

## *Promotes weight loss*

During a dry fast, you lose weight because of two reasons: less food means more fat stores being used; less water means fat stores being used. The body still needs water for its internal processes, so it metabolizes fat to get this water. A 100 gram of fat creates 110 grams of metabolic water.<sup>1</sup> Dry fasting can burn up to 3 times the fat loss of water fasting. In water fasting, you lose 4-5 pounds in 72 hours. With dry fasting, you lose 4-5 pounds in 24 hours.

## *Increases metabolism*

During a dry fast, your body's metabolism increases by 10%.<sup>2</sup> Reduced food means lowered insulin, spurring higher human growth hormone (HGH), and increasing norepinephrine, which speeds up your fat-burning, raising your metabolism. In the absence of water and the inability to secrete (pee) out the toxins, your body becomes an internal recycling system, removing everything it doesn't need. Every cell becomes a mini-incinerator, burning all the unhealthy proteins and organelles inside it for efficiency and energy. This also increases the heat in your body, which some experience as 'chills.' Dry fasting also preserves muscle mass and increases fat burn and metabolism.

## *Promotes lean muscle growth*

Fasting can not only preserve muscle mass but also build more muscle mass. Your body secretes more Human Growth Hormone (HGH) during any fast, which is key in maintaining muscle mass. However, dry fasting produces more than 5 times the HGH levels of intermittent fasting. Working out in synergy with your body while

following the right timing and nutrition plan could increase muscle mass. Fasting bodybuilders skip breakfast, doing a 16-hour fast and training before their first meal. Practicing resistance training exercises just before breaking your fast milks the all-time high HGH levels in your body. So, when you refeed, all the torn muscles get their nutrition and grow. The key is to eat well in the rebuilding phase, as you're feeding your muscles here. So, break your dry fast with a nutritious meal.

### *Promotes stem cell regeneration*

You were born with over 10,000 stem cells, but this reduces as you age. Dry fasting spikes autophagy, which consumes old cells and leaves space for new cells to proliferate. Autophagy also eats away old or damaged white blood cells. And this reduces white blood cell count, turns off the PKA enzyme which inhibits stem cell regeneration, allowing stem cells to proliferate and divide. These pluripotent stem cells, which can become any cell, grow into whatever cells your body needs.

### *Increases life expectancy*

Dry fasting can extend life, youth, and vitality by up to 15-25 years. The processes that occur during dry fasting, including stem regeneration and proliferation, autophagy, and elimination of old, weak cells, are among the biggest reasons for the increased life expectancy. One research on human tissue showed that when old, weak cells were removed, tissue remained healthy and existed indefinitely. So, by simply removing the unhealthy cells, you can live indefinitely. Research with lower lifeforms has derived excellent

results on life expectancy, averaging a threefold increase in lifespan.<sup>3</sup> If extended to humans, we would live up to 240 years!

### *Slows down aging*

Your body's age is determined by your vascular system, the age of your heart, and its system. Most people's biological age is more than their actual age, primarily because of lifestyle, environmental exposure, and genetics. Dry fasting rejuvenates your vascular system by triggering an internal cellular recycling mechanism where metabolic processes recycle old cells into healthy new cells. And yes, this slows down the aging process. A Harvard study also shows that fasting delays aging by changing the mitochondrial activity inside our cells.<sup>4</sup>

### *Improves skin*

Many dry fasters report a big difference in their skin. In fact, it's one of the first visible changes of dry fasting, especially since your skin is the largest organ in your body. A healthy inside makes for a healthy outside! Inactive skin cells are recycled during a dry fast, and new proteins, cells, and tissues are created. This means higher production of skin helpers like fibroblast, collagen, and elastin, resulting in tighter, younger skin that effortlessly bounces back to shape. With less inflammation and free radicals, the improvement of your gut flora also clears up your skin, as you've fewer toxins in your body. Regular dry fasting can help reduce and permanently cure acne, rashes, psoriasis, allergies, eczema, pigmentation, and dullness.

