

# **Dry medical Fasting - Myths and Reality**

Sergei Ivanovich Filonov

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A doctor by profession Sergei Filonov in the popular and accessible form tells of medical starvation, which engaged in more than 17 years. Hundreds of people marched through starvation to recovery thanks to recommendations, assistance, surveillance Dr. Filonov. The book is intended for people willing to in detail and fully acquainted with the method of fasting, developed as a result of years of practice and effectiveness which is confirmed by reviews of patients.

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## FROM THE AUTHOR

I was born in the Altai family physicians. My mom and sister

- Children's doctors. Therefore, in my childhood I was constantly confronted to talk about medicine. It would seem that with such a "history" to me direct route into medicine. Subsequently, it just happened. But ...

All my conscious childhood and adolescence I just raved far not medicine. I wanted to be, probably, as all of our boys yard pilot. One day my father and I went skiing.

After the walk we went to friends for tea, and there first time in my life I saw a man, a cancer patient. He was very thin and suffered severely from pain. To me it made a very strong impression. When we arrived home, I asked my mother, really can not cure this disease? She said: "Unfortunately, son, in this stage of our medicine yet powerless. "

In eighth grade I accidentally fell into the hands of the book, even now I do not remember what the name. It describes how talented healer cure cancer in one man Herbs

and hunger. Hence, the body has reserves and forces capable of treat such a serious and insidious disease like cancer, I thought.

For every poison in nature must necessarily be an antidote. On each disease in the body should be strength, healing her. After Animals in nature do not have hospitals, clinics and doctors. They guided by their natural natural instincts.

They know better than any herbalists, some grass at the moment they need, or just beginning to starve. since then I have more interested in natural ways of healing. I became

read books about fasting, hypnosis, herbs, acupuncture. I'm

more began to understand: a man - a natural pharmacy, it has

All for the treatment of any disease, it is only necessary to their work, patience, will open and force those natural medicines in

the benefit of the organism.

My decision to enroll in medical school was aware, but I knew that I would be interested to sit in the clinic and to appoint tablets. I have to find a specialty and to obtain such knowledge,

by which my future patients would be able to use

its huge hidden opportunities to treat diseases. On

fourth year, I got on supervision of patients with bronchial asthma. When I went to her house, I saw a blooming woman with a pink blush on the face and sparkling eyes. On asthma

it is quite a hike. I've wanted to apologize and say,

that mixed ward, but then again asked her name,

name. It turned out - that's exactly it. "You do not be surprised - she said - that I do not like people with asthma, because I was

twenty-day course of fasting, and now I'm at the exit

from starvation. After the tenth day of fasting I have absolutely

seizures stopped and I stopped using an inhaler. " Her

view, her breath very impressed me. It's one thing to read books of starvation, and another thing - to see in practice the results of famine. After that, I definitely decided that necessarily know all about this wonderful technique and be sure to get to specialize in it.

Best of all, at the time of limotherapy wrote Professor YS Nikolaev. His book is written with such enthusiasm and faith in this natural natural method, that after reading it so and want to starve. Me starve the entire group. We started fasting on juices, then tried on the water. Of course, then Most of my group is all abandoned. I liked it starve before exams - after fasting head becomes light, clear, memory is very much improved, and most importantly - by exams went without any disturbances.

After graduating from medical institute I have distributed to the resort "Goryachinsk", which was located in the Republic of Buryatia on the shore sacred Lake Baikal. Nature and beauty of these places have bewitched me, especially energy and severity of Lake Baikal. While working at the resort, I was fortunate to meet a very interesting person - Verbulem Vladimir Romanovich. He was a hard bronchial asthma, it is the first in Buryatia in the home conditions of hungry twenty-four days. His staff at work were amazed at the result of fasting, which they saw. Together, they decided to invite a professor of Buryatia YS Nikolaev. When the professor came to the republic, they brought it to us at the resort Goryachinsk. Here and there was my meeting with this amazing man. Yuri Sergeyevich liked our resort and nature. He said: "You have the perfect place on Lake Baikal and conditions for fasting. " He invited me to come to Moscow to study at an office of RDT (fasting-dietary therapy). After studying in Moscow, we have opened branch RTD is hosting at the resort. Of course, it was hard for me to start - our the staff was skeptical about the starvation and me even for the eyes called the "hungry doctor." I remember when my first patient came into the dining room on their way out of starvation, the nutritionist brought cold salted millet porridge and said "on, eat", he certainly remember all my advice and waited for me. And if he ate this cereal? But then, our team, seeing the good results of medical starvation, was an entirely different attitude to this method, and Some even took a course of starvation.

After two years alone, I was lucky to go yet time to specialize in RTD in St. Petersburg to Professor Coconut Alexey. There I first learned about the absolute (Dry), fasting and its application in the treatment of diseases. I were patients undergoing wet starvation, and during of starvation all the symptoms disappeared, but the output from starvation of the symptoms returned. For me it was unpleasant moments. I really thought long, how to strengthen

effectiveness of starvation, while, of course, aware that the longer period of starvation, the better the result, but, unfortunately, a time when our treatment has been paid, and not every could afford to take a serious course of fasting. How could strengthen effect of starvation in the spa environment? Output I prompted by my dog ??(more detail in Chapter SLG in nature). After order as it knocked down a motorcycle, she refused, not only from food but also on water. Seven days later she was lying in a dark shed, and only the eighth Day began to drink and then eat. I thought - this injury is likely to edema, she instinctively felt that way, and therefore refused to water it and saved it. Here, unfortunately, after the fishing I fell through the ice and had to go on a motorcycle and twenty kilometers. Accordingly, all was frozen to the bone. All right, but then I got Acute sinusitis (inflammation of the frontal sinus). The pain was hell when tilted head down, even tears flowed from the pain. My reasoning - such pain due primarily to edema, no water - no swelling. Of course, in such a situation, I think no one would have the appetite. Decided - 'll starve without water until the pain will not pass. Only by the fifth day I went through all the symptoms of the disease, and to date it I no longer worried. This was my first dry starvation - Of course, on Lake Baikal to me it was easy to pass it, the more experience wet hunger I had. But most of all I was struck by treatment effect obtained in such a short period of time. I have starved patients and sinusitis, and frontitom, but therapeutic result comes only after the tenth day of wet-fast. Here they come for treatment came a guy with chronic prostatitis - I have it already passed fourteen wet starvation. Following the starvation, he was easy but aggravation still happened. My reasoning: in principle, prostatitis - a infectious process, any infection like multiply in water, in any infectious process will be present edema. The guy was very serious about treatment, and my argument and beliefs about dry fasting it very much. He took five days of dry fasting and five days of wet. Exactly A year later he again came and said that more water-hungry, he will not, he really liked the effect of dry fasting, said that exacerbations of this year was not yet. He went seven days of dry starvation. Often called me and was very pleased with the result. Of course, I'm still afraid to spend the dry fasting for more than seven days. But I've always been lucky in life interesting, unique people. For family reasons I had to go back to the Altai, there I was offered a job at the medical center, where they spent limotherapy. I was sent from Ulan-Ude, the invitation to medical conference on the RTD. There were doctors who practice limotherapy, from all over Russia. There I was able to meet with one of the founders of dry fasting, a professor of folk Medicine, LA Shchennikova. He spent lasted ten

