

Fasting and its effects

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Abstract

In master's thesis Fasting and its effects we covered the area of therapeutic fasting with raw, fresh fruit, vegetable and fruit-vegetable juices, according to a method carried out by the institution Zavod Preporod (Preporod Institute). The research was carried out at the study program Food safety in the Agri-food Chain, at the University of Maribor, Faculty of Agriculture and Life Sciences Maribor, in cooperation with the UM, Medical Faculty Maribor. We also included importance of organic raw food, food produced in a biodynamic way in view of its influence on humans. The purpose of the study was to determine the influence and results of various ways of long-lasting therapeutic fasting with raw, fresh fruit, vegetable and fruit-vegetable juices, according to the method carried out by Zavod Preporod (Preporod Institute) and the importance of organic raw food for respondents. The research sample consisted of 271 survey respondents, their age ranged from 20 to 83 years. We found that respondents regardless of the gender and age, have extremely positive experiences with fasting and raw food consumption and they give priority to food of organic origin. As many as 98 % of respondents believed that fasting and raw fresh foods are very efficient and appropriate in constituting a way of life which helps to improve overall health and well-being. 97 % of respondents considered it important that the food they consume is of organic origin. 98 % of respondents believed that other techniques (yoga, meditation, outdoors exercise ...) have a further positive contribution to the final positive outcome and good experience of fasting. Almost all of them had a positive experience with fasting and raw food on the spiritual/mental field. A vast majority of respondents to our survey also recommended the fasting method carried out by Zavod Preporod to other people.

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Keywords: fasting, wholesome food, healthy life style.

Post in njegovi učinki

Povzetek



V magistrski nalogi Post in njegovi učinki smo pokrili področje terapevtskega postenja s surovim, svežim sadjem, zelenjavo in sadno-zelenjavnimi sokovi, po metodi, ki jo je izvedel Zavod Preporod. Raziskavo smo izvedli na študijskem programu Varnost hrane v agro-živilski verigi, na Univerzi v Mariboru, Fakulteti za kmetijstvo in biosistemske vede Maribor, v sodelovanju z UM, Medicinsko fakulteto Maribor. Vključevali smo tudi pomen organske surove hrane, biodinamično proizvedene hrane, z vidika vpliva na človeka. Namen študije je bil ugotoviti vpliv in rezultate različnih načinov dolgotrajnega terapevtskega postenja s surovimi, svežimi sadnimi, zelenjavnimi in sadno-zelenjavnimi sokovi, po metodi Zavoda Preporod in pomen organske surove hrane za anketirance. Raziskovalni vzorec je sestavljalo 271 anketirancev, njihova starost je bila od 20 do 83 let. Ugotovili smo, da imajo anketiranci, ne glede na spol in starost, izredno pozitivne izkušnje s postenjem in surovo hrano ter dajejo prednost živilom organskega izvora. Kar 98% vprašanih je menilo, da sta post in surova sveža živila zelo učinkovita in primerna za oblikovanje načina življenja, ki pomaga izboljšati splošno zdravje in dobro počutje. 97% vprašanih je menilo, da je pomembno, da je hrana, ki jo uživajo, organskega izvora. 98% anketirancev je menilo, da imajo druge tehnike (joga, meditacija, vadba na prostem ...) pozitiven prispevek k končnemu pozitivnemu izidu in dobrim izkušnjam s postom. Skoraj vsi so imeli pozitivno izkušnjo s postom in surovo hrano na duhovnem / mentalnem področju. Velika večina anketirancev v naši raziskavi je priporočila tudi metodo posta, ki jo je Zavod Preporod izvedel za druge ljudi.

Ključne besede: post, zdrava hrana, zdrav način življenja.



1 Introduction

Good health status of the population is an integral part of a successful modern society and as such it is closely related to the healthy and safe eating habits of people. One part of what is nowadays the term nutrition is food. The latter not only represent satiety in terms of feeding hunger for the modern consumer, but also a source of vital substances that keep the organism healthy, strengthen it and protect it from increasingly frequent modern diseases.

