

## Charlottetown Health Clinic

Charlottetown Health Clinic - In accordance with a lot of historical accounts, fasting has been utilized for health purposes for thousands of years. Plato, Socrates and Hippocrates all suggested fasting for health recovery. Mahatma Gandhi completed a 21 day fast so as to promote respect and compassion between people with various religions. According to the Bible, Jesus and Moses fasted for 40 days to be able to achieve spiritual revitalization. Fasting has been influenced by spiritual intuition and reason for much of human history. Now, our knowledge of human physiology confirms the powerful healing effects of fasting.

Various health conditions can benefit from the fasting process. Some of the most common concerns can be adult onset diabetes, Crohn's disease, ulcerative colitis, eczema, psoriasis, acne, systemic lupus erythematosus, uterine fibroids, asthma, chronic headaches, allergies, high blood pressure, rheumatoid arthritis, benign tumors, degenerative arthritis and irritable bowel syndrome. Fasting is powerful therapeutic processes that could help individuals recover from mild to serious health conditions.

Fasting provides the body with an extended period of focused physiological rest during which time the body can devote itself to self-healing mechanisms. The fasting method enables 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 relax entirely and strengthen its mucosal lining. A healthy intestinal mucosal lining is imperative for preventing the leakage of partly digested proteins into the bloodstream. This allows the mucosal lining to provide protection against autoimmune conditions. When the body maintains a healthy digestive tract, it likewise helps to protect the blood and inner organs against a variety of metabolic and environmental toxins.

Fasting could help your body undergo some benefits comprising: stabilization of blood pressure, a healthy and clean cardiovascular system, stronger and more efficient digestion, dramatic reduction or complete elimination of aches and pains in muscles and joints, healthier skin, better sleep quality, much more energy, healthier gums and teeth, elimination of stored toxins, an elimination or decrease of headaches, stabilization of bowel movement, a decrease in tension and anxiety. Autoimmune disorders and a wide variety of chronic degenerative health conditions will see improvements.

The method of detoxification and healing taking place all through a fast are too working while individuals are eating foods. Nonetheless, fasting enables these processes to function a lot faster and would enable a much more thorough cleansing for issues that which require a concentrated period of healing to take place. Among the more vital things regarding a fast is the way an individual lives after the fast has been attained. Fasting could offer a revitalized foundation upon which you can maintain and build a well-conditioned and strong healthy body by always making healthy food and lifestyle choices.