## *Accelerates wound healing*

Increased immune activity during intermittent dry fasting helps with wound healing. Studies on fasting and immune activity show that a flurry of fresh, new white blood cells grows in the body. A 2011 animal study on mice also found that temporary, repeated fasting speeds up wound healing.<sup>5</sup>

## *Lowers cholesterol & blood pressure*

Vascular health is the circulatory system's health: blood, heart, and blood vessels. Dry fasting regularly renews the vascular system as a whole, impacting your body in several ways. As a Ramadan study points out, red blood cell production gets suppressed during dry fasting, resulting in lower blood pressure.<sup>6</sup> According to Ramadan studies, dry fasting also lowers cholesterol, reduces high-Density Lipoprotein (HDL), and lowers stroke and heart disease risk.<sup>7</sup>

## *Prevents coronary heart disease (CHD)*

Coronary heart disease occurs when the walls of your arteries have been lined by cholesterol, creating plaques that narrow your arteries. One Ramadan study showed improved CHD risk score on participants with a history of related diseases and their advancements while dry fasting.<sup>8</sup>

## *Prevents & treats diabetes*

The health of your pancreas is key to diabetes prevention and

treatment. Dry fasting ups the game of your pancreatic cells by regenerating and increasing insulin activity, which helps regulate blood sugar levels. Similarly, a reduction of 50% in glucose and insulin-like growth factor, helping to prevent the onset of diabetes. A Ramadan study done in 2014 shows how dry fasting can help treat diabetes.<sup>9</sup>

### *Improves liver health*

Dry fasting heals liver cells, improves inflammation, and increases the secretion of your liver's enzymes. A Ramadan study in 2020 shows how dry fasting aids the total improvement of your liver functions and helps with non-alcoholic fatty liver disease.<sup>10</sup>

### *Improves kidney health*

Your kidneys spend all night and day filtering out the substandard water you often consume. Give your kidneys a real break! If you follow the guidance and hydrate well before and hydrate well after, your kidneys can benefit significantly from a dry fast. A Ramadan study in 2018 supports the fact that dry fasting shows improvements to kidney function.<sup>11</sup> However, if you have specific or chronic kidney issues, such as chronic kidney disease (CKD), get medical advice if you're dry fasting.

### *Enhances cognitive function*

This means you get smarter! Dry fasting initially stresses the brain because its glucose supply has ceased. But your brain quickly

responds by adapting and activating changes in the way it functions. These changes include DNA repair, nerve protection, increased nerve activity, nerve repair, increased mitochondria in nerve cells, and new nerve cell production from stem cells in the brain. All of this makes your brain a more powerful machine. Increased autophagy levels during a short fast can also improve brain function by wiping out harmful or unhealthy brain cells. Even short-term dry fasting can help brain health. A Ramadan study in 2017 shows that levels of BDNF increased during dry fasting.<sup>12</sup> The spike in ketone production increases the levels of BDNF or Brain-Derived Neurotrophic Factors. According to Dr. Mindy Pelz, the surge of BDNF from dry fasting for 24 hours is even more than exercise<sup>13</sup>. BDNF is a neurotrophin, a protein that helps neurons grow and survive. BDNF benefits include improved memory and learning, increased production of neurons, increased brain plasticity, and protection from brain cell degeneration.

### *Improves bone health*

During dry fasting, your system secretes PTH for preventing osteoporosis. It also increases calcium levels in your blood, helping more bone resorption and bone formation.<sup>14</sup>

### *Improves infertility & gynecological diseases*

Only a small percentage of women are absolutely infertile. In most cases, infertility is caused by existing conditions, such as fallopian tube damage, scarred ovaries, uterine malformation, endometriosis, ovarian dysfunction, hormonal imbalance, or polycystic ovary disease (PCOD). Dry fasting has been known to increase luteinizing hormone, positively affecting PSOD, as it helps to regulate women's

ovulation cycles; it improves total body health, allowing for whole-body healing, curing many diseases. Meaning that previously infertile women could become fertile again. This applies even to abortions and miscarriages—a healthy body means a healthy womb. Animal studies also suggest this. Soviet veterinarian Suren A. Arakeylan (1928-2002) experimented on aged hens that had stopped laying eggs. After these hens were dry fasted, they surprisingly started laying eggs again. These eggs were also 30% heavier (weighing 68 grams instead of 48 grams) and were biochemically proven to be more nutritious.<sup>15</sup> Imagine what these could mean for your fertility (and the size of your future newborn!).