The importance of foods has been diverted from the provision of sufficient amounts of energy, proteins, carbohydrates, fats and all other essential nutrients in optimum amounts that enable the growth and development of humans and the maintenance of optimal life functions to investigate the effect of foods on the human immune system (Campbell- McBride 2007, Campbell-McBride 2010). The influence of food on human health and well-being has been studied for centuries, millennia. During this time, a huge amount of information and evidence of the positive and negative effects of the functioning of food on the human body and welfare were accumulated. It has been scientifically proven that the vast majority of organic and biodynamically produced foods due to the content of certain substances and active ingredients (Turinek 2011, Biodynamic Agriculture Australia Ltd 2013) prevent the emergence and development of diseases and the emergence of health problems (Campbell et al. 1998, Campbell-McBride 2007, Campbell -McBride 2010). It has also been proven that the proper choice of a dietary pattern, diet or therapeutic fasting at a suitable time, helps patients to recover faster in most chronic and acute conditions. On the other hand, it is also proven that poor-quality and industrially processed foods cause, increase, prolong and accelerate disease conditions and health problems and negatively affect people's well-being (Campbell-McBride 2007, Campbell-McBride 2010, Campbell 2012).

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The fact that food quality of foods during the period of conventional agriculture decreased dramatically, is alarming. Most people still don't know that when consuming a meal, it is not about quantity, but vitality and quality of food which is important. Foods that are vitally and qualitatively impoverished just fill the stomach and give a false sense of satiety, while at the same time straining the whole organism with waste materials, which consequently weakens the immune system and has a negative impact on human health. Reasons for lack of quality and vitality of foods is to be found in inappropriate ways of producing and processing food, that is, everything from agriculture and industrial processing, towards the consumer. The Law on Food and Food Safety does not protect people against the damage suffered by human health at the expense of poor, even toxic and completely unsuitable foods that are widely available in the food market (Linden and Wolf 2014).

Airola (1996) states that a therapeutic fasting with raw fruit, vegetable and fruit-vegetable juices and raw foods of ecological origin, or even better, foods from biodynamic production, proved to be an extremely effective and cheap alternative, both from a preventive and from a curative point of view. Therapeutic effects of fasting are very well supported by clinical experience in Europe and America (De Toledo 2013). The records of many American and European clinics in which they conduct therapeutic fasting confirm the assertion of Adolph Mayer that therapeutic fasting is an extremely effective way of coping with and overcoming almost all diseases, and according to Otto HF Buchinger, fasting represents a true path to recovery (Devries 1963, Buchinger 2016).



Kornmann et al. (2007) report that a study conducted at the Salk Institute of Biological Sciences in California found that continuous cyclical exchange with certain feeding times and fasting times influenced the circadian expression of gene in the liver. The liver oscillator allows the organism to adapt to a daily pattern of food availability, in this way to temporarily absorb the activity of thousands of genes that regulate the metabolism and physiology of the organism. This regulation is of utmost importance since the possible absence of a circadian clock results in an organism's tendency to develop various metabolic disorders and diseases. Food-induced transcription works similarly to the 24-hour metabolic clock that works on the principle of hour glass and is reset at each food intake, while the central circadian clock is driven by self-contained rhythms that help to predict the normal, daily eating pattern. Since most of the people do not eat every day at the same time, it makes sense to accelerate the activity of metabolic genes when they are most needed by the organism. For example, the activity of genes encoding enzymes for the decomposition of sugars is accelerated immediately after ingestion of the meal. The activity of genes encoding enzymes for fat degradation is most accelerated during fasting. As a consequence, a rhythmically arranged daily schedule based on the exchange of eating period and fasting with specified intervals results in the metabolic enzymes acting alternately, which optimizes the burning of sugars and fats (Panda 2009). Therefore, based on this study, a steady rhythm of eating, together with longer period of fasting / breaks is essential (Mattson 2016, Veronik 2016).

A therapeutic fasting triggers in the human organism a slight or positive stress, which has an incentive effect on the immune system. This process is called Hormesis. As the hormone strengthens the nerve cells, it also protects against the onset of Alzheimer's and Parkinson's disease. In the phase of caloric restriction, the process of excretion of metabolising material from cells is accelerated. After a certain period of the therapeutic fasting, the organism begins to consume fat reserves in order to gain energy. As a consequence, excess fat is disappearing and blood flow is improved, which has a protective effect; it stops development of cancer. A constant supply of food leads to excessive body weight and the occurrence of chronic inflammation and illness. Therapeutic fasting also relieves or even eliminates rheumatic diseases and asthma (Veronik 2016).

