills the bacteria that produced it. But as alcohol is the excretion product of bacteria, such as wastes, and it kills them when its concentration becomes excessive. Any cellular life dies when its wastes are excessive. Similarly, living cells reject used materials and products of metabolism to get rid of them. To hold back their elimination is equivalent to slowing down cellular activity. When wastes accumulate beyond the eliminatory power of the body, the cells die. This is part of the aging process.

We can prolong our lives by living according to biological laws, and at the same time, avoid having a weak, paralyzed and miserable body. A healthy life that does not produce toxemia is vigorous and full of energy life, helpful to cope with our daily work. Toxemic robs us of our strength and energy and prevents happiness. It weighs so much on you that nothing in life will give you pleasure.
SPARKLING WITH JOY AND HEALTH

It is a great pleasure to observe people after their fasting cure when they are released from their toxic burden and they are happy in their hearts. They are constantly sparkling with joy. After a fast, one feels a certain lightness, energy and vitality that should be permanent. Toxemia deprives you of this sparkle. Those who are most intoxicated are the weakest during fasting. Gradually, as the fasting cure progresses, these persons become increasingly strong, because toxins are eliminated. This sparkle, which can only be observed in the purified body, can be obtained by small changes in our lifestyle, to comply with physiology.

It is useless to allow your tissues to drown in their excretions. It is in your hands to live hygienically happy or to live in sickness. Depression will disappear to make room for happiness and well-being, just like water flows when the floodgates are open. Each day will be a new and great experience. Life will be wonderful and small difficulties that frustrated you will appear as milestones to your great goal. You can acquire all this by having a little discipline to be able to live according to the laws of Natural Hygiene. - Dr. V. Vetrano.

STIMULATION

What distinguishes Natural Hygiene from other naturopathic or medical schools is mainly the central concept of nervous energy that constitutes the basis of all the arguments that affect health. Medicine uses chemical stimulants and drugs while naturopaths rely on natural stimulants and so-called natural tonics. But both come from the same idea and the same erroneous principle, which is that the body can be strengthened by stimulating it. They ignore that stimulation is, in reality, a loss of energy. That, without energy, nothing can be done in the body.

THE STORY OF CYRIL AND HIS BIKE

There was once a beautiful shiny black motorcycle, nicknamed J aguar, as it bounded like a jaguar. It belonged to Cyril, who had bought it to impress his young friends and girlfriends. Every Saturday and Sunday, he would go for a ride, radiant with happiness on his motorcycle.

One day, Cyril washed his J aguar and was full of pride as he rode on his purring bike whose powerful engine backfired furiously. He jumped over dunes and mounds, jumping in every way possible. Then suddenly, the J aguar started coughing, ceased to
roar, and finally stopped. The fuel was depleted, and the stunning Jaguar looked like a poor cat, rather than a powerful tiger. It was still beautiful, but was now inactive, like a pile of scrap metal. Farewell to the power, farewell to the strength, farewell to the energy for this young man's vehicle.

It was the fuel that gave it power - thirty-six horsepower. The fuel indicator had warned Cyril for quite a while that the level was rapidly depleting. But he was so in need of speed, and lost in pleasure that he paid no attention to the indicator of the fuel level. Thus, the mighty roar of the Jaguar ended, to the disappointment of the young man. He was disappointed not to be able to squander more fuel.

What lesson can we learn from this story, besides that Cyril may have a long walk home? The human body looks a little like this bike, in that it needs energy to run, work, agitate, digest, walk, read, exercise, etc. But energy reserves can also be exhausted. The vitality and function of humans depend on nervous energy. Just like fuel, this nervous energy is limited. The nervous energy that allows people to roar into life can also be wasted, to the extent of ceasing the roars. Luckily, we also have a signal that warns us when that energy is running low. Just as we must learn to use a motorcycle or a car, we must also learn how our body works. The body is a very complicated machine that has itself, indicators and lights that alert the individual when one's energy level is low. These indicators need to be monitored. When we learn to heal our body, we also must learn how to interpret and read the gauge that marks the available energy level of life, not to spend more than we have, and to keep the existing stock.