### *Prevents & fights cancer*

Fasting triggers the process of autophagy, which consumes unhealthy cells, including pre-cancer cells and cancer cells, along with the help of increased white blood cells in your body. A fasting study in 2012 shows how cyclical fasting reduces cancer growth.<sup>16</sup> Another study on extended overnight fasting showed a reduction in the risk of breast cancer recurrence.<sup>17</sup> Dry fasting also helps eliminate rogue cancer cells, stopping cancer progression and eliminating the growth of abscesses, cysts, and tumors. Cancer cells also need carbohydrates to multiply. But during dry fasting, when your body has run out of glucose, it goes into the state of ketosis, where it's using fat for fuel, which means cancer cells cannot proliferate.

### *Supports chemotherapy*

Dry fasting helps with the side effects and efficiency of chemotherapy. Some of the side effects of chemotherapy include

poor blood count, low immunity, and overall weakness, all of which are combatted by dry fasting. A Ramadan study shows how short-term dry fasting helps the recovery of chemotherapy.<sup>18</sup>

### *Improves digestive system*

Your gut never gets a chance to get a breather, as you've been spending years eating and drinking constantly. Dry fasting gives your intestinal tract a time-out and allows it to heal. Without water intake, your pancreas stops secreting hydrochloric acid, thereby helping to cleanse your gastrointestinal tract. No water also means the toxic bacteria and parasites in your gut will die of dehydration, and your good gut bacteria get a chance to propagate, balancing out your gut microbiome. Regular dry fasting can reduce flatulence, constipation, indigestion, and even leaky gut syndrome. It also treats more gastrointestinal severe issues such as peptic ulcers, irritable bowel syndrome (IBS), and *H. pylori* infections. Sufferers of a hypersensitive stomach can reduce the pain, discomfort, and bloating with regular dry fasting. Help your gut more by taking probiotics as soon as you break your fast.

### *Improves immune system*

Your immune system is highly affected by your gut. Your lifestyle can corrode the gut lining and sensitive intestinal walls, which can be easily damaged or can start leaking. A damaged gut lets the proteins from your food seep into your blood, and that's when your immune system launches battle. Dry fasting also resets the immune system through increased activity of autophagy and stem cell regeneration. Here, your body consumes old, unhealthy cells and replaces them with fresh new cells. The drop in white blood cells

triggers stem cell regeneration and proliferation, resulting in healthy, new white blood cells that help your body protect itself.

## *Anti-Inflammatory*

Inflammation only happens with water. In the scarce conditions of dry fasting, all the water produced in the body only goes towards vital processes. Studies show that chronic inflammation is the cause of almost all major diseases.<sup>19</sup> Reduced inflammation during dry fasting can reduce obesity, bowel disease, degenerative brain diseases, and even cancer. Some reports say dry fasting for 3-5 days can completely cure allergic reactions and joint pains. Ramadan fasting studies also show that inflammatory markers CRP, IL-6, and TNF-a, which increase the risk of diseases like hypertension, Alzheimer's, prostate cancer, and psoriasis, are decreased during dry fasting.<sup>20</sup> Less inflammation in the body helps the immune system, as it doesn't have to work so hard to defend the body.