2. The effects and functioning of therapeutic fasting

Fasting has been practiced for millennia, while science has shown interest in researching the process of fasting only recently. So far, they managed to investigate the role of fasting in the adaptive cell response and found that fasting helps reduce oxidative stress (and consequently damage and inflammation), optimize metabolism from the energy point of view and strengthen the immune system - hormesis. In lower eukaryotes, it was found that long-term fasting reprograms metabolic and stress-resistant pathways and prolongs life. In rodents it was found that periodic fasting protects against diabetes, various forms of cancer, cardiac diseases and neurodegeneration, while in humans it reduces the occurrence of obesity, high blood pressure, asthma and rheumatoid arthritis. Fasting works according to the principle of hormones and has the potential to slow down the aging process and acts preventively (Longo and Mattson 2014).

During a balanced diet consisting of carbohydrates, fats and proteins, body temperature increases, as well as the rate of metabolism in sleep and the respiratory rate. An organism creates glycogen and stores fat from these nutrients. The liver processes the excess of carbohydrates into fat, which is then stored together with other fats in the form of triglycerides



and adipose tissue. Since the human organism does not have a storage site for the storage of excess amino acids, the excess of amino acids is preferably metabolized (from fats and carbohydrates) for the purpose of producing energy. A consistent interaction of the liver, kidneys, muscles and fat is ensured for unobstructed inlet of the energy supply during fasting, which ensures smooth conversion and storage of fuel for the normal functioning of the body. This process is called hormesis. Homeostasis is mainly maintained by liver glycogenolysis and lipolysis of adipose tissue in the short-term post-absorption period. It provides muscle proteolysis for the delivery of glycogenate amino acids and in this way increases liver gluconeogenesis in a shorter time after a certain post-fasting period. After about three days of fasting, the metabolic profile is shifted to the preservation of proteins and the production of larger amounts of alternative fuels, especially free fatty acids and ketone bodies, which regulates energy demand. Kidneys have this ability to conserve ketone bodies, thereby preventing the loss of large amounts of this important source of energy through urine. The delicate interaction of the liver, kidneys, muscles and fat maintains homeostasis and allows the organism to function smoothly despite a long-lasting caloric failure, i.e. fasting (Owen et al 1979).

Studies have shown that fasting triggers an anti-inflammatory effect on the neuromuscular system and that intermittent fasting reduces oxidative stress in the brain's mice and improves the function of brain functions and structures (Lavin et al., 2011, Li et al., 2013). Among the positive effects of fasting are listed all from the rejuvenation and regeneration of the organism to the prolongation of life and healing from long-lasting diseases, even cancer. It also improves functioning of all senses. (Wandmaker 1995).

Fasting with fresh fruit, vegetable and fruit-vegetable juices, due to light assimilation and digestion, allows physiological rest to both the immune and digestive system. The benefit of nutrients and digestion is significantly improved during and after the fasting, cells rejuvenate, they are more supplied with oxygen and nutrients, and consequently are more effective. If the fasting is done in the right way, it supports regeneration of physiological, vital, physiological and neurological functions. Cognitive abilities are strengthened, mineral and biochemical balance is established in the tissues, organs and organic systems, hormone secretion is accelerated, normal functioning of the gland - hormones is established. Fasting also contributes to the loss of excess weight as well as to the loss of physical and mental burdens (Airola 1996). Scientists found, among other things, that the organism secretes more growth hormones during the fasting than in the time of non-fasting. The spiritual and mental aspect and the growth of the individual also become important after several fasting. Therefore, appropriate additional physical and mental exercises are recommended during the fasting period, such as, for example, yoga and breathing exercises, pranayama. At the symbolic level the colon represents the kingdom of the dead. During fasting, stocks of waste materials from the intestine are rapidly eliminated, which, from the mental point of view, is an opportunity to clean up the subconscious or unconscious. Thus, fasting can change from therapy and pass to higher, non-material levels of human beings, and thus becomes the Path (Dahlke 2004). Discipline and persistent self-resignation of instant pleasures in the dedication to the desired goal, represent a path leading to the spiritual growth of the individual. It is not essential to suppress as much energy and power as possible, but rather that one can listen to one's needs and learn to mobilize one's own energy.



