

## Brandon Health Clinic

Brandon Health Clinic - In accordance with a lot of historical records, fasting has been used for health reasons for thousands of years. Hippocrates, Plato and Socrates all recommended fasting for health recovery. Mahatma Gandhi completed a 21 day fast in order to promote compassion and respect among individuals with various religions. According to the Bible, Moses and Jesus fasted for 40 days in order to achieve spiritual rejuvenation. Fasting has been influenced by spiritual intuition and purpose for much of human history. At present, our knowledge of human physiology confirms the powerful healing effects of fasting.

The method of fasting can help with a lot of health problems including psoriasis, acne, systemic lupus erythematosus, uterine fibroids, asthma, chronic headaches, allergies, high blood pressure, rheumatoid arthritis, benign tumors, degenerative arthritis, irritable bowel syndrome, adult onset diabetes, Crohn's disease, ulcerative colitis and eczema. Fasting is powerful therapeutic processes that can help individuals recover from mild to severe health issues.

Fasting offers the body with an extended period of focused physiological rest during which time the body could devote itself to self-healing mechanisms. The fasting process allows the body to cleanse cells of waste products and accumulated toxins. It enables the body the opportunity to devote its self-healing mechanisms to strengthening damaged organs and repairing itself.

When the body is in a fasting state, the digestive tract has time to rest entirely and reinforce its mucosal lining. A healthy intestinal mucosal lining is very important for preventing the leakage of partly digested proteins into the bloodstream. This enables the mucosal lining to provide protection against autoimmune conditions. When the body maintains a healthy digestive tract, it also helps to protect the inner organs and blood against a variety of metabolic and environmental toxins.

Fasting could help your body go through some advantages consisting of: healthier skin, better sleep quality, much more energy, healthier teeth and gums, elimination of stored toxins, an elimination or decrease of headaches, stabilization of bowel movements, a decrease in anxiety and tension, stabilization of blood pressure, a clean and healthy cardiovascular system, stronger and more efficient digestion, complete elimination or dramatic reduction of pains and aches in joints and muscles. An improvement with a wide variety of chronic degenerative health concerns comprising different autoimmune disorders.

The process of healing and detoxification occurring throughout a fast are too working while people are consuming foods. Then again, fasting enables these processes to work a lot quicker and will allow a much more thorough cleansing for problems that which need a concentrated period of healing to occur. Among the more vital stuff concerning a fast is how an individual lives right after the fast has been attained. Fasting could offer a revitalized foundation upon which you could maintain and build a well-conditioned and strong healthy body by always making healthy lifestyle and food choices.