**FATIGUE IS OUR FUEL GAUGE**

Coffee, tea, wine, even in small amounts, as well as cola drinks and other modern stimulants prevent us from knowing the level of energy loss. It is only when we are completely exhausted that we finally realize that our tires are punctured and that our reserves are gone. If you avoid stimulants, nature will inform you when you are tired. Fatigue is your fuel gauge.

The symptom of fatigue is the way by which your body warns that it needs rest in order to recharge nervous energy. This is the force behind all our actions. Fatigue is not a signal meaning it's a good idea to take another cup of coffee, eat more or consume some sweets. Fatigue commands us to rest. It is rest that recharges your batteries and enables you to resume your key activities.
Extreme enervation is not only found in adults, but also among young persons. In fact, with modern stimulants that undermine the energy of youth, they are more and more looking for natural health. Young people urgently need to hear the hygienist message. To have a lot of energy, everyone, both young and old, must learn how to keep this energy level at a good rate.

DENERVATION AND ITS CAUSES

In general, denervation means exhaustion of nervous energy. It is caused by several factors:
- Unhealthy substances
- Excesses
- Deficiencies
- Emotional states and emotional habits
- The usual poisons

MODERATION IN EVERYTHING?

You may be told by others one or more of the following statements:
- I drink wine in moderation
- I drink coffee without excess
- I always put a little bit of salt and pepper on my food
- I eat a small quantity of meat and sausages
- I eat too much cheese
- I am moderate in everything, and I abuse of nothing to keep myself fit.

These smart words, full of wisdom, yet contain a deception and a lie. It is both a self-deception or a deception for others.

Indeed, abuse and moderation only concern the healthy substances of life. One should not use these adjectives to talk about opium, tobacco, coffee, wine, unhealthy food, and medicines. Otherwise, it implies that the moderate use of these substances is natural, healthy and necessary for life. But these substances are not necessary for life, but rather a source of danger. The least amount of these toxic substances is abuse.
Excess means everything that exceeds the normal, the necessary, the usual, the proper or the specific. However, tobacco, wine, coffee, stimulants, and drugs are never necessary, nor specific. The slightest amount of a toxic substance is harmful. How can we say we drink wine without excess while one drop of it can be toxic to the body?

Yes, one can abuse the healthy things in life, but not the poisons. Poisons do not play a physiological role in nutrition. They will never be vital for the body. It is therefore not possible to abuse of a substance which you never had a need of. There can be no restraint to these unhealthy things. They are inherently bad, and the least amount is toxic.

Moderation concerns only healthy things, moral and positive life. It cannot be moderate in lies; in flight, in hatred, or in jealousy.

Shelton asked, “What is the minimum number of people we can kill every day, and without going over that number, to become a moderate killer?”

That puts things in their proper place. If we kill, even one person, we commit a crime. Killing a single cell is as bad as killing a large number of cells. We cannot be moderate in alcohol, opium, drugs, smoking or any other unhealthy habit.

When talking about excess and moderation, we must rule out harmful substances. Indeed, there is no physiological or psychological need for unhealthy substances. The body and mind never need those substances. The lowest level of it is harmful because it kills cells and produces denervation.

**EXCESSES AND OVERWORK**

Graham once said, “An intense life is not compatible with a long life.” We cannot waste energy when we are young, without finding ourselves completely exhausted one day.

Indeed, nervous energy is not inexhaustible. When there is no energy left, our body’s machine stops, the organs slow their work and operate on a lower physiological plan, by available forces. It is like a nightlight. The decrease in energy slows the functions that are powered down. And when the functions are powered down, metabolic wastes build up; unresolved issues build up, and toxemia build up.
If you waste your energy in your youth by constant activity, by being awake at late hours, by the consumption of unhealthy substances, you will be so full of toxic substances that it will not be enough to have a few days off to recover. It often takes months to recover and detoxify. How can we spend too much nervous energy? Not only by taking unhealthy substances, but also by an abusive consumption of healthy substances.