Every individual should have enough energy, to work on getting to know this energy, to perceive and open to it (Rugelj 1992).

2.1 Empirically proven indications for a therapeutic fasting, classified according to ICD-10, WHO, version 2013 (De Toledo 2013):

- endocrine, metabolic and nutritional diseases,
- diabetes mellitus type II,
- obesity,
- metabolic syndrome,
- hyperlipidemic,
- arterial hypertension,
- coronary disease, including all risk factors,
- heart failure,
- musculoskeletal and skeletal system diseases and surrounding tissues,
- rheumatoid arthritis,
- degenerative diseases of the musculatory system,
- degenerative joint diseases, osteoarthritis,
- collagenosis,
- spondyl arthropathy,
- degenerative diseases of the dorsal spinal column,
- degenerative thoracic / lumbar syndrome,
- chronic diseases in the lower and upper back,
- acute and chronic cervical / lumbar syndrome,
- fibromialgia,
- diseases of the nervous system,
- migraine,
- chronic tension headaches,
- psychiatric disorders,
- depressive mood disorder,
- psychovegetative exhaustion, burnout syndrome,
- diseases of the digestive system,
- functional gastrointestinal disease,
- irritable bowel syndrome,
- inflammatory bowel diseases,
- chronic constipation,
- fattened liver,
- respiratory system diseases,
- chronic bronchitis,
- chronic obstructive pulmonary disease,
- asthma,
- chronic sinusitis,
- allergic rhinitis,
- tendency to allergies,
- recurrent upper respiratory tract infection,
- urogenital disease,
- recurrent cystitis,
- dysmenorrhea and premenstrual syndrome,



- menopausal syndrome,
- vaginal disorders and diseases,
- reproductive problems,
- skin diseases,
- neurodermatitis,
- psoriasis,
- urticaria,
- acne,
- blood and blood-forming organs diseases
- disorders of the immune system,
- susceptibility to infection,
- glaucoma.

Neuroscientist Mark P. Mattson of the Baltimore University has shown that caloric restriction promotes the emergence of new neurons in the brain of mice (Anft 2012, BBC 2012).

2.2 Autophagy and fasting

Studies in this field have shown, among other things, that fasting is a simple, reliable, inexpensive and harmless alternative to the pharmacological treatment, as it represents an attractive alternative prophylaxis instead of wasteful and harmful drugs. Among other things, it has been proven that short-term fasting triggers a strong neuronal autoaphagy, which protects the organism against neurodegenerative diseases (Alirezaei et al., 2010, Son et al., 2012, Chen et al., 2015). Autophagy is therefore a survival mechanism that is non-selective or selective. In addition to elimination of damaged cellular organelles, it promotes cellular aging (in order for damaged, weak and old cells to be removed as soon as possible from the body) and the presentation of cellular surface antigens protects against the instability of the genome and prevents necrosis. This is a key function for the prevention of diseases such as cancer, neurodegenerative diseases, cardiomyopathies, diabetes, liver diseases, autoimmune diseases and all kinds of infection (Levine and Kroemer 2008, Glick et al. 2010).

In fact fasting has a much more useful and important task than just to stimulate the process of autophagy. In this way, the organism cleanses old proteins and dead, damaged cells. Fasting also stimulates the secretion of growth hormone, thus accelerating the regeneration of the organism and thereby slowing down the aging process. In case the process of autophagy would get out of control, it would be harmful to the whole organism, but the autophagy is precisely regulated and carefully monitored process by the organism. A strong signal is triggered for the activation of the autophagy process in case that the stocks of amino acids in mammalian cells completely deplete. Growth factor, amino acid and insulin signals are added to the mTOR path, also known as the main regulator for signalling nutrients.

Degradation, waste products and cellular components are degraded to amino acid components (protein builders) during the process of autophagy. The level of amino acids begins to increase in the early stages of fasting. Presumably, the organism delivers amino acids derived from liver by the process of autophagy, where they participate in the gluconeogenesis process. Gluconeogenesis is a universal metabolic pathway of glucose biosynthesis from small precursors. In humans, the liver plays the most important role in the process of gluconeogenesis.



Gluconeogenesis is a reverse glycolysis process and is co-operative with glycolysis (Berg et al., 2007).