dry fasting for patients in person he was twenty-day-long fasting. After the conference, he invited me to itself in Kislovodsk. There I met with his patients and examined in practice his method. Of course, his method is very effective, but get it right for the average unskilled, untrained man is very, very difficult. After the arrival of Kislovodsk myself held nine days of dry fasting. Part I walked home and then went to the Altai Mountains on Lake Teletskoe there, I realized that a serious dry starvation can take place only on the nature and preferably in the mountains and near mountain streams. After that I went through a ten-day dry hunger but only in the Altai Mountains, and all the hunger, we were riding in the campaign. Given all the advantages and disadvantages of different methods dry fasting and his experience, now we are dry fractional starvation (in more detail about it in the book). For seventeen years I have been doing therapeutic starvation. Through my hands were hundreds of patients. There were very good results, but it was such, when hunger therapy is failing effect. I often call, write or simply ask, why start and how to make from a medical dry fasting was maximum effect. Now with the development of the Internet and it became appear about dry fasting. Of course, the information there are very controversial: some write that after two days of dry fasting cure cancer, others - that first we must take fifteen days of dry starvation. I think it wrong, and neither those nor the other. Dry starvation, in my experience - one of the most effective methods among all kinds of fasting, but if not properly prepare and applying it is fraught with serious complications. in principle, and other methods. Now described many cases of people dying from trite cosmetic surgery or the misuse of Poisonous plants. The most offensive, that for this method of grasping, as for straw at the last moment, when completed all other methods of treatment and lost time. But, as I always tell my patients, all must be done in time. This method, like all others, has its limits, indications and contraindications. Of course, in the treatment of any disease in the initial stages it has no equal. There is a lot of horror stories and myths about the dangers of a very large dry fasting. I did not want to belittle the role of fasting and other forms of treatment. But I believe that every person must be complete, truthful information and choice. But if someone decided to do their own his rehabilitation with the help of medical dry fasting, it must do so competently, to really get maximum therapeutic effect and to use every opportunity this technique. My book is intended for those people and written with a view to providing the most complete and most reliable information, based on the results of my long practice and supported by reviews of my patients. Remember: a man can endure all knowing why or for what he is doing!

## **PREV SLO condition**

A man burdened with knowledge of modern civilization on the external the nature of things, and absolutely ignorant about their

inner core. His actions are not enough focus on building up: at work

- He is a cog in the running someone mechanism, the house - he consumer food, energy and medicine. He went so far as he stopped singing: a He sings Star TV. He became irritable, fearful, passive, ill. He can not get out of trouble without assistance. The road to heal him is unknown.

Humanity is a year eats more than three million tons of drugs.

How much of this money is spent from the meager family budget especially Russians, is hard to say. And as a result of huge damage health. From drugs is no use - why not? There. Pay

medicine, pharmacological companies, intermediaries. in the America as doctors - some of the richest people. Profit on suffering. But the patient for their own money to bring his enormous harm. and not only to themselves. Future children, second and third generations of Russians. Scientific medicine so strongly associated with chemistry, scalpel, the plant itself in an impasse. There is a saying: "What does not kill us, makes us stronger. " I have a feeling that goal of medicine, especially of Pharmacology - to engage in training and the strengthening of viruses, bacteria and cancer cells, as before, only when penicillin appeared, it was fantastic medicine.

Probably not many of you know, that were treated with penicillin many diseases, including hypertension. But he admitted very well done and very affordable. and now there is infection, for which the penicillin - as a treat. To date,

There is generation of antibiotics and the infection becomes stronger and harder. Take the hospital: in my opinion, they - the strongest, the most selective of staphylococci and streptococci.

Or take oncology. There are 4 main methods of treatment

Oncology: chemotherapy, radiotherapy, surgery and hormonal therapy. When it impacts, it suffers primarily the human body and die weak, medium strength and strong the cancer cells, but they remain the strongest, most hardened. Then there is a contest: who will recover and pick up force faster and larger - the human body or the most selective, the most powerful cancer cells. and by and large the chance of human No, because in the recovery process it is completely passive.

This happens in most cases, so it seems to me that drugs and medicines - is not a method of treatment, and a method that gives a person the opportunity - the time required him to find the strength and means to raise the internal forces of the body. I do not against drugs and I believe that humanity has made in this very much, but medication should be used only in acute cases, when it is really necessary. The most important thing - to mobilize

internal reserves of the body to every cell, every organ, every molecule, every atom of the body were so strong and harmonious, to bacteria, viruses, toxins were afraid of them. Never yet mankind goes so far from nature, does not violate the so-roughly its laws, as now. The first punishment for it - a lot disease and a rapidly growing feebleness, turning into a deep degeneration, even the extinction of the human race. Treasury science blame everything on the plague and all the power forwards in the fight against harmful microbes, but it only prevents us from understanding the root cause evil. Nature is not mistaken, there is nothing superfluous. Microbes always existed and do not interfere with live and develop any animals or humans. Rather, even helped, as healthy body, they are absolutely not harmful, and their production is only that turneth away from natural life. Time to understand that it is not in microbes, but in our own vices, and against the direct all efforts.

In today's highly toxic environment, the average man to 40 years - Is intrinsically ill man who for at least one-third its weight is made up of toxins, that is, salts, poisons dumped wise inert in the body tissue of the body, mainly in adipose tissue. The human body - is an amazing mechanism which protects against toxins your most important organs - the brain and heart. How? The main way in which the body gets rid from toxic products - toxins, is to neutralize their in the liver and excretion by the kidneys. Water-soluble toxins are derived the kidneys, and fat-soluble bile (a substance bilirubin) in the intestine and then out with the feces. For other Substances mechanisms of excretion of the lung (CO2) and the important role played by the skin. However, the amount of toxins in the environment of modern civilization than all permissible norms by hundreds and thousands of targets. Due This body can not cope with the avalanche of modern toxins, breaking on the body (I almost said - the man, but in modern life, this applies to animals). Everyone can observe dead pigeons on city streets. People - the same patients pigeons. and every dog ??lover will tell you that now the dogs are sick the same diseases of civilization, as humans. Where does the excess toxins? Excess toxins wise body "carries a landfill for town "that is lays inert, peripheral tissues, lesion which bears no direct threat to life. These tissues is adipose tissue, the largest number of which is located subcutaneously and in the retroperitoneal space along the spine, causing a big belly in men and sediment fat in the pelvis and hips in women, as well as salt deposits toxins in the osteo-ligamentous, locomotor. Deposits toxins in the form of calcium salts in the motor unit causing notorious osteochondrosis.

Over the years - by the age of forty - the "graveyard" of salts of toxins in the tissue and ligaments are already extremely full, and then the process of deposition salts, toxins goes to the vital organs in which gradually begin to accumulate pathological (painful) changes. The first well-known example: atherosclerosis, which basically has the same degenerative origin, that and osteochondrosis of the ligaments and joints, but there is a vital transport vessels, narrowing their lumen and disrupting circulation vital organs. And this is the reason that cardiovascular heart disease and brain - angina and stroke

- Are the first and the second cause of death for all including those not elderly.

The cause of the major killers of our time are the heart cardiovascular disease and cancer, which also has major samointoksikatsii cause in the body. There have been various theories cancer: infectious and genetic. But forget to pay attention to the fact that a hundred years ago, when the environment was not so toxic, cancer, as well as cardiovascular disease, was a rare disease, but now he is the third death place.

Which part of the most polluted environment? Air. and lung cancer in the world comes first among the cancers. Interestingly, of the cancers of digestive system in the first place U.S. colon cancer. And in Russia? in Russia in the first place

cancer of the stomach and duodenum. How can interpret these data? It is obvious that in Russia the most the cancer has spread at the entrance to the digestive system and in the U.S. output. What is infectious or genetic theory is explain? It is obvious that this is due to dietary population of both countries. It can be assumed that the Americans food is more malignant in terms of chronic, that is, providing its malignant effect by the end of the digestive tract, and in Russia, food is more cancerous in the acute term, ie exerts its malignant effect directly and immediately if it enters the stomach. Perhaps this is due to the peculiarities nutrition of the population of Russia, namely alcoholism and communication with the northern climate, lack of fiber food, lack of fresh fruits and vegetables and the prevalence of consumption of cooked food starch, corn, potatoes and sausage products consisting of relatively malignant components.

in the U.S. because of their northern border is located at a latitude of our Crimea, low-quality vegetables and fruits are present throughout the year, but they consume a lot of hormones into the meat and dairy products and pesticides, and food prepared from semis, will be accurate to say that Americans are eating out boxes and bottles.

