The forgotten, low cost approach to health: Fasting

Christof Plothe DO
Origin

- Islam
- Christianity
- Buddhism
- Hinduism
- Judaism
- Baha'i
- Sufism
- Indigenous cultures
Sick animals or children refuse food

Why?
Champions of fasting

Reptiles, penguins, bears, and seals
Modern term for fasting: *autophagy*

"self-eating" process
Mechanisms

1) Foreign particles are marked for elimination

2) Complex (autophagosome) develops around marked cell

3) Cell's recycling and waste disposal system (Lysosomes) attach to complex

4) Process of breaking down and removal of damaged proteins and organelles
Advantages of autophagy

- Cellular cleansing
- Removal dysfunctional components
- Promotion cellular renewal

- Improved longevity
- Reduced inflammation
- Protection against certain diseases
• Digestive system (Cohn's disease, dysbiosis, etc) and microbiome
• Allergies
• Heart
• Cancer
• Hormones
• Diabetes
• Nervous system
• Immun system

Benefits
Exploring autophagy in treating spike protein-related pathology

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Methods

- Intermittent fasting
- Vegetable broth fasting
- Juice fasting
- Water fasting
Intermittent fasting

- 24 hours a week
- 16/8 Method
Vegetable broth

• Alkalising
• Nourishing
• Microbiom friendly
vegetable broth:

Ingredients:
- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves of garlic, minced
- 2 stalks of celery, chopped
- 1 teaspoon turmeric powder
- 1-inch piece of ginger, grated
- 1 small beetroot, peeled and chopped
- 2 carrots, peeled and chopped
- 6 cups of water
- Salt and pepper to taste

Instructions:
1. Heat olive oil in a large pot over medium heat.
2. Add the chopped onion and minced garlic to the pot and sauté until the onion becomes translucent.
3. Add the chopped celery, turmeric powder, and grated ginger to the pot. Sauté for a few minutes until the celery softens slightly.
4. Add the chopped beetroot and carrots to the pot and stir well.
5. Pour in the water and bring the mixture to a boil.
6. Reduce the heat to low and let the broth simmer for about 30-40 minutes, or until the vegetables are tender.
7. Season the broth with salt and pepper to taste.
8. Once the broth is ready, strain it through a fine-mesh sieve or cheesecloth to remove the vegetable solids.
9. The vegetable broth is now ready to be used in soups, stews, or any recipe that calls for vegetable broth.
Juice fasting

- Use 90% vegetables and greens
- Alkalising
- High nutrient concentration
- Bioavailable to body
- Avoid high speed blenders
- Better to use a juicer press
Green Detox Juice

Ingredients:
- 1 cup spinach
- 1 cup kale
- 1/2 cucumber, sliced
- 2 celery stalks, chopped
- 1 small beetroot, peeled and chopped
- 1 medium carrot, peeled and chopped
- 1-inch piece of ginger, peeled and grated
- 1 ripe banana
- 1 cup coconut water or almond milk
- 1 tablespoon chia seeds (optional)
- Ice cubes (optional)

Instructions:
- Wash all the vegetables and fruits thoroughly.
- In a blender, combine spinach, kale, cucumber, celery, beetroot, carrot, ginger, and banana.
- Add coconut water or almond milk to the blender.
- If desired, add chia seeds for added fiber and omega-3 fatty acids.
- If you prefer a colder smoothie, add a few ice cubes.
- Blend on high speed until smooth and creamy.
- Taste the smoothie and adjust the flavors by adding more ginger or banana if desired.
- Pour into a glass, garnish with a sprig of parsley or a slice of cucumber, and enjoy!
- Feel free to modify the recipe as per your taste preferences. You can add a squeeze of lemon juice for a tangy twist or a handful of fresh mint leaves for added freshness. Don't hesitate to experiment and make it your own!
Water Fast

- 1-3 days
- With supervision longer
- Monitor urine
- Filtered water (Infrared)
Fasting body reactions

Tongue, Urine, Gut, Skin, Breath, Psychological, etc.
3 Day Preparation before fast

- Prepare date for fast
- Avoid sugar and animal proteins 3 days prior
- Get “fasting aids” depending on the type used

- Prepare mental and digital detox (Choose positive books, music, and prepare to deactivate digital devices or to use at minimum)
- Prepare time in nature
3 Day Preparation after fast

- Stick to avoiding animal proteins and sugar
- Use fermented (Micro-fermented) foods to build up microbiome
- Use prebiotic foods (linseed, onions, carrots, beetroot, celery, etc)
Fasting/autophagy boosters

- Spermidine (wheat germ, mushrooms, peas, celery, brokkoli, cauliflower, etc)
- Resveratrol (Grapeskin, Berries, etc)
- Curcumin
- Vitamin D
- Ginger
Detox boosters

- Enema (Coffee)
- Probiotic drink
- Chlorella
- Zeolith
- Charcoal
Weight loss and fasting

- Microbiome alteration
- Intermittent fasting morning and lunch
My religion teaches me that whenever there is distress which one cannot remove, one must fast and pray.

Mahatma Gandhi