2.3 The most important results of the master's research - graphic

Health problems before fasting

Table 1 shows what health problems the respondents had before the post.

Table 1: What health problems did you have before the post? (Only respondents who performed a therapeutic fasting for health reasons or health problems)

Male	Female
allergies, eczema, acne, stuffed nose, abdominal pain, irregular sludge discharges, overweight, frustration, lack of appetite, pessimism, negative and cynical stance, Crohn's disease, psychosis, inflammation of the lump, digestive problems, bloating, rheumatism, pain in constipation, difficulty in movement, back pain, hernia discii, increased cholesterol, potency disorders, increased heart rate, increased blood pressure, psoriasis, kidney stones, constipation, poor digestion, ankylosing spondylitis, ulcerative colitis, headaches, migraines, heartburn, malaise, lack of energy, stomach problems, inflammation of the colon, arthritis, frequent angina, colds, fatigue, glaucoma, elevated blood sugar, gallstones, thyroid tumor, asthma, oncologic problems, headache cancer, lung cancer, arrhythmia, psychological problems and leukemia.	increased blood pressure, acne, cancer, hernia discii, removal of the uterus and ovaries, poisoning, increased cholesterol, increased body weight, poor digestion, constipation, bloating, winds, herpes, osteoporosis, tiredness, malaise, bowel problems, joint pain, rabies meninges, gynecological problems, menopause problems, stress, back pain, sternum pain, chronic inflammation of the small intestine, general exhaustion, gastrointestinal disorders, heart problems, calcination in both shoulders, rheumatoid arthritis, hyperthyroidism, hair loss, general malaise, fever, arthritis, problems with the spine, psoriasis, slow digestion, cancer, skin cancer, back pain, obesity, joint pain, stomach problems, problems with the esophagus, knee and spine pain, breast cancer, burnout syndrome, multiple sclerosis, depression, skin cancer, constipation, type 2 diabetes, diarrhea, ovarian cysts, arthritis, psychic exhaustion, coffee dependence, chronic illness, fatigue, frequent inflammation of the middle ear, tinnitus, allergies, malignant melanoma, HPV virus, sinus problems, migraine, chondromalacia patella, tumor in the ear, stomach pain, iron deficiency, kidney cancer, breast cancer, blood in the stool, drowsiness, laziness, sciatica, neck pain, chronic arthritis, swelling face and limbs, psychological tension, lack of concentration, asthma, stress, skin problems, breast tumor, general fatigue, apathy, sinusitis, mucus accumulation, virosis, headaches, leg pain, lymphadenopathy, difficulty breathing, blocked nose, bladder problems, and nervousness.



Health condition after fasting

Chart 1 shows the state of health and general well-being of respondents after fasting.