In the U.S., according to statistics, prostate cancer and breast cancer

diagnosed after the age of 50 every second men and women, respectively. This is due to the consumption of Hormonal meat and dairy products. How did they live at the same time? Constantly take toxic cytotoxic drugs and live. What kind of life at the same time? You understand what a life. The body of this category of people severely intoxicated. It represents a kind of a slop bucket inside which the particles are stored dead cells and protein mass (it littered with intercellular space and literally stuffed sometimes lymph vessels). This "garbage" interferes with the normal functioning body, interferes with "communication" of cells with each other, reducing the force electrical signals transmitted by cells to each other. from the point view naturopathic body of people (again, that we talking about the majority of the population) is in the so-called third state. This means that these people are not visibly ill, however healthy they also did not name. This category primarily exposed to colds, flu and various other Diseases. This happens because the body is not littered resist disease, and, conversely, takes her with open arms, seeing microbes as liberators, which can be feed your trash.

Conclusion? If you do not want to get into the characteristic statistics Modern mortality, then you should take additional and conscious effort to cleanse the body of constantly accumulating toxins. However, this name has a technical connotation and therefore does not reflect the tragedy of consequences associated with defeat slags vital bodies. Organism - it is not just a pan in which the deferred some neutral slags - an organism fatally damaged these slags. Therefore, here to speak about chronic poisoning of food, household and industrial toxins, ie, toxins that are medically called chronic toxemia. Strictly speaking, the main issue is not so much increased concentrations of toxins in the blood, and increased concentration toxins in tissues and organs and as a consequence of their rising damage that would be more correct to call toksikogistiey, because the root "GIST" means "cloth".

It was a very interesting survey conducted in Yekaterinburg: exposed hair 24 Uralians spectral analysis and found in the body Hg, Li, Cr in toxic concentrations. Absolutely certain that these elements are carcinogenic, so do not be surprised that we are sick with cancer.

The most radical and, consequently, the most effective way to clean toxins from the chronic - is a therapeutic fasting, natural way to cleanse the body from accumulating harmful substances. It is useful in terms of mental, spiritual and physical cleansing. The emergence of medical

fasting is rooted in antiquity. Please note - no animal when it gets sick, will not eat. Unfortunately, people act differently, not realizing that the lack of appetite during illness said that to combat it come body's defenses. Such is the reaction of the organism to disease. Loss of appetite during illness - this is the inclusion of the fight the body's defenses. If the temperature rises, so is mobilization of the body. Of the thousand-year experience After numerous experiments and careful clinical study, it became clear that limotherapy (now it is more commonly referred to by RDT - fasting-diet therapy) - Sole therapeutic agent. It promotes radical cleansing and all that purifies - heals. By speed and effectiveness of getting rid of various ailments method has no equal, especially when the drug treatment of one disease exacerbates the other. Or when the patient's intolerance medicines. We can say that any kind of fasting benefit, since in this period in an organism occurs a cleansing of toxic contamination and provides rest of the central nervous system and digestive organs. When you starve vital energy performs cleaning work in your body. The organism is self-cleaning, samolechitsya and self-healing. When you stop eating, your organism there are wonderful things! If you want to support the body clean, you have to starve! Try to starve a few times - you feel that never before felt: internal cleansing, which leads you to health! Live not aging impossible, but to extend years of active longevity may be even in environmental change.

Fasting serves two functions. First - prevention: fasting for about three days the body goes powered by internal reserves (endogenous feeding). When This destroyed alien (bacteria and viruses), bad and abnormal structures at the cellular level. Second - medical: Fasting allows for deep cleansing of all organs, with the existing pathology (including embryos of tumors) during the endogenous nutrition destroyed. All organs lose in weight. Their recovery is in the process of the correct clinical nutrition in the recovery period, the duration which is approximately equal to the duration of fasting. For this period all the organs as if growing again - but in an updated, Health Video.

Differences between the method of fasting from other methods recovery

1. It can help in cases of severe chronic diseases, when no help is no medication.
2. There is no risk, will cure one disease to cause another

as it happens sometimes in the treatment of medication. On the contrary, providing health-building effect, limotherapy tidies the whole system of human body. About Methods of total (wet) starvation written a lot of literature. But this book is devoted to one of the most effective methods RTD - absolutely dry fasting, which is held without food and water. Absolute dry fasting reveals new colossal spare capacity purification of the body and enhance immunity rights given to him by nature. This is a natural, versatile and very effective way of cleansing, healing and rejuvenation of all living beings.

## **DRY Fasting in Nature**

POCHE ME IN NATURE Many animals and plant breach, ORGANIZATIONS ZMY Falling UT IN VARIOUS s STATE OF I Anab

"Watch for nature, learn from it, take the best and perfection excellence has no limits. "

Modern man calls himself a king of nature. Now the king so poorly versed in became his vassal kingdom that any animal feels it is much more comfortable than the self-styled ruler. Animals have always come as prompts their intuition, they never act to harm himself. They also vulnerable, as we do, too sick, but not run by doctors. Ambulance help with a red cross on the side of them not in a hurry. They themselves doctor, for protected system of internal self-defense! Such system is in place and people.

When I lived on the lake, I was just good dog. He often running away from home for various reasons, for a long time. Come home very skinny and hungry, it was fasting with water. But Once he was hit drunken motorcyclist, when I examined him, he was in poor condition, but most interesting is that he crawled into the dark a barn and refused food and water. Any injury - is primarily edema, and he instinctively felt it. Seven days he neither ate nor and drank only on the eighth day was eat and drink water. He fully recovered.

So when respected nutritionists talk about the terrible the dangers of dry fasting, I always tell my patients that if it was harmful, the nature of time evolution would long ago have cleaned and use the mechanisms of dry fasting. When I wrote this chapter, I had to revise and read a lot of literature and information to show that the absolute (anhydrous starvation) - this is not fiction adventurers and charlatans, and the natural universal natural mechanism that helps to survive under unfavorable conditions or diseases. during the life of every living

the body is constantly exposed to adverse factors - both external and internal. The result of this becomes intoxication - poisoning organism harmful materials coming both from without and the power inside the body. Toxins from the outside come into our body through breathing, skin, along with food and water. Inside toxins are produced as a byproduct of any life processes: cells divide, the old die, and if they do not show, will poison the body, with any physical loads, there is a destruction of muscle fibers, and any stress, and any normal working of the mind and imagination run in the body complex biochemical processes during the flow that "waste material" also turns into toxins which should be removed from the body. Nature has blessed all beings remarkable mechanism, reported, that the body needs to be cleaned of toxins. With the accumulation of in the body of toxins a person (and any living creature) covers drowsiness, fatigue sets in, and the body signals that that he needed sleep. That dream carried the main detoxification of the body - the release of toxins which have accumulated per day, or enrolled in an organism, for example, the reception poisoning of food or alcoholic beverages, followed by sleep can literally knock you. The same thing could happen after taking certain medications that cause drowsiness, or sleeping pills that cause is not a harmless dream, and to actually harass you, and a very sophisticated manner. Need understand that if after a meal, you feel very sleepy, so Your food was unfit for consumption. Therefore, each of We are constantly faced with the partial dry hunger and hibernation during sleep. During this organism and does its healing work. in every cell of living matter genetically incorporated mechanisms living without food and water. in nature, there are two kinds of fasting. First - it's wet fasting when the animal can move in this case it is drinking water and looking for food, but in severe illnesses or injuries, it hides in a secluded place, where it protected from the weather and is located in warm, calm and quiet and where no one was alarmed. There it rests, and fast without water. It may, for example, have lost limbs (or wing) to recover without dressings and surgical operations. in the lives of animals dry Fasting is an extremely important factor in life. Animals are starving not only when sick or injured, but and during the winter or summer hibernation (in tropical climates). Some animals are starving before the birth of offspring, often - and in during his feeding. For example, some birds are starving in clearing time chicks. Other animals are starving as soon as birth. Animals also were forced to starve during a drought and survive, although over a long period can not get any

food and water. One of the varieties of dry starvation in nature is a condition called hibernation.

Cryostasis (Greek anabnfsis - "recovery" from ana - «again and bnos - "Life") - the state of the organism in which life processes (Metabolism, etc.) are suspended or are so slowed, which lacks all visible manifestations of life. Anabiosis observed a sharp deterioration in living conditions of some (Low temperature, lack of moisture, etc.) in organisms facing at different stages of development, upon the occurrence of favorable conditions are restored the normal level of life processes - recovery. Thus, suspended animation - biological adaptation of an organism to adverse external conditions, developed in the course of evolution.

