

## Kingston Health Clinic

Kingston Health Clinic - Fasting has been used for health purposes for numerous thousands of years, according to historical records. Greek philosophers Socrates, Hippocrates and Plato have all recommended fasting for health recovery. Mahatma Gandhi attained a 21 day fast so as to promote respect and compassion between individuals with other religions. According to the Bible, Moses and Jesus fasted for 40 days to achieve spiritual renewal. Fasting has been guided by spiritual intuition and purpose for much of human history. Presently, 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 issues 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 that can help individuals recover from mild to serious health problems.

Fasting offers the body with an extensive period of focused physiological rest during which time the body can 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 strengthening damaged organs and repairing itself.

Through fasting, the digestive tract can rest and is able to work to be able to strengthen its mucosal lining. The mucosal lining when healthy is key to prevent leakage of undigested proteins in the bloodstream. This allows the mucosal lining to offer protection against autoimmune issues. When the body maintains a healthy digestive tract, it also helps to protect the blood and inner organs against a variety of environmental and metabolic toxins.

A fast will allow you to experience some of the subsequent benefits: 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 joints and muscles, 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 movement, a decrease in tension and anxiety. An improvement with various chronic degenerative health issues consisting of different autoimmune disorders.

The detoxifying and healing processes which take place throughout a fast are likewise active when somebody is consuming food. It is a useful process for those whose problems are not improving as fast as they would like, or maybe for those who have health conditions that require a concentrated period of healing to happen. One of most important things concerning a fast is how an individual lives right after the fast has been attained. Fasting can offer a rejuvenated foundation upon which you could build and maintain a strong and well-conditioned healthy body by continuously making healthy food and lifestyle options.