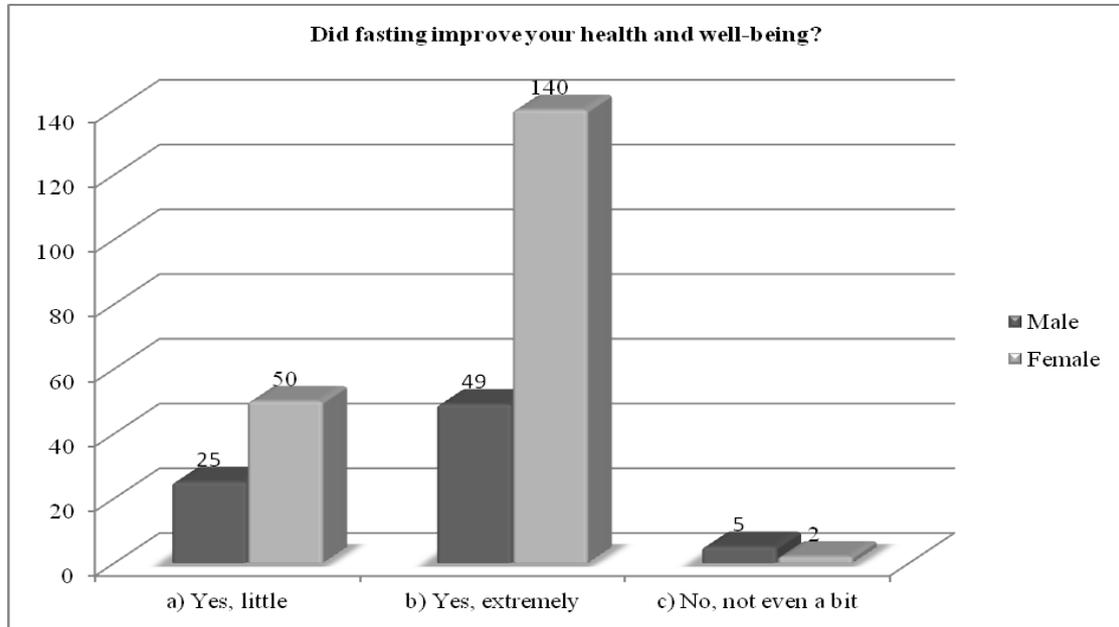


Chart 1: Did fasting improve your health and well-being?

Chart 2 shows the importance of fasting and raw food for respondents.

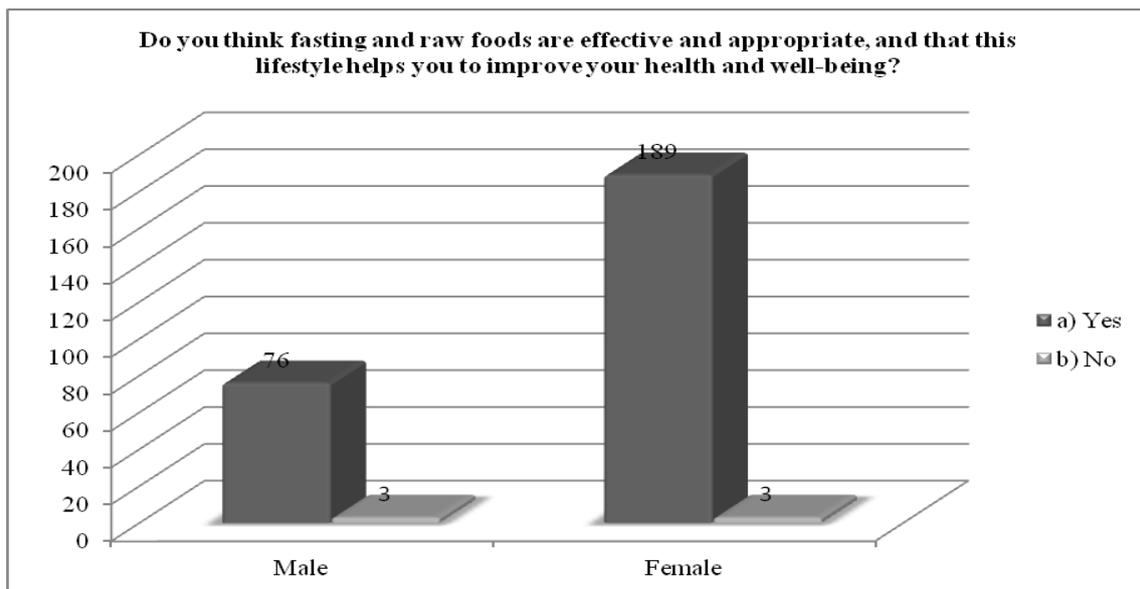


Chart 2: Do you think fasting and raw foods are effective and appropriate, and that this lifestyle helps you to improve your health and well-being?

Table 2: If you agree that fasting and raw foods diet seem to be effective and appropriate, and this lifestyle helps you to improve your health and well-being, what is your experience? (a brief description)

Below are the literal answers / quotes of respondents.