In the case of dehydration, the protoplasm of cells (live protein) from the state of hydrosol (liquid aspic) becomes in the state of the hydrogel (such as dry gelatin) and long time retains the possibility of reverse transition upon the occurrence of favorable environmental conditions. Once these conditions created, protoplasm absorbs water - swells, leading to restore the life processes.

Why in the nature of many animal and plant organisms fall into a different state of suspended animation?

The winter season is unfavorable for many in the world. Animals and plants both because of the low temperature, and on because of drastic reduction of opportunities for food. during evolutionary development of many species of animals and plants acquired a kind of adaptive mechanisms to survive the adverse season. in some species of animals emerged and established itself instinct to stockpile food, other developed a different adaptation - migration. Known remarkably long flights of many birds, migration some fish species and other members of the animal world.

However, in the process of evolution in many animal species observed and the other a perfect physiological mechanism of adaptation

- The ability to fall into a lifeless at first glance, the state which in various animal species are manifested in different ways and has different names (suspended animation, hibernation, hypothermia, etc.).

Meanwhile, all these conditions are characterized by inhibition the function of vital activity to the minimum that allows him to survive the adverse winter conditions without taking food and water. in this state of apparent death flow into those

Animals that are unable to provide themselves with food during the winter and for them there is a risk of death from cold and hunger. and all this developed in the course of evolution, is subject to severe natural expediency - the need to preserve the appearance.

Hibernation - a widespread phenomenon in nature, despite the fact that its manifestations are different from the representatives of individual

groups of animals, whether animals with unstable temperature body (poikilothermic), is also called cold-blooded, whose body temperature depends on ambient temperature, or animals with a constant temperature, known as warm-blooded. Among the animals with unstable body temperature in the state hibernation fall various types of mollusks, crustaceans, arachnids, insects, fish, amphibians and reptiles, and of the animals with constant body temperature - a few species of birds and many species of mammals. In this chapter I have tried to collect the most interesting facts that exist in nature, as living beings to adapt to adverse conditions and what defense mechanisms they use for this. Look at the Office patents of nature.

## **Winterfall GROUND WATER SM**

Cold blood is not warm.

Who is not given to support the body temperature in winter is one -

freeze, sleep, petrify, to wait out unfavorable conditions

life. That is what all the cold-blooded: molluscs, crustaceans,

spiders, insects, fish, amphibians and reptiles. When

the onset of winter, they hibernate, called Kholodov

stupor. At most, what they can do - take care

Asylum, where the temperature did not drop to below 0 ° C. otherwise

If cells are irreversibly injured tissue formed

the freezing of ice crystals. Crayfish, completely unaware of

the kind of strong reaction in people cause their peaceful winter

rookery, burrow into the mud at the bottom of ponds. Males usually hibernate

groups in the deep wells at the bottom, while females - one at a time in burrows.

True, this loneliness will not name because of their short

legs of females bonded with 50 to 500 pieces of fertilized eggs

of which hatch in early summer, crustaceans the size of an ant.

If the sludge is frozen, crawfish do not perish and come to life during thawing. Not

they fear and a long stay without water, gradually replacing

it in the gills of the air with a characteristic sound (which is why they say that

out of water crayfish whisper, as if saying goodbye to each other).

There in the mud spend the winter water snail *Lymnaea stagnalis*. Land

snails after the accumulation of essential nutrients

dig burrows, where several wintering could together

"Nap" deep underground at a temperature of 7-8 ° C. Well

cork shelter, they descend to the bottom of the hole and lie

shell up, which, however, also delayed the mucous

substance. With a significant cold snap snails burrow more

deeper, forming a new film and airbags, which play a role

excellent insulator. All metabolic processes are dramatically during

month decay to reach the minimum at which

animal runs almost in a state of suspended animation with subtle

vital functions. and so from October until early April.

Insect attack of the winter season catches at different stages of their development: in the form of eggs, larvae, pupae or adults. Each form has developed its own approach - at what stage is better to "sleep off". For example, the ladybird and the anopheles mosquito overwinter only in the adulthood, and aphids - in the eggshell. But there are those that any form of hibernation for good. That's at least home flies - they spend the winter in the form of larvae and pupae in the form (in warm dung piles) and in adulthood. Duration of sleep also different: the butterfly peacock eyes in a state of suspended animation five and a half months at a temperature of about 6 ° C, and mulberry moth to a month longer at 8,6 ° C.

Ever since the first signs of cooling off insects find it convenient to shelter under rocks, bark of trees, fallen foliage, in soil, where after a snowfall remains moderately low and uniform temperature. At 0 ° C metabolism of these slows to a crawl: respiration is suppressed, the rate of oxidation processes is reduced by 10-15 times. To survive such wintering preceded by some preparation: accumulate stocks fat (they go up to 18% of body weight), the body as much as possible dehydrated (larva Galician water content drops from 65 to 20%). Some species of insects capable of carrying very low temperature, such as the meadow moth caterpillars, which keep the spark of life to minus 30 ° C! But this is the exception rather and not everyone is on the shoulder. Bees, for example, do not fall into a prolonged hibernation, the stock of accumulated fat does not exceed 1,5-2%. Still, at temperatures from 0 to 6 ° C otsepenevayut in this state may be 7-8 days. At lower temperatures they die. Unfortunately for many lower animals, nature does not provided them with tracking mechanism, and a poor choice wintering numbness often goes into its logical continued.

### **Strangeness of the black fish.**

Peculiar reaction to a sudden drop in temperature water, some species of fish - they fall into a state of shock. After brief excitement phase cease to breathe, swim and look as dead. Enough, however, that the water warmed, and they quickly alive. Detrimental to fish was cooling, resulting in to the formation of blood and tissues of ice crystals, damaging walls of blood vessels. Back to life, they can only in that case, if the freeze applied only to superficial tissues. When the fish some time living from supply of oxygen in the swim bladder (the assumption that frozen fish breathe with gills, it was insolvent).

One of the most adapted to a cold fish - the so-called black Fish - lives in rivers, lakes and peat bogs of Alaska and Chukotka. Severe climate allows her to recover for a short summer period, which she uses for breeding. The rest of the

, the fish and freeze in burrow into the mud. If the temperature of liquid the body does not fall below - 0,3 ° C, with slow thawing, they alive. If the blood is frozen - fish die. Local people uses the fish as food for dogs. They say that if the dog swallow whole frozen fish, then shortly after that she Defrosting in the stomach and begins to irritate his wall. in such cases, the dog usually burps fish, and if she gets in water, then immediately floats serenely.

From freshwater fishes in November in hibernation fall Carp, ruff, perch, catfish and others. When water temperature drops below 8-10 ° C, these fish move to deeper parts of the reservoir, the so-called wintering holes, buried in large groups in the mud and remain in a state of torpor throughout the winter. this time in the carp heart rate slows down instead of the normal 25-30 beats per minute to 2-3, and his breath - up to 3-4 breaths per minute. An interesting device has a sturgeon, starlet and beluga - their bodies upon the occurrence of extreme cold enveloped with mucus, protecting from adverse effects of environmental environment, and they fall into hibernation. Some species herbivorous fish (grass carp, silver carp) are also over-winter groups covered by a thick layer of mucus. Part of the marine fish, too tolerate severe frosts in a dream state. Herring in the autumn close to the coast of the Arctic Ocean, to sleep on the bottom of a small creek. Even the Black Sea anchovy moves to the southern regions - Georgian coast and the adjacent coast Asia Minor, at which time the fish is weakly active, and food does not use.

### **Salamander from the eternal ice.**

Amphibians are prepared in advance for winter, summer accumulating nutrient stores. And in the fall with a decrease in daytime temperature to 8-12 ° C, and night to 3-5 ° C are sent to places next winter, sometimes breaking a few miles. One Most of them overwinter under water, the other - on land. Under water winter lake, grass, quick, long-legged frog. Going groups of 10-20 eggs (sometimes up to 100) of different sex and age as well sometimes even different species, and buried in mud or submerged hollow. With such a group wintering level of metabolism in frogs almost 40% lower than in the wintering alone. During hibernation frogs breathe only through the skin, heart rate slows, but still, even though and extremely slowly, amphibians grow and their sex cells ripen. And dream they have shallow, and under adverse conditions, they may move to another place in the same pond.