Eating is a physiological need of life which we can easily abuse of. One can also abuse of work, of sunbathing, of sensations, etc. We often abuse of sea baths, the bathing tub or showering. Those who eat healthy do not need to shower every day. Sometimes, we suffer from very annoying adverse emotional states that can generate toxic substances.

We must learn to give our body the right quantity of the substances it normally needs and without excess, according to the individual abilities of each. Yes, it can be very difficult for some of us, and those persons will need a professional guide, a guide who has experience to unmask bad habits.

Finally, the abuse of concentrated food is one of the worst. It wastes a tremendous nervous energy on foods that are not generally specific to humans. It is not only the energy expended to chew and swallow food, but the body must cooperate for digestion, absorption, and assimilation of food. The digestive tract is a muscular organ that must contract and relax to sweep along food in what is called intestinal peristalsis. It should further be mixed and stirred together with digestive, gastric, intestinal, and pancreatic juices. Thus, the stomach, the pancreas, the intestines, and the liver all must increase their work to secrete enough digestive enzymes.

The entire digestive system, as well as the associated organs, are overtaxed by overeating.

As a result of overeating, the system is jammed with too much raw food. Eating a meal right after another, with frequent snacking between meals, prevents proper digestion. Foods ferment and putrefy in the alimentary canal and poison the body. The whole body has to work day and night to try to assimilate the food eaten, and it eventually becomes exhausted.

“As a result of the decomposition of food, exogenous poisons are absorbed and still cause more work to be done by the organs of elimination.” - Doctor V. Vetrano.
As I have said elsewhere, I consider the loss of digestive juices to be more serious than the poisoning caused by the decomposition of undigested food. These digestive juices dearly cost the body and they are not supposed to be lost, but absorbed again. For most people, only 20% of the food is digested and the rest goes in the stool the next day, stools that are not molded, but abundant and smelly, as they include the loss of other digestive juices. Fatigue driven by this loss becomes spectacular in cases of dysentery.

A supervised fasting cure allows recovery of most chronic diseases, if not two cures a few months apart. A strict hygienist diet must be followed between the cures.
CHAPTER 21

THE EVOLUTION OF DISEASE

1- ANTI-PHYSIOLOGICAL HABITS
(CLASSIFIED IN ORDER OF IMPORTANCE)

a) The non-adherence to the importance of acute hunger, which causes overeating because the stomach is still distended. By offsetting the missing pleasure, we tend to give in to the pathological satiety sin.

b) Non-specific foods to the human race (meat, fish, bread, grains, dairy products, refined sugar, etc). Specific foods to the human race are fruits, vegetables, and roots.

c) Various poisons: coffee, wine, chocolate, drugs, chemicals, assorted alcohol, condiments, spices, strong seasonings, salt, etc.

d) Physical or mental overwork.

e) Stress caused by negative emotions or an excess of positive emotions.
   Examples: fear, anxiety, resentment, secrecy, hatred, anger, jealousy, mental excitement by excessive joy, collective hypnosis before a domineering preacher, etc.

f) Hurry and precipitation.

g) Emotional deprivation and loneliness.

h) Cooking using oil or butter, as well as fried foods, cause an alarming increase in white blood cells in the blood during digestion (leukocytosis), which does not occur with raw food. Cooking at low temperature, without fat, is acceptable.

i) Excess of sun, sex, wind, baths, cold, heat, sensations, emotions, impressions, feelings, and cold sea bathing.

j) Lack of rest, sleep, overwork, staying awake at late hours of the night, and wakes. We must respect the pace of nature: we sleep at night, and we are active during the day.

k) Idleness, boredom, lack of sun, fresh air, etc.
2- ENERVATION

The anti-physiological habits that I have enumerated here above exhaust the nervous energy of the body by an extraordinary consumption. This nervous energy is required for the proper functioning of all the organs, senses, cells, and muscles, for the production of precious juices of digestion, sexual function, and finally for elimination at the cellular level of the metabolic wastes.

3- LOSS OF DIGESTIVES AND REPRODUCTIVES SECRETIONS

Partially digested food is eliminated through smelly stools. Digestion is compromised. The body needs to redouble its efforts to compensate, which ultimately ends by exhausting it.