Male
1. "The body is purified and the soul also."
2. "Feeling that I have more energy, new energy, abandoning bad habits."
3. "Cure practically overnight and without the help of medicine."
4. "Insatiable hunger has disappeared, the flexibility of the joints increased, the desire for healthy, wholesome food, fruit, vegetables awakened, improved taste, senses, the skin became smoother, clean and shiny, increased psycho-physical tranquillity ..."
5. "Body weight has decreased, blood pressure and elevated blood sugar have normalized."
6. "Fasting has prompted me to radically change my way of life, I incorporated fasting and raw food diet into my own life in my life."
7. "Fasting is something incredible, actually fantastic euphoric experience. All body functions are improved. The body passes into a state of "nirvana" when it seems to me that I do not need anything, and at the same time I can give myself the maximum. "
8. "The loss of excess weight, more energy, the rise of physical fitness, group fasting represents a break away from everyday activities and stress."
9. "A very positive experience, occasional knee pain has completely disappeared, physical fitness has improved, and overweight has been reduced."
10. "The feeling of body freedom, more energy, optimistic attitude, confidence in yourself and the world, rejuvenation, improved sense of taste, tranquillity, improved sleep, improved vision."
11. "Excellent well-being, regular digestion, common sense, tolerance, more energy, elimination of a feeling of fatigue."
12. "Positive impact in all areas."
13. "Physical, mental and spiritual strength, more will and optimism."
14. "Raw food is the only food that gives me energy and will to live, cooked food is dead and does not give energy."
15. "With the help of fresh organic food I am full of energy and I maintain normal body weight, I have more physical shape, clearer, quicker and deeper thoughts, refined taste."
16. "Feeling and aware of the purification of body and soul.«



17. "Fasting is a great thing, I decided to fast every year."
18. "Less inflammation, gums no longer bleed, reduced blood pressure, better feeling, lightness of movement, no fog in the head, purity and clarity of thought, more energy, better sleep."
19. "In most cases I adhere to recommendations, except on official meetings, because it is more difficult to carry out. At home, we produce organic food. "
20. "Increased energy, feeling better, blood pressure normalized as well as cholesterol and blood sugar."
21. "Reduced body weight, relieved breathing, more fitness."
22. "My hair is no longer fatter after the fasting, the body pain has decreased."
23. "Psychic stability, improved body function."
24. "14 days before the 1st fasting I punched my knee. The pain was unbearable despite the medication. I did 21 days fasting. After a month, I could eliminate all medicines. A phenomenal experience. "
25. "Better wellbeing, easier movement, better flexibility, high blood pressure and pulse are in the normal range, better sleep, anxiety has decreased."
26. "After 3 years of vegan food I feel great and I would not go back to classic food. I have more energy than ever before and I enjoy life. "
27. "Prostate cancer dissapeared, level of cholesterol normalized, as well as increased blood pressure, psoriasis almost completely disappeared, the right shoulder became normal."
28. "Fasting for 35 days has brought me an improvement in general health, more optimism, a lot of healthy activities, the elimination of medicines. At the end of fasting, after a while, the problems began to slowly return, only angina pectoris significantly improved with the help of less fatty food, no meat diet. "
29. "A one-time and excellent experience. Fasting has improved my condition and feeling at all levels (physical, psychological, spiritual). "
30. "I have more energy, reduced weight, all health problems eliminated."
31. "All health problems have disappeared after the 42nd day, fantastic feelings, more fitness, enthusiasm, will, ..."
32. "An extraordinary improvement in well-being, reduced weight, I did not get tired after fasting, even though I was a non-smoker, my health improved, and my blood pressure normalized."
33. "It was extraordinary experience to me, fasting helped me to raise the pain threshold, I have more power and energy, despite the past four surgeries. "

Female

1. "This diet gives a lot – complete detoxification. It's easy to observe how the process of getting rid of impurities is taking place. It gives freedom, the freedom of decision, it gives energy for life, happiness and creativity. "