The main thing is to happen on time, because the most significant danger for them lies in the lack of oxygen. For very severe winters happens even mass mortality of amphibians, especially when ponds in which they overwinter, freeze to the bottom. Therefore, they prefer fast flowing rivers and creeks, streams, canals and lakes with rivers flowing into them, that is, choose water,

oxygen-rich. during hibernation in amphibians sharply increases the diameter of blood vessels in the skin, through which they breathe.

On land, spend the winter green and gray toad, common tree frog, spadefoot toad, yellow-bellied *Bombina bombina*, salamanders. They hibernate in large groups at the foot of the cliffs, in crevices of rocks and among tree roots, in holes dug by other animals, under a thick layer of leaves and moss. Some species are even capable of burrowing into the ground.

Newts different species overwinter on land and under water. The first usually arranged under rotten stumps and fallen tree trunks trees, and if you do not find such comfortable apartments, is being met cracks in the soil. Of particular interest are the Siberian Triton - salamander inhabiting the vast territory of the Kamchatka and Sakhalin Island to the Urals. This is the only caudate amphibian north of the Arctic Circle. Even at 0 ° C, it can still move, and some individual whales salamander tolerate cooling (Of course, in a state of torpor) to -37 ° C. Geologists and builders newts were found, frozen into ice blocks excavated. Often happened that thawed and put into heated water newts revived, ate the food offered to them - flies, spiders, aquarium fishes. In 1956 a team of mining in Magadan the area found a 14-meter depth newt. When we returned in a tent and light the fire, the animal gradually thawed frozen and stirred. His life went on as long as 12 hours. At the same time hastened to declare this event a great sensation: the alleged found fossil newt, which, having been in a state of suspended animation two million years, back to life. In fact, Newt was not fossil and modern. But the question is how long can save the life of the frozen amphibians, remains controversial.

Found in another time in Chukotka in a piece of eternal ice of the Siberian salamander was subjected to radioisotope investigations. Kiev scientists have concluded that his age is between 75 up to 105 years, while the reptiles were in control many times younger.

Almost all species of reptiles in northern latitudes fall winter hibernation. in most northern areas, it extends 7.8 months. South of their sleep is shorter. Lizards burrow into the soil, arranging themselves burrows on steep dry slopes, which does not threaten flood. in a good sunny day they wake up in the few hours to bask in the sun and the hunt again hiding, falling into a stupor. Land turtles climb on half a meter deep into the soil in the natural cover or burrows of moles, foxes, rodents, closing with peat moss and wet leaves.

Sometimes they wake up sometimes for a week. Marsh turtles spend the winter buried in mud ponds. Snakes do not like cold. Even in summer, if you put a snake for a few hours

in the refrigerator, it can be treated as a piece of rope. Therefore, winter quarters and carefully picked up the snake oblyubovyayut long. Usually it is the underground caves and cavities formed around a large old tree stumps with rotten roots, or a gap in the rocks. in such shelters is going to a large number of snakes, even different species, forming huge balls. they sometimes are between several tens to hundreds of snakes, which led to the erroneous belief that snakes are going into the coils to warm up. Between so the temperature of snakes during hibernation is not very different ambient temperature, and gather them together simply from a lack of suitable shelters - some of the "community" used for decades.

How do animals manage to survive frozen? Just as in the onset of cold weather machines are added to the radiator coolant, freezing at minus 37 ° C in the body fluids of some cold-winter form Antifreeze proteins, which appear in the body when the crystals ice contact them and block further crystallization water. in many fish, terrestrial arthropods, including spiders and mites, the effectiveness of antifreeze proteins is so great that prevents ice formation even at minus 15 ° C. Except specific proteins in the body of some cold-blooded beings produced more and carbohydrates, antifreeze, more Mitigating the point of maximum exposure. For example, in the tissues of many insects, winter stored carbohydrate antifreeze glycerol, successfully preventing freezing. caterpillars galloobrazuyuschev butterfly to the middle of winter, glycerol 19% the whole body, allowing the supercool down to minus 30 ° C. A hairy Arctic butterfly caterpillars in the frozen state spend up to 10 months a year at minus 50 ° C and more! Originally adapted to low temperatures, water, some fish living in the North Atlantic and Arctic waters - they are changing the composition of the blood. with decreasing temperature water fall in their blood accumulate salt in a concentration which is typical for sea water, which enhances cryoprotective action, making it difficult to freeze the blood. Relatively recently in the blood of these fish are found and special antifreeze proteins, lowering the freezing point of solution to an even greater extent, than salt. If you have a very harsh winter in, the fall in cold-blooded animals (particularly insects) before the first frost in the body accumulate protecting ice cryogenic protectors which increase the strength of cell membranes and inhibit both called osmotic stress, when water from the cells tends leak into the extracellular medium with ice, reducing the amount of cells and making them vulnerable to ice crystals that pierce the shrunken cell membranes. Cryoprotectants are moderated, and exchange

substances. the frog, for example, has just begun the formation of ice on the surface of the skin, a rapid synthesis of cryoprotectant of glucose from liver glycogen. resulting in eight hours it saturated all the organs, slowing down to a minimum exchange substances, limited power consumption. Record of such use of cryoprotectants owned turtles - they metabolism drops to a level that ensures the survival without oxygen consumption (!) throughout the winter. Moreover, at high concentrations of glucose in the body are no phenomena inherent a person with a high content of glucose in the blood - diabetes and aging. Frost resistance is always cold-blooded animals aroused keen interest of scientists.

In anabiotic state fall and some species of higher plants. Record in this respect, the plant belongs bronets, appearing before the prairies of the American continent. Put in the herbarium, this plant has sustained more than 11 years in the dried state without losing its vitality. Inevitably arises question: What helps plants endure severe dehydration and fall into a state of suspended animation in which metabolism proceeds so slowly that practically almost zero? By According to scientists, with dehydration in plants that can fall anabiotic in the state is not disrupted the process of respiration, which maintains its so-called energy usefulness. When dehydration in plants continue to be produced rich energy compounds such as ATP (adenosine triphosphate). Energy formed in the process of respiration to almost complete drying these plants is transferred almost all cellular structures and all cellular content, which is dehydrating, passes a jelly-like state, and the cells can for years to maintain its viability.

## **WHETHER there are BIRDS, ВПАДАЮЩИЕ in HIBERNATION?**

Thus, we found that most of the animals with unstable body temperature, which depends on the environmental flow in a state of hibernation. But it is surprising that so many animals with a constant body temperature, such as birds, can also fall into hibernation during adverse seasons.

It is known that most birds avoid adverse winter conditions through the flight. It became clear that some species of birds may fall into such a state in bad seasons year. There are observations that some species of swallows (Village and rocky) also fall into winter hibernation.

State of short-term torpor, which scientists call torpid, was observed in newly hatched chicks Swifts, which flew into this state when parents leave them for several days under adverse conditions (For example, during the approaching cyclone). able

torpor body temperature of chicks from 39 ° C dropped to 20 ° C and even lower heart rate and breathing slows down, and in this state They were kept 7-12 days. Reappearing, parents warmed their own bodies, and the chicks are returned to life. in favorable time, young swifts flew from the nest after 33-35 days, and at a disadvantage when they fell into a stupor, they were needed 40-50 days.