4- DECREASE OF CELLULAR ELIMINATION

Detoxification requires nervous energy. But when nervous energy is exhausted by excessive consumption, the elimination process slows down, and wastes accumulate in the blood and tissues: it is toxemia.

5- ENDOGENOUS AND EXOGENOUS TOXEMIA

It is the retention of cellular toxins that are typically produced by the metabolism. This adds to the toxins of external origin, such as chemicals, drugs, coffee, poisons, and the product of fermentation and putrefaction of poorly digested foods.

6- ACUTE OR CHRONIC ELIMINATION CRISIS

When the body is too clogged with toxic substances, it then reacts by starting an acute or chronic elimination crisis (fever, cold, asthma, arthritis, skin diseases, etc.)

7- PROGRESSIVE DESTRUCTION OF TISSUES AND ORGANS

We saw earlier that body tissues become fibrous when toxemia invades them. With time, if we do not act to reverse this morbid condition, we enter into an irreversible and incurable phase.
CHAPTER 22

HEALTH RECOVERY

The evolution of disease that we studied in the previous chapter is not one-way, it is not irreversible and fatal like medicine teaches us. Early cancer does not have to turn into incurable cancer. A minor illness is not inevitably forced to evolve into malignant and severe stages. This pathological evolution can be stopped, and we can even cut it back completely.

However, the gradual recovery of health is only possible for those who did not reach the last stage of irreversible tissue destruction. It will be sufficient to proceed to the progressive reversal of the pathological process by the following steps:

1- BREAKING ALL UNHEALTHY AND ANTI-PHYSIOLOGICAL HABITS that were already mentioned and classified in order of importance.

2- RECOVERY OF ENERGY BY HAVING TOTAL PHYSIOLOGICAL REST (Fasting, bed rest). We must give the body the needed time to recover its lost energy, rejuvenate, and eliminate the burden of accumulated toxins. This can last for days, months, or even years for the most severe cases.

3- GRADUAL RECOVERY

During this period, we should provide the body with all the health factors necessary for life, and discard those that are not necessary for it. Measure everything while respecting the reduced capacity of the person and his/her daily capacity. For example, it is necessary to adjust the amount of food based on the reduced digestive power, to establish the workout exercises based on weak strength, to measure out sunbathing, and so on.

4- IRREVERSIBLE STAGES

The majority of these irreversible cases (real cancer, serious tuberculosis, someone with insulin dependent diabetes, etc.) can be, at best, stabilized, by following the same process under the strict supervision of an experienced hygienist. We should not expect a full recovery, but we can still aspire to pursue active lives and to live long enough if we can correct lifestyle and eating.
CHAPTER 23

NATURAL REMEDIES DURING FASTING or
HOW TO HELP NATURE

No case of cancer, dementia or polio is observed in apes. - HENRY BAILEY STEVENS

NATURAL PRODUCTS

Each one of us was misled, at least once in life, by the word “natural,” which we often see in ads. Advertisers know that the public loves everything “natural,” because they are aware that civilization moved us away from nature, to our detriment. We still dream of returning to a natural state, we want to live among the trees, but since this looks hardly feasible, we want to use every product that nature gives us, without any discrimination.

It is necessary to distinguish between the different natural products of nature because not all of them are intended for humans. In fact, we are not the only animal on earth, and some substances are useful for animals other than humans. Some worms feed and grow by eating tea leaves while as humans, we could not consume them without getting poisoned. Tea and tobacco are poisonous for us. When I say that a product is a poison, I mean it concerning humans only. All of these substances are natural: tobacco, tea, coffee, salt, hashish. Opium is also natural! But they cannot be transformed into living tissues, i.e. they cannot be metabolized, and this is why they are, by definition, called poisons.

I was 16 years old when I saw a beautiful poster in a pharmacy where I read: “Tonic using natural plants.” This statement attracted me, and I bought the product on the spot. Copywriters excel at their jobs. On the radio, we often hear advertisements for brands of detox cleanses, made entirely from “natural plants,” which “cannot hurt,” people will say. But the worst poisons are completely natural products, such as cocaine or cobra venom! The word “natural” has such a positive connotation that it hides every other consideration.