2. "I can hear my body needs better. I restricted the consumption of bread, milk, instead I eat a lot of raw food (carrots, tomatoes, fruits). "
3. "Fasting provides extraordinary power, energy and opportunity for renewal."
4. "My skin became beautifully improved after fasting, cellulite disappeared. You can feel ease, think more, memory improved, body became more flexible. "
6. "The pain in the joints of the hands and the fingers disappeared completely.«
7. "Invasive cancer has not progressed during period of fasting."
8. "Group fasting was an extraordinary experience, not just because I did a lot for myself and for my body, I also met many new people. "
9. "At the time of fasting and for a while, I felt well, the hardening of the joints on the fingers was smaller. I became independent of coffee (caffeine). "
10. "The general well-being has improved. The pains have disappeared, I have more energy, self-confidence, will. "
11. "The post has certainly helped me, since I have been on a post without diarrhea for quite some time. After fasting, I switched to cooked food, because, according to my health problems, it is much better placed than raw foods. "
12. "I enjoy the meal only when it is directly available - summer and early autumn. The post represents to me primarily the cleansing of the body and spirit. It raises me to a higher mental level. It helps in raising oneself as a physical and spiritual being. "
13. "Better well-being and health. When the wounds get wound faster, they wilt. "
14. "I feel great when posting, I feel a lot of energy, I have more clear thoughts, I remember the things I learn more quickly. The belly, which is otherwise always inflated is a flat surface, and I feel more light, relaxed, with some internal energy. When I eat fresh food, lately, above all, according to the principles of Graham (after the book 80/10/10), I feel just as excellent, but unfortunately, it is still not working in the winter, so I am more on the classic vegetarian food, which we harm. I also avoid gluten, then I feel better, but we always fail. "
15. "Feeling fast after the post was great and felt 3 years after fasting. There were no colds, in general a very good experience. "
16. "After a long lasting eating time, I have repaired the recurring headaches, and the general well-being has improved."
17. "I am very surprised at the feeling, I have a lot of energy, I am good willing. In general, the positive effects of fasting were very surprising to me, as I never believed that I could survive 21 days without food. "
19. "After fasting disease signs (cysts on the ovaries) have disappeared completely."
20. "Fasting has changed my life and I can talk about it clearly and loudly. After so many years of pain, constant alerting of the body that something is seriously wrong; I have achieved a rebirth



with fasting. I have followed more than a thousand sick people who have fasted and still live today.”

21. "Clearer thoughts, feeling much better, I have a lighter body, increased energy, feeling of joy and optimism."

22. "Before I became a vegetarian I had endometriosis. Fasting improved my health so much that I could abandon analgetics within three months. Previously I had to take 2 boxes of various pharmaceutical drugs every day. "

23. "Breast tumor decreased after fasting."

24. "I abandoned all medicines because they had many side effects. I have increased energy, more creative power and will, less spinal problems, it's easier to move. Problems with psoriasis have disappeared, I have a better concentration. "

25. "Crohn's disease disappeared after 21 days of fasting. Fasting helped me to change the way of eating and thinking. I started with exercise (running, hiking, ...). I feel better, I no longer have problems with digestion, I am more self-confident and more joyful. "

26. "Never in my life do I feel as well as at the time of fasting, both psychologically and physically. Energy is increased, more than ever before. I think that food is the main cause of 90% of the health problems.

27. "Well-being, less virology, menstrual problems have been alleviated, problems with arrhythmia have disappeared."

3 The findings and conclusions of the paper with thoughts and suggestions for further research

Despite the fact that therapeutic fasting has been shown to have enormous positive effects, both preventive and curative, on people's health and well-being, it is still pushed to the edge of official medical science. One of the reason for this is attributed to the archetypal female or, the passive character of the very nature of the fasting, which is based on renouncement, inaction, conservation and regeneration, which is an effective therapeutic method, and at the same time allows the individual to cope with unexpected, still taboo topics such as, spirituality, self-development, mental and spiritual growth, getting to know yourself in depth, etc. While modern society is based on instant active and invasive medical procedures and interventions, in which archetypal male patriarchal gender is the dominant. Also, a therapeutic fasting from the earnings and business point of view is unattractive and uninteresting. Medical staff do not have much work and, consequently, they can't earn much for a therapeutic fasting. The whole process is carried out automatically and spontaneously from inside to the outside, and at the same time it is much more effective than invasive and non-invasive medical procedures and interventions. Adding weight to the unpopularity of therapeutic fasting is also due to the fact that fasting rests on a very large extent of the individual's own responsibility. We live in times when taking responsibility for our own health is very unpopular. Above all, responsibility and self-ownership are all too often replaced by guilt. Instead of asking people who is responsible for



anything, they automatically search for the culprit outside of themselves and shift responsibility and blame others. Exceptions are neither a health nor a political system that instigates and promises people that responsibility is not necessary for them to deal with. For example, for majority of politicians is much more important election than the rehabilitation of a decaying system. This fact ignores the fact that the healthcare system can be completely solved only with a greater measure of taking responsibility of the individual for his/her own health. In the event that modern medicine raises hands in dealing with an incurable disease, at the same time, it overlooks the extraordinary ability of the self-healing process of an organism that uses self-healing natural powers, provided that all the necessary conditions for starting the latter are enabled (Dahlke 2009).

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