Has long been known that in such a torpid state flow and chicks of some species of hummingbirds, if the mother will fly for food delayed by more than ten minutes (the only female hummingbirds feeding offspring). After her return, warmed maternal warmth, they come back to life. Established that adults of several hummingbird species in the Americas continent are also able to fall into a state of torpor in a particularly cold nights, when their body temperature drops to 8,8 ° C. Proved that the weight of the different kinds of hummingbirds ranging from 1,7 to 19.1 g, and oxygen consumption in small specimens in a state rest - 11-16 ml per 1 g body weight per hour during the flight - 70-85 ml, and in a state of torpor only 0.17 ml. Energy consumption in hummingbirds high, and there is a danger that hummingbird with body temperature 44 ° C can not survive without food for a period when they sleep, so as they do not have enough energy stocks. When such a situation their bodies with excessive cooling at night from exhaustion lose the opportunity to warm up again early in its active phase. Meanwhile, as you know, night on the South and Central American High Plateau, home to hummingbirds, cold. That is why hummingbirds possess a protective mechanism - fall night in torpid state, the temperature of their bodies compared with the temperature environment, so that they do not give up their heat and conserve energy, which is not consumed for the formation of heat in the body. In this case, the law of the Dutch physiologist Van GOFA, reflecting the relationship between the rate of chemical reactions processes and temperature (if the body temperature drops to 10 ° C metabolic processes begin to occur more slowly in almost 3 times). So If the body temperature drops to a hummingbird 44 ° C to 34 ° C, it will to a threefold reduction in metabolism and, accordingly, to significant energy conservation.

Such regulation of body temperature during torpor was detected and purple hummingbird, which, like other hummingbirds, easily falls into a torpid state. in a state of torpor body temperature of this type of hummingbird commonly close to the temperature air, but if the latter falls below 18 ° C body temperature birds no longer decreases and remains at 18-20 ° C.

Stupor, in which empty into some kinds of birds, significantly differs from hibernation, typical of many mammals.

First of all, the body of birds not only stores energy reserves in the form of fat, but on the contrary, spends a considerable part of them.

while mammals fall into hibernation noticeably gained weight, the birds before the numbness strongly lose weight. Here why the phenomenon of torpor in birds, according to Soviet biologist R. Potapov, should not be called hibernation and hypothermia. Until now, the mechanism of hypothermia in birds is not fully understood. Interestingly, all the birds that can fall into a state torpor in a systematic respect are among are closely related and have similar physiological ecological features. Confluence of these birds in the state torpor under adverse conditions of life is adaptive physiological response, which states in the process of evolution.

## **WHAT mammals Falling UT IN WINTER Hibernation?**

Like those animals, which we described so far, and at mammalian hibernation - a biological adaptation to experience the adverse season. Although that animals with constant body temperature is usually transferred cold climate, lack of suitable food in winter has led to the gradual acquisition and consolidation in the evolution of some of them this peculiar instinct - of adverse winter in a dormant state hibernation. First thought that hibernation and torpor arise as a result of imperfections in thermoregulation system of mammals in cold weather, so that able to express a certain "primitive" in the organization and defects in the mechanisms of physiological control. recently time, careful research of many scientists from different countries showed that hibernation should not be explained by thermoregulation, on the contrary, it is perfectly adjusted physiological state. Hibernating mammals preceded by certain physiological preparation of the body. It consists primarily in the accumulation of fat, mainly way under the skin into the body cavity, the entire length of the intestines, in the thoracic region (the brown adipose tissue). some dormant in winter mammalian body fat reaches 25% of the total body weight. For example, all kinds of ground squirrels in the early autumn fattening and intensely synthesize carbohydrates, increasing the weight of his body three times over with the spring-summer weight. a woodchuck weight of subcutaneous and internal fat June 10-15, at July - 250-300 g, and in late August - 750 - 800 Badger accumulate up to several pounds of fat. Large reserves of fat accumulated and members of the family of dormice - Garden, forest, and murine Oreshnikova. Of the insectivorous mammalian hedgehog, preparing for hibernation, gathering in a secluded place moss, leaves, hay, and arranges a nest. But moves in with his new home only when the temperature is kept for a long time

below 10 ° C. Before that he was abundantly supplied to accumulate energy in the form of fat. Hedgehog - one of the few animals that are months do not interrupt their winter hibernation, when they will not be quiet disturbed by strong external stimuli.

Bears a preparation for fasting. Before you lie down in hibernation, the bears eat a variety of hard and grass roots, which not only cleanse their digestive tract, but and remaining all winter in the gut, and subjected to processing microflora, delivered into the body trace elements and biologically active substances. This herbal tube allows the bear after end of hibernation painless empty the bowel. popularly bearskin cap appreciated and used as a healing funds. Just for good-quality sleep, they strongly eat mushrooms mushrooms.

In nature this summer bear accumulate a thick layer of subcutaneous fat, and just before the onset of winter settles in his den for hibernation. Usually den covered snow, so that the inside is much warmer than outside. During Hibernation accumulated fat reserves used by the body bear and as a source of nutrients, as well as protect the animal from freezing. His body temperature drops, the rhythm beats heart and breathing slows to a crawl. Markedly reduced and the exchange of substances in connection with which decreases and the flow of nutrients.

It is known that sometimes in the warm winter days or in case of danger

Bear wakes up and even out of their dens, and then falls asleep in the same den, or anywhere else. But usually, the return of his to normal life takes place in the spring, when it becomes warmer and the temperature of his body increases. Longer time, usually until late April in their dens delayed

only females that give birth to there young. in nature, if winter quite warm, especially when a brown bear did not accumulate sufficient amount of fat, he can not enter

in hibernation. in some modern zoos, in which

Bears kept in special rooms with climate equipment, providing a constant temperature of 20-25 ° C they do not fall asleep. Canadian bear is in hibernation with meat

flesh that is abhorrent to meat eaters. When he

comes out of hibernation, its fresh meats and is considered a great delicacy among the peoples of the North. Canadian biologists describe the gut a bear which only began to winter, and the meat is at the opening after exudes a stench that it was "intolerable", and the meat

"Nauseating, questionable and unfit to eat." the spring bear flesh undergoes a miraculous change, that becomes

"The most coveted of all the northern food." By this time in his digestive tract is very little waste, and "gut without smell and completely sterile. You can not find any normal flora or bacilli. This complete sterilization and release of odors

digestive tract, along with the acquisition of fresh bear flesh - all without the intestines bear four or five months, and in some cases longer, it would be difficult to explain to those who talking about a very strong self-poisoning during dry fasting.

Since being in hibernation the bear has never suffered from self-poisoning in the longest period of sleep, then we have recognize the fact that it does not poison no reabsorption of waste from the colon.

Found a system that protects the bones hibernate bear.

The study revealed the existence of brown bears in the system, which protects the bones of these animals for a long period of hibernation. At the same time, this study is the source of inspiration for new treatments for people who suffer from loss of bone cells due to physical inactivity. Scientists under Seth Donahue guidance from the Technical University in Houghton, Michigan, studied the development of the bones of the species Ursus americanus (American brown bear), which was not observed bone loss in the period of hibernation, lasting from five to seven months. Researchers have focused on the expression of five genes, related to bone metabolism bear. Donahue and his colleagues found that the formation of bone remains uniform and may even reach a peak when the bears start again be active. The study also shows that the bears do not observed weakening and thinning of the bones, usually appear with aging.

Scientists have found that calcium, present in the bodies bears, and are a major component of bones, was subjected to a virtuous cycle by which bones are protected.

The task of Donahue and his team - to develop new treatments bone in humans, comparing the structure of the hormones that are linked with the formation of bone in humans and bears.

Extremely efficient system is not the first time observed y bears hibernate. In one study, published in the journal Nature in 2001, the study bears the same species showed that they had less loss of muscle strength during hibernation in comparison with other beings. Scientists who studied bears for over 4 years, estimated that at the end of a five-month hibernation bears lose only 23% of muscle strength and about 10 - 15% protein. Unlike them, people who spend the same amount of time in bed, would have lost 85% of muscle strength and 90% protein.

These bears have a foolproof system also generates a large number of important questions to be answered. Bear weigh hundreds of kilograms. Bone in the body of a bear, which remains immobile for months, under pressure of a large weight, and besides even more weight presses on the muscles, which consist of 25

more soft tissue than bone in contact with the ground area body.