For a substance to be suitable for human beings, being natural is not enough, even if it is a prerequisite. Also, its content should be healthy for the species, i.e. specific, in a way that suits such a species through its constitution. Thus, meat is natural for dogs and cats, but not for humans. Cereals are natural for grain-eating birds, but not for
humans. Fruits are natural for us, but not for horses that are herbivorous animals. Natural and "specific" are the two necessary conditions.

**CLAY AND THERMAL TREATMENTS**

“The word ‘natural’ has become an attractive label for all industrial products. The actual, or old vendors, of remedies will say that their products are natural or that it is a ‘return to nature.’ When we are talking about taking a bath in foul and smelly water or any other mineral water coming from any source, we call that a ‘natural cure.’” - Dr. Shelton

**WHAT MEDICINE SEEKS**

Medicine does not seek to heal patients, but rather to relieve them so they can continue to live just like before, i.e. in an unhealthy way. And that is apparently what most of the population wants. Medicine is a demagogic. Once the pain is gone, we consider ourselves cured! We feel stronger, so we think that everything is fine! We do not care to know the ultimate result or future health consequences.

In fact, easing a pain does not mean that we have reached a cure whatsoever. Preventing the body from producing a numbing pain in the nerves by acupuncture points, chiropractic sessions or analgesic drugs, heals nothing. The pain is almost always a useful purpose of elimination. It is a call from the blood to purify the body and to regenerate it. If we can relieve the patient, even temporarily, the treatment is considered valid.

Let us take, for example, a popular drink: coffee. It can be used to relieve a headache, but we know that this relief is temporary and fictitious. While coffee is natural, it is not a valid remedy for headaches. We can also take another well-known plant: tobacco. It is commonly used as a sedative or as a tranquilizer. When the smoker feels uncomfortable, nervous, emotional, and tense, he/she smokes a cigarette that gives him/her a narcosis that nicotine causes. It is an illusory narcotic relief, and it only lasts for a brief period. Of course, he/she can always take another cigarette, and so on.

It is just as easy to get used to the adjustments of chiropractic care as it is easy to become accustomed to coffee and tobacco. In fact, stimulation (irritation) caused by chiropractic adjustments on a particular part of the spine, and the light trauma resulting from heavy pressure, do not procure a more permanent well-being than a cup of coffee.
Our position regarding these measures, even if they seem “natural” is as follows: every disease has a cause. Remove the cause and the disease will stop. If the removal of the cause is permanent, then the recovery is durable. It follows that if the symptoms return, it is because the cause has not been eliminated. The treatment has only temporarily removed the symptoms.

Authentic recovery is the cessation of symptoms and the cleansing of the underlying pathological condition resulting from the elimination of the cause. Such cessation of symptoms will last as long we don’t address the causes.

HEALING OR RECOVERY?

“Eliminating the cause will not help the patient to recover. It only stops the creation of effects. It will allow the body to restore structural integrity and effectiveness of functions by its intrinsic strength and processes. Recovery is a biological process that is not accomplished using remedies, but by the processes of life.” - Dr. Shelton

This section wrote by Shelton would seem unclear to most readers. Let us see an example to make its explanation clearer. A patient used to smoke a pack of cigarettes a day. He quit smoking. This act ended his recurrent bronchitis. However, it has not healed the patient. Not yet. The strengths and functions of the patient will clean the past effects of smoking, removing them from the body, and this will take time before reaching complete purification of the body.

This example shows that recovery is a biological and physiological process, which is not accomplished using remedies, but by the processes of life. “Healing is a biological process which is not accomplished with remedies, but with the processes of life.” - Dr. Shelton

The removal of the cause can be sudden, but that does not mean that the recovery will be so sudden! It takes time and energy to heal. Our batteries will recharge through resting and fasting.

HELPING NATURE

Most naturopaths use fasting, but they combine it with a large number of measures meant to help nature: herbal teas, clay, bath salts, hydrotherapy, chiropractic care, acupuncture, massage, ozone, auto-transfusions, urine drinking, etc. They claim that these measures help detox, shorten the fasting period, and hasten the healing process.
But it is not true. It is quite the contrary. All of these measures consume the nervous energy of the fasting person who will have less energy to detox.

