

## Owen Sound Health Clinic

Owen Sound Health Clinic - Fasting has been utilized for health purposes for many thousands of years, according to historical records. Greek philosophers Hippocrates, Plato and Socrates have all recommended fasting for health recovery. Mahatma Gandhi completed a 21 day fast so as to promote respect and compassion among people with various religions. According to the Bible, Jesus and Moses fasted for 40 days so as to attain spiritual revitalization. Fasting has been influenced by spiritual intuition and reason for much of human history. At present, our knowledge of human physiology confirms the powerful healing effects of fasting.

Various health conditions could benefit from the fasting process. Some of the most common concerns 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 could help people recover from mild to severe health issues.

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

All through fasting, the digestive tract is able to rest and can work to strengthen its mucosal lining. The mucosal lining when healthy is important to prevent leakage of undigested proteins in the bloodstream. This allows the mucosal lining to provide protection against autoimmune conditions. When the body maintains a healthy digestive tract, it even helps to protect the blood and inner organs against a variety of metabolic and environmental toxins.

Fasting could help your body undergo some benefits consisting of: 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, 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 anxiety and tension. An improvement with various chronic degenerative health concerns consisting of various autoimmune disorders.

The process of detoxification and healing taking place throughout a fast are as well working while people are eating foods. However, fasting enables these processes to perform a lot quicker and will enable a much more thorough cleansing for conditions that which require a concentrated period of healing to happen. Amongst the most important stuff regarding a fast is how an individual lives right after the fast has been attained. Fasting could offer a revitalized foundation upon which you could maintain and build a strong and well-conditioned healthy body by constantly making healthy food and lifestyle choices.