

Halifax Health Clinic

Halifax Health Clinic - According to many historical records, fasting has been used for health reasons for thousands of years. Plato, Socrates and Hippocrates all recommended fasting for health recovery. Mahatma Gandhi attained a 21 day fast to be able to promote respect and compassion between individuals with different religions. According to the Bible, Moses and Jesus fasted for 40 days to attain spiritual revitalization. Fasting has been guided by spiritual intuition and purpose for much of human history. Currently, our knowledge of human physiology confirms the powerful healing effects of fasting.

Several health conditions could benefit from the fasting method. Some of the most common issues can be 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.

The process of fasting provides the body extended rest so that the body processes could devote itself to self-healing mechanisms. This method enables both accumulated toxins and other waste products to cleanse from the cells. It allows the body the opportunity to be able to devote its self-healing mechanisms to strengthening damaged organs and repairing itself.

Throughout fasting, the digestive tract could rest and is able to work so as to strengthen its mucosal lining. The mucosal lining when healthy is key to prevent leakage of undigested proteins in the bloodstream. This enables the mucosal lining to offer protection against autoimmune conditions. When the body maintains a healthy digestive tract, it also helps to protect the inner organs and blood against various environmental and metabolic toxins.

A fast would allow you to go through some of the subsequent advantages: 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 tension and anxiety, stabilization of blood pressure, a healthy and clean cardiovascular system, more efficient and stronger digestion, complete elimination or dramatic reduction of pains and aches in muscles and joints. An improvement with several chronic degenerative health concerns comprising various autoimmune disorders.

The method of healing and detoxification occurring during a fast are too working while individuals are consuming foods. However, fasting enables these methods to work a lot faster and will allow a much more thorough cleansing for conditions that which require a concentrated period of healing to occur. One of most important things about a fast is the way a person lives right after the fast has been completed. Fasting can provide a recharged foundation upon which you could build and maintain a well-conditioned and strong healthy body by always making healthy lifestyle and food choices.