On the other hand, herbal teas fight symptoms, which are themselves only signs of elimination. There are laxative teas, calming teas, and other remedies that help you sleep, or achieve other goals. We cannot impose on the body the way it should detox. To help the elimination process, we should at least know how it takes place. To eliminate does not mean to expel stools from the bowel because the intestinal contents will always leave the body and will come out sooner or later.

Elimination is mainly happening in the cells. We all studied the first lesson in biology where we draw the cell representing it by a small circle, surrounded by a membrane with a nucleus at the center. When this cell finds on its way a food particle, it embraces it, digests it, absorbs it, and assimilates it. After this process, it rejects waste into the blood. That is what we call the detox process: the elimination of cellular wastes into the blood, of metabolic wastes.

Then, when the blood is full of its wastes, the kidneys filter them out to reject them into the bladder as urine. Another part of these wastes finds its way to the lungs that oxidize them through breathing. Finally, the last part is released into the intestines, waiting to be evacuated with the stool. So when we go to the bathroom, we eliminate the wastes already detoxed by the cells. Again, how can we help this elimination process?

The detox process at the cellular level occurs with the aid of nervous energy. The solution becomes clear. We can help this elimination process if we ensure an abundant flow of nervous energy. But we cannot provide, procure, or purchase nervous energy from a jar. No substance, no person can give it or transmit it. All we can do is to save its consumption to recharge our batteries. And the only way to recharge the batteries is by getting some rest and some sleep. So we have our means — not an active mean or substance to increase nervous energy — but a passive way to recharge it because the energy comes from the cosmos.

But when we practice massages, hydrotherapy, baths, walk, work, or engage in any other activity during fasting, and when we do not stay in bed most of the time, we use up our strength, and there will not be enough to detox. That is why all these relief measures are indeed a deviation of energy towards the muscles, instead of letting it focus on the elimination process.

In conclusion, during fasting it is better to conserve energy by staying in bed as you would do in the hospital, as much as possible, to help the elimination process.
CHAPTER 25

HERBAL TEAS DURING FASTING

A well-known tradition states that a fasting person should take herbal teas during the fast. These teas are sometimes sweet. Why do we drink herbal teas? To sleep better, to better eliminate, to quench thirst, to fight headaches, dizziness, or a bad taste in the mouth. It is clearly seen that we aim to combat symptoms. But symptoms are nature’s processes of elimination. Do not fight them, under the risk of slowing this detox process.

On the other hand, those who drink herbal teas in order to provide the body with vitamins and minerals, provide it simultaneously with poisons. In fact, all used herbal teas contain toxic substances. And if we want to nourish the body during fasting, it is not fasting anymore! Some people fear deficiencies during fasting. We addressed this subject in a previous chapter. The body's reserves are large enough to fast without added vitamins. Even existing deficiencies will eventually be reversed since fasting enhances the power of assimilation.

There are particular symptoms that indicate deficiencies when those begin to manifest. We will talk about this later.

NATUROPATHIC METHODS

Naturopaths want to suppress symptoms without removing the causes. They advise taking herbal remedies as a medicine. These remedies stop the elimination process. When you take chamomile tea to sleep, it is just like taking a sleeping pill or a chemical tranquilizer, except that it is not nearly as strong. Natural products may contain poisons that are worse than chemicals, for example: cocaine or hashish. When you take senna infusions, you are fighting a symptom which is constipation, instead of fighting the cause or the causes.

DO HERBAL TEAS CURE SYMPTOMS?

Assuming that an individual has an iron deficiency, it would be useless to give him/her an iron-rich herbal tea if assimilation is poor. But if the power of assimilation is strong, then we can take iron, not from herbal teas, but from ordinary foods that contain enough quantity of it. In fact, even if we did not eat anything, deficiencies can be overcome during fasting, as the body improves its power of assimilation and
appropriates iron or other missing elements that already exist in its reserves. We must only be careful not to fast for too long.

