

## St. John's Health Clinic

St. John's Health Clinic - In accordance with many historical accounts, fasting has been utilized for health purposes for thousands of years. Plato, Socrates and Hippocrates all recommended fasting for health recovery. Mahatma Gandhi completed a 21 day fast to be able to promote compassion and respect between people with different religions. According to the Bible, Jesus and Moses fasted for 40 days to attain 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.

Numerous health conditions could benefit from the fasting process. Some of the most common problems can be 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 conditions.

Fasting offers the body with an extensive period of concentrated physiological rest during which time the body could devote itself to self- healing mechanisms. The fasting method enables the body to cleanse cells of accumulated toxins and waste products. It allows the body the chance 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 completely and reinforce its mucosal lining. A healthy intestinal mucosal lining is very important for preventing the leakage of incompletely digested proteins into the bloodstream. This allows the mucosal lining to offer protection against autoimmune conditions. When the body maintains a healthy digestive tract, it likewise helps to protect the inner organs and blood against a variety of environmental and metabolic toxins.

A fast would allow you to undergo some of the subsequent advantages: healthier skin, better sleep quality, much more energy, healthier teeth and gums, 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 clean and healthy cardiovascular system, more efficient and stronger digestion, dramatic reduction or complete elimination of pains and aches in joints and muscles. Autoimmune disorders and a wide variety of chronic degenerative health issues would see improvements.

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