Impotent patients in hospitals require careful maintenance. Nurses rotate them during the day, allowing the weight their bodies distributed among the various fields. Thus they prevent the formation of disease. Care nurses and doctors for paralyzed patients is likened to a system that is with bears. Bone cells represent the most effective the use of calcium metabolism and the bear keeps muscle loss at lower levels. The study of why the bone Bears stronger, can lead to the discovery of a method for treating osteoporosis. Muscle loss is inevitable in people who starving, and can even be fatal. Stomachs of starving children swell due to the fact that the muscles in their bodies are torn because of the no further accumulation of fat and water. But the accumulation of is not observed in the bodies of bears, and they avoid such a situation, which can lead to death. Nevertheless, as happens, the bones of bears and muscle cells can exhibit such complex structures? As these cells were deprived of opportunities to think, may regulate entry and output of calcium from their membranes in such a conscious way? As it turns out that bears are not at risk of losing muscle as it occurs in people starving, even if they remain without food for months? Of course, consciousness, the observed in the cells that do not belong to the molecules that make them. Atoms such as oxygen, carbon and nitrogen, can not know what to bears, and therefore can not plan. You can see understanding how the cells belong to the person possessing superior intelligence. There can be no doubt that this is our Lord God Almighty, who created the bear and gave them metabolism to support their health during the period of hibernation. Polar bear comparison with other relatives living in the most severe weather conditions. With good fatness it can withstand cold down to minus 40 ° C. Proved that pregnant and have not reached sexual maturity the females in the winter flow in a state of hibernation. For this purpose, they dig in the snow pit and remain there for several months while those born during this time Bears do not grow up, not enough will get stronger and does not come warm weather. Males of the polar bear does not fall into a state of hibernation. A team of scientists led by Dr. Ralph Nelson Winter 1977-1978. held at the Rochester clinic, "Mayo" in the state South Dakota (USA), a series of experiments to study hibernation American black bear baribala. The researchers put a goal: to find out how this kind of bear during the 3-5 - monthly sleep spends every day up to 4 thousand calories. without receiving food and water and removing waste from the body. Investigating using radioisotope methods samples taken from

blood and tissues, scientists have come to the assumption that these properties animal due to special hormones that are pumped in the fall in his body from the hypothalamus. Metabolic processes at the bears, in a state of hibernation, were similar to metabolic processes in the human body

under dry starvation. However, it was found that the organism

Bear carries out these processes much more efficiently.

A starving person spends to support life as fat and muscle tissue. After prolonged fasting

people not only lose weight but also losing strength. Bears, on the contrary,

waking up in the spring, have the same strong muscles, which

had a fall, and do not experience hunger another 2 weeks. Scientists

also found that during hibernation exchange proteins in 5

times more intense than in the active state of the animal. For

ensure that the exchange bears fall stockpile

proteins for winter hibernation, eating at least twelve hours a day.

Caloric content of their daily allowance extraordinarily high - up

20 thousand calories. Greatly increased protein metabolism during the winter

hibernation and involves the formation of many waste products. But

in this case, the breakdown products of proteins appeared in trace

quantities. Kidney bear was isolated only a few drops

urine, which through the bladder wall sucked back

in the blood. Along with these discoveries have not yet established why

Bears in the organism does not accumulate toxic breakdown products,

primarily urea, which is the active state of the animal

removed from his body in urine. Regardless of the fact that during the period

hibernation the body temperature of bears, sometimes significantly

fell, all the metabolic processes proceeded normally. Except

addition, we found out that at room temperature

- 8 ° C on the surface of the skin bears the temperature is maintained

+35 ° C, in the rectum +22 ° C, in the oral cavity +35 ° C (at +38 ° C

in an active state). However, heart rate

and respiratory rate significantly decreased. Interest in the unique

data about the hibernation of bears due to the search

modern medical science. Hibernation of black bears

can serve as a model for the selection of diet in chronic

renal failure. in the animal body, which flows

in hibernation, there is no common end-products of decay

protein, and blood concentrations of amino acids, protein, alkaline salts

etc. remains unchanged throughout the winter. In addition,

nitrogen in the abdominal cavity does not accumulate. That is why, if scientists

be able to get a pure substance (presumably hormone),

entering the body from the hypothalamus of bears, with the help of

which are regulated by living processes during hibernation,

they will be able to successfully treat people suffering from kidney disease.

If the slow decay of proteins, reduce the formation of urea

and thus can protect the patient's body man

from a surplus of this poison. If it is possible to allocate This alleged hormone, may hope to create on its basis drugs for the treatment of several diseases (chronic diseases kidneys, insomnia, obesity, etc.). If we have learned so hibernate under adverse conditions, like bears, we would be able to live a few hundred years. Disclosure of secrets can bear interest and expertise in space medicine from the point of future ultra-long space flights. This interest due to the fact that the bears are sleeping 3-5 months of the year but something similar could be applied to the astronauts, which will opportunity to save stocks of food that can not be to take the spacecraft in the required quantities.

## **Existing T LEE LE TNYAYA Hibernation in the animal world?**

Interesting biological phenomenon, caused by periodic (Or unexpected), meteorological variables changing conditions of life in the summer season is the so-called estivation in animals, which, in essence, very similar to hibernation. The scientific name of estivation, As we have already mentioned - estivatsiya (from Lat. aestas - «Summer»). in such inactive status falls several species of animals upon the occurrence of extreme heat and drought, where it becomes impossible to find food and water to survive. Estivation - common in some fish species. Especially it is characteristic of the inhabitants of freshwater reservoirs, mainly equatorial and tropical regions globe. Relatively well studied estivation in fish dipnoi - African and American protoptera cheshuychatnika. African protopter representing is a rare creation of nature, may truly be called unusual fish. in certain animal encyclopedias World Brem protopter called fish-salamander. Many scientists studying the evolution of the animal world, believe that this creature, probably the first attempt of nature to transform it from Water in a land dweller and 400 million years ago. The reason This assumption is the fact that this fish, but gill system used for respiration and the pair Swimming bubble, abundantly rich blood capillaries and playing the role of the lungs. For movement on the earth's surface Nature has endowed the fish instead of flexible fins are very hard spikes, resembling legs. These fish have adapted endure long dry spells, which are often happen in Central Africa and mainly in the tributaries White Nile, the Congo and Zambezi, where shallow freshwater ponds dry up completely. Protopter reaches a length of 2 m. during the dry season - from August to November-December, when they inhabited ponds dry up, protopter digs himself a hole in the silt that reaches 0,5-1 m, and settles on the bottom, which forms the

for a special capsule. After that, it allocates a large mucus, which glues the clay walls of the capsule.

The result is something like a cocoon with a narrow passage for breath in front of the mouth, reaching the surface and serves to admission of air. So the fish spends long period of time (5-6 months), curled into a ball in a position to complete paralysis. in this period, she goes on pulmonary breath using atmospheric air as well as metabolism decreases sharply, the demand for oxygen is reduced. Falling into a deep summer hibernation, this fish lives at the expense of pre-stored fat. in the dry season, the local population goes catch protoptero, armed with shovels and detecting them hearing - lung respiration of fish perceptible even to the untrained ear. After the onset of the rainy season, water softening sludge capsule and the fish alive. The case when protoptero together with its clay cocoon has been successfully transported from Africa to Europe after which he was "revived" in the water and lived in an aquarium a few years. Rapid awakening of the fish from the summer slumber dangerous. Her muscles are slowly recovers its ability to move. In addition, it is necessary that its respiratory mechanism had enough time to switch from pulmonary respiration breathing gills. in this state and falls occurring

We fidget when reservoirs, where he lives, in the summer heat dries. Then the eel burrows into the mud and falls into a state of estivation. It can be found immured in the dry sludge, which has no no moisture, and then it seems fossil. That's why he got its name fossilis - from the Latin. fossil, which means the fossilized the remainder of the organism that lived in ancient times. in this state loach withstand long periods of time in unfavorable he drought. When wet livelihoods restored.

Established that the eel, although it is not dipnoi fish breathes the air mouth, carrying it through the intestinal tract, where gas exchange is carried out by an abundant network of tiny blood vessels - capillaries, and throws it through anus. Estivation in fish, like hibernation, is acquired through evolution of biological adaptation to the adverse living conditions. in this state, when the fish less active and metabolic processes substances are reduced to a minimum, they live at the expense of pre-stored fat, and consume a small amount oxygen.