Here are the three basic arguments against herbal remedies:

1. We only use poisonous plants as medicinal plants. We do not make a tea out of lettuce or fennel, but instead use an infusion of chamomile.
2. We use herbal remedies and teas to fight symptoms, just like we use medical drugs.
3. Herbal remedies are not commonly used to overcome deficiencies. However, deficiencies cannot be overcome by this method, in most cases.

We continue to perpetuate the myth that the use of herbal medicine is a nutritional practice. Naturopaths continue to tell us that medicinal plants are a rich source of vitamins and minerals and they overcome deficiencies. Thus, we assume that deficiencies are the main cause of certain diseases, a statement that cannot be proven.

**THE SYMPTOMATIC USE**

The terms “cooling, diuretic, purging, stimulating, and relaxing" are all related to the alleged medicinal properties of a drug, and have no relation to the nutritional qualities of the plant. As a matter of fact, these medicinal plants do not refer to any inherent botanical quality, but to the action of the body when it comes into contact with the substance in some of its tissues.

For example, a diuretic is not a substance that acts on the kidneys, but instead is a substance that is expelled by the kidneys. Actually, we have mistaken the function of the kidney for the action of the drug. The reader will quickly grasp the fact that the previous used terms, which we apply to the supposedly medicinal properties of the plant, are not the names of nutritional qualities. As a matter of fact, they are fictional names, which arose from the false notions and misconceptions among herbalists.

**IN CONCLUSION**

All medical plants used to make remedies, and herbal teas, are used to fight symptoms: constipation, insomnia, nervousness, cough, indigestion, pain, skin irritation, etc, to have a lasting effect. The suppression of symptoms may worsen the
patient's condition. He/she will become more constipated, more nervous, more insomniac, etc.

All medical plants are drugs that we should consider carefully at best. They all contain toxic substances. Those who fast should drink only pure water. If they take herbal teas, they take nutrients and poisons simultaneously. This practice destroys the desired goal of fasting. With nutrients, fasting is not complete, and poisons can cause complications that we would better avoid. Sugar and honey are very rich in calories, and we should not say we are undertaking a fasting cure if we are eating either of them.
CHAPTER 27

METABOLISM

During fasting, as is also the case during hibernation, body metabolism slows down. Breathing, heartbeat, blood circulation and all vital activities are generally slower. Growth is also favored by fasting, and compensates by the slowing down observed during fasting.

Skinny persons who fast often take a lot of weight thereafter, even more than they have lost. We can gain weight depending on whether or not we assimilate what we eat. It is not what we eat that makes us gain weight, but what we assimilate and what is beneficial.

AUTOLYSIS

Autolysis is the self-digestion of cells and tissues using intracellular enzymes. This phenomenon has been known for a long time by physiologists, but the credit goes to Dr. Shelton to be the first to emphasize its importance in the constructive processes of living organisms. It is through this process that the body reabsorbs pimples, boils, swelling, etc. When the pus is not expelled outside the body, it is reabsorbed from the inside.

The process of autolysis is used by nature to digest the tail of a frog in its metamorphosis. In fact, the tail gradually disappears. How does the body act to absorb specific cells? Physiologists know how, but medicine has not agreed to take advantage of their knowledge. It is only interested in what can benefit pharmaceutical industries.

The microscope allowed researchers to study cells’ structures in a way that was not previously possible. This is how we discovered pouches inside the cell that contain small drops of a powerful digestive juice, able to digest not only food which reaches the cell, but also most of the constituents of the cell itself. We called this small body lysosome. It is like the digestive system of the cell and seems to draw all the food taken by the single-celled organism to use it. “This process takes place behind a resistant casing that protects the rest of the body against the digestive action of enzymes, exactly like the alimentary canal of higher animals”. - Dr. Shelton
During fasting, the phenomenon of autolysis goes into action. It is a phenomenon that the body controls perfectly, and by which unnecessary materials are first digested. The first to be digested are fat, morbid growths, and subsequently other tissues. Thus, tumors are reabsorbed, in a way that the nervous system is not affected.