## *Helps manage asthma*

Asthma is caused by inflammation and excess mucus caused by an allergic reaction in our breathing passage. One 2012 Ramadan study shows that dry fasting reduces inflammation, avoids adverse allergic reactions, and keeps asthma under its sleeve.<sup>21</sup>

## *Reduces stress*

Dry fasting generally improves your mood and ability to handle stress because it improves gut health. The three signposts of poor

mental health: anxiety, depression, and mood swings are most often caused by an unhealthy gut. Almost 90% of the happiness hormone, serotonin, is also produced in the gut, not the brain. A healthier gut leads to more secretion of serotonin, which makes you happier and better able to cope with stress. Studies show how fasting can improve brain and psychiatric disorders.<sup>22</sup> Also, a Ramadan dry fasting study on nurses, who often have to deal with high levels of emotional stress, showed a significant level of stress reduction.<sup>23</sup>

### *Increases energy levels*

After dry fasting, you'll have a lot more energy, for one, because so many toxins have been removed. Your body also feels great because it's younger, with many new, fully functional cells, tissues, and organs. However, a significant factor in your renewed vigor is actually your gut. Gut health is responsible for overall energy levels, as well as happiness, depression, and anxiety.<sup>24</sup> The healthy bacteria in your gut regulate blood sugar levels and stop fluctuating energy levels. So, after dry fasting, you'll feel a lot more energetic.

### *Reduces cravings*

Your cravings aren't hunger; they're not even *your* cravings. The more toxic your body is, the more it craves sugary junk food. And by toxic, I mean the nasty parasites, viruses, and microbes residing in your gut that craves that banoffee pie you've been eyeing. Dry fasting removes these cravings by eliminating the toxins. In the absence of water, these harmful microbes cannot survive.<sup>25</sup> So, the next time you have a craving for something sweet, find yourself reaching for a banana instead.

## *Heightens taste*

You'll notice that immediately after a dry fast, even a tomato tastes absolutely luxurious, while processed food tastes terrible. Your taste changes after a dry fast as more and more toxins get neutralized from your digestive system. Your tongue and sense of taste become hypersensitive. You were born with roughly 9000 taste receptors, but as you age, you lose some of your taste buds, which is also why older people don't enjoy the taste of food as much. Many women report losing their sense of taste in their 50s, and men, in their 60s. After dry fasting and acquiring your newly generated tongue receptors, you'll be able to taste much more intensely. You can train your taste buds to enjoy different foods; you may find that you'll naturally want clean foods.

## *Reduces appetite*

Dry fasting reduces appetite by regulating the hormones associated with hunger: Ghrelin (hunger hormone) and Leptin (satiety hormone). Both help you to control your appetite better. Dry fasting also heals your gut, giving you a healthier gut microbiome, which helps to manage your appetite naturally. Your appetite is often triggered by the harmful bacteria in your gut!

## *Increases self-control*

Learning to control our urges is a benefit that has a waterfall effect on all our urges and decision-making abilities. Realizing how much control you can hold over irritability, anger, frustration, and hunger leads to a renewed sense of power and trust in your ability to take charge of your life. This helps you make decisions that may not be

comfortable but can hugely benefit your life in every area, especially your health and fitness.

### *Increases gratitude & happiness*

As they say, you only know what you got when it's gone. During a dry fast, you'll often find yourself reminiscing that you used to be able to eat and drink whenever you wanted, making you realize how lucky you're. The moment you have your first sip of water, you get an immense sense of gratitude, and it happens again with every sip of water you take. This is even more when you have your first bite of food. You gain a deeper appreciation for all your blessings. You think about those who cannot eat food or don't have clean water. This deeper appreciation for all you have can completely impact how satisfied you feel about your life. In *The How of Happiness*, the best-selling psychology book by Professor Sonja Lyubowmirsky asserts that happiness is 10 % life circumstances, 50% genetics, and 40% attitude.<sup>26</sup> So, having an attitude of gratitude and feeling lucky and thankful for all you have can completely change your emotional well-being, regardless of who you are and what your circumstances might be.

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## Water Fasting Essentials

The ocean is filled with boats zipping left, right, front and back. Sailboats are tiny compared to the big boys out there—fishing boats, powerboats, ferries, tankers, superyachts. When we see a boat on a collision course, we usually change direction to get out of the way, sometimes radio-calling the collider—so there are no sudden moves!

We were sailing on the Adriatic Sea when we spotted it—a massive oil tanker on a collision course with us. A 200-meter monster the length of two football fields, 10 miles away. At his pace, he'd be reaching us in 11 minutes!

David frowned as he looked up at our sails, billowing gloriously in the wind. After a long pause, he radioed the tanker, "... this One Life, One Life, over," and continued identifying us as the sailboat on a direct collision route. Then, he came out with it.

"We are holding our course. What's your intention?"

Everyone froze. Did he just wage war against a tanker? This oceanic Goliath the size of a 60-story building? The silence from the other side lasted an eternity. The radio crackled back to life.

"One Life, understood. We will change our course."

Sure enough, shortly after, the massive tanker shifted course slightly to our left and moseyed on by.

David went up against Goliath and won. How? He'd been sailing for years, and he was confident he could win. Sailboats can't quickly change direction, so by maritime law, sailboats with their sails up have the right of way. Not many sailboats follow that law because you usually have enough time to change direction, and it's just easier not to go up against a big marine beast and ask it to bugger off.

But knowledge is confidence.

This is the confidence of water fasting. It gives you BALLS. Any

kind of fasting: intermittent fasting, alternate-day fasting, even juice fasting will make you ballsy enough to tell the bad bully headed your way to take a hike. You know who they are, the voices in your head, the grumbles in your belly. I'm starving! I'm dying! Feed me! The parasitical gut army feeding off your worry. When you use water fasting as your ally, you'll know when to change your course, when to stay the course, and when to tell your baddies breakfast is not till Thursday.

## *Who can water fast?*

Water fasting is amazing for many reasons, and most healthy people will have no problem starting a water fast. It can feel easier, mentally at least, than a dry fast (although many dry fasters report that dry fasting is easier). However, water fasting is not something you should just jump into, especially if you're planning extended water fasts of over 3 days. These longer, therapeutic fasts can be very beneficial, but only if you consider yourself a fasting professional. Certain people should not be fasting at all, like these guys:

- People with chronic diseases – like gout, kidney, and diabetes (types 1 and 2).
- People with GERD heartburn or gastroesophageal reflux.
- Older people – especially over 80.
- Pregnant or breastfeeding women.
- Underweight people.
- People with eating disorders (or prone to bingeing).
- Children.

If you're not part of this group and are ready, willing, and able, water fasting is a potent punch in your wellness cocktail.

## *How to prepare for a water fast*

Plan ahead for the fast. You should already think of when you'll break your fast, how and what you'll break it with, what day and time you'll end it. Try to stick to the plan and make it to the finish line, but don't push yourself too far. Incrementally add longer hours and feel into your body, leading me to the next point. Before starting water fasting, you should try other types of fasting to build up your fasting practice. If you're new to fasting, even if you're mentally prepared for a 72-hour water fast, your body might not be ready for it.

There are many types of water fasting out there. Some popular ones you might have heard of:

- **Intermittent fasting (IF):** It's the world's most popular method of water fasting and is mainly practiced for 16:8 (fast for 16 hours, eat for 8 hours), although many also do 18:6 or 20:4.
- **Juice fasting:** Only drinking vegetable or fruit juices. Usually for 3 to 5 days or a week.
- **5:2 Fasting/Diet:** Eating normally for 5 days of a week and eating less than 500 calories for 2 non-consecutive days.
- **Alternate day fasting:** Fasting one day and eating the next day. It can be done with 24-hour fasting or 36-hour fasting periods.
- **OMAD:** One Meal A Day, which usually means you fast for 23 hours and eat within an hour. This is similar to **Warrior Diet**, but here you eat during dinner time and within 4 hours.

Intermittent fasting (IF) is a good entry point to more extended periods of fasting. Start small, skip breakfast every day, and eat an early dinner; you'll quickly start to appreciate the lightness you feel when you're not stuffing your face day and night. Practicing intermittent fasting alone will highlight your body's relationship with food. Once you've tried IF, you could mix up a combination of