While our geographic latitudes defining seasonality factor in the lives of amphibians (frogs, newts, salamanders) is the ambient temperature in the tropics and subtropics, the role played by humidity. For sufficiently high temperature but low humidity (between drought), amphibians usually fall into summer hibernation. in

with tropical climates, where high temperature and humidity large reptiles are active all year round. But in areas where alternate dry and rainy seasons, when there comes a drought, destructive for many species of amphibians, they fall into summer hibernation, buried in pits in the soil under the roots, stones, etc. A typical example is the island of Java, where amphibians spend in a state of aestivation is almost 5 months. As for winter, so and estivation amphibians do not eat all of their processes life and metabolism slows down considerably.

It is known that representatives of a broad class of reptiles

- They are animals with unstable body temperature, which depends ambient temperature. Reptiles love heat for hours basking in the sun. Horny coverings of their bodies and the absence of skin glands protects them from excessive loss of water. Some of them even have adapted to live in very dry climates, in hot and arid deserts. However, the heat in the tropics is the cause of the confluence of some of them in estivation. Thus, For example, some kinds of snakes - the permanent inhabitants of hot deserts, where they are often threatened by heat stroke - can fall in summer dormancy in the hottest days. This is a defensive reaction organism in which oxygen consumption and heat generation in the body are minimal. Buried in silt flows into estivation and Anaconda, reaching the 11-meter length. estivatsiyu in fall and the biggest representatives of reptiles - crocodiles. When ponds dry up, they burrow deep in the mud. Although that its surface layer dries and hardens in the depth of moisture stored, where they spend their summer hibernation. On this occasion famous traveler Alexander von Humboldt led a story

One of the European colonists who had to spend the night in the hut on the ground on the banks of the Orinoco River (Venezuela, South America). Middle of the night he was awakened by a strong noise, and the ground beneath their feet began moving. Clods flew in all hand, and, finally, out of the ground will be a huge crocodile.

Obviously, he was there in a state of aestivation and, to the horror colonist, it was that night awake.

All the inhabitants of the desert, as if they were not varied, there thing in common: they all more or less adapted a lack of water, food, shelter and sharp fluctuations in temperature.

Physiology of desert animals must balance on the very narrow line between preserving the water and heat regulation.

The disappearance of the sweat glands - a measure to conserve water - means that can be used less conventional ways to chill animal on a hot day. This is usually achieved by large ears or similar protuberances, which penetrated by blood vessels as radiators, bringing heat from the animal's body.

Slavering peristolapka - is a rodent of this type, which is always existed in similar habitats, since, as mammals

first colonized the hot and dry of the earth's surface. She has a small front and long back legs, adapted for jumping. Fingers hind legs fringed with short rigid hairs.

Her kidneys are highly efficient, re-use metabolic water to the extent that the animal's urine is greater than twice as concentrated than in rodents of similar size living in wet habitats. Peristolapka never drinks water, but gets all the moisture that it needs from the plants. She even can eat plants that are poisonous to other animals, and it has ability to release toxic substances so that they do not involved in any process of metabolism. It is a nocturnal animal, but if a predator will drive her out of deep holes in the day heat, it can cool itself, highlighting the abundant saliva and capping foam front part of his body. Also, she spits in his the enemy with deadly precision. Since saliva contains most of the excretion of plant poisons, it is an effective weapon. Needless to say that such a protective mechanism very quickly dehydrate an animal and because it is used only when absolutely necessary and only for a short time.

It would be unfair, talking about dry fasting in nature, not to mention the amazing creation of nature - the camel.

This is a unique animal, created with such excellent physical characteristics, is dedicated to serving others. Man remains surprised by such creations of nature, which abounds in the world. Dromedary usually eats about 30-50 kilograms of food per day, whereas in the difficult conditions he can live a whole month, satisfied only 2 kg of dry grass daily. The structure of the lips and mouth allows him to easily cracking down even with spikes can penetrate shoe leather.

A four-stomach digestive system and are capable of processed without exception, that they penetrate. This creature can benefit even from such seemingly inedible substances such as rubber. It is clear how important this ability in areas with arid climate. Now let's think about question: Do yourself a camel adapt his body to the desert environment; agreed on the structure of their cells and blood with the principle of water conservation; elected structure of their hair?

## **UNI KAL NO ST ORGANIZATIONS PCA Verble Yuda**

So, whatever the organism is endowed with a camel, a unique complex, which provides an opportunity habitat and active life in the harsh arid desert quite a large animal with a mass of 800 kg.

Wool coat. in the program of constructing the body camel provided for manufacturing a thick coat that protects

it from overheating in the scorching heat and the supercooling at low temperatures, and prevents the great loss of moisture.

This amazingly thick cover helps maintain temperatures from - 29 ° C to +38 ° C. He is fully grows, so Every spring shorn camel, getting to 7 kg. valuable wavy wool. From it are made of cloth and the famous soft, fluffy camel blankets.

A balanced body temperature. The body of these animals allows the sunlight during the day to raise the body temperature, and automatically reduce it at night. That is, the camel is provided well-controlled temperature balancing. At the same time night temperature of his body falls to 34-35 ° C, and the day she slowly increased to 40,5 ° C, so that up until the afternoon a camel to completely cool. For example, human body temperature is almost unchanged, except when he is sick. In summer, he getting hot in the morning.

In addition, by raising the temperature in the body camel saves water because it reduces sweating.

The current system eliminates the enhanced water yielding capacity in a hot period, as in other animals. Thus, the body loses moisture camel 3 times slower than a donkey in the same conditions.

Without water. The most wonderful ability camel is that he can not drink more than two weeks. In this case, the animal can to lose almost a third of its mass that fatally for almost any beings, then it quickly filled.

Maximum use of feed and water. Virtually all Animals die when the accumulated urea in their kidneys penetrates into the blood. Meanwhile, like a camel extracts the maximum benefit from food and water, repeatedly recycling urea in his liver. The structure of cells and the blood of the camel also allows animal to endure a long thirst in a desert environment.

Cell membranes in the animal body are arranged so that prevent excessive loss of intracellular fluid.

The composition of the blood of a camel that does not cause delay in the circulation even in the case of minimum water content in the body. In addition, his blood is different from other blood creatures higher content of albumin - a protein enhances endurance by dehydration.

A camel can in 10 minutes. drink 100 - 150 liters. (10 buckets of water). And if he manages to find some relatively lush vegetation food, the body can a camel without water several weeks.

The body of desert animals, including camels, should take care to retain maximum moisture. It is believed that fat in the humps of camels - this is real "water stores". and the higher the hump, so impressive fat reserves, reaching a well-fed animals to 120 kg, which may at

its decomposition to give more than 50 kg of metabolic water.

But there are other opinions. The ability of camels for a long time not to drink determined not by supply of water as previously thought, and not just those that can break down the fat in the humps, as assumed quite recently. Feature of camels is that they are able to lose up to 25% of the weight due to water loss, while retaining moisture in the blood in much larger quantities than other animals.

In this case, there is no significant blood clots.

Of all mammals, only the camel red blood cells (RBCs) have an oval shape. This ensures that they advancement through blood vessels in the case when the blood is still becomes more dense and viscous due to severe dehydration organism.

In addition, camels lose much less water in urine and feces than animals other natural areas. and another feature - the camels can drink water containing significant amount of salt. It is very important because in the desert, many reservoirs brackish.

Unpretentious in food. Camel food consists exclusively from plants and animal can be satisfied with most bad food. His digestive system is arranged so appropriate that this desert dweller can eat local spiny plants, inedible to other animals, For example, camel thorn and even branches of mimosa, the needle is are free to pierce the sole of his boot. And in the case of a camel happy to eat the old basket or a bed of palm leaves. He, like other ruminants, is forced to re-to chew the dry plant mass.

Of course, from the lush green food (beans, grains), a camel, too not refuse, and this time he did not need water. Interestingly, when relatively long feeding on the meadows of camels feel good ill.

"Ships of the Desert". Thousands of years of camel transport goods and people through the arid arid areas. He usually carries cargo is half its weight, and most powerful - about 700 kg, almost as much as weigh yourself. Under the saddle so on hot sand and often without water the camel goes up to 80 km per day. in such severe for all living conditions of any horse that did not survive.

Interestingly, the life expectancy of a surprisingly resilient inhabