

## Vancouver Health Clinic

Vancouver Health Clinic - Fasting has been used for health reasons for many thousands of years, according to historical records. Greek philosophers Hippocrates, Plato and Socrates have all recommended fasting for health recovery. Mahatma Gandhi attained a 21 day fast in order to promote compassion and respect among people with other religions. According to the Bible, Moses and Jesus fasted for 40 days to be able to attain spiritual revitalization. Fasting has been guided 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 process of fasting could help with several health issues comprising Rheumatoid arthritis, benign tumors, degenerative arthritis, irritable bowel syndrome, adult onset diabetes, Crohn's disease, ulcerative colitis, eczema, psoriasis, acne, systemic, lupus erythematosus, uterine fibroids, asthma, chronic headaches, allergies and high blood pressure. Fasting is powerful therapeutic processes which could help people recover from mild to serious health problems.

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

When the body is in a fasting state, the digestive tract has time to relax completely and reinforce its mucosal lining. A healthy intestinal mucosal lining is vital for preventing the leakage of partly digested proteins into the system. This enables the mucosal lining to provide protection against autoimmune issues. 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 experience some advantages including: elimination of stored toxins, a decrease or elimination of headaches, stabilization of bowel movements, a decrease in anxiety and tension, stabilization of blood pressure, a healthy and clean cardiovascular system, stronger and more efficient digestion, complete elimination or dramatic reduction of pains and aches in muscles and joints, healthier skin, better sleep quality, more energy, healthier gums and teeth. An improvement with several chronic degenerative health issues consisting of several autoimmune disorders.

The healing and detoxifying processes that occur during a fast are even active when somebody is eating food. It is a useful method for individuals whose conditions are not improving as quickly as they would like, or perhaps for individuals who have health problems which need a concentrated period of healing to occur. Among the most essential stuff regarding a fast is the way an individual lives after the fast has been completed. Fasting can provide a revitalized foundation upon which you could build and maintain a strong and well-conditioned healthy body by continuously making healthy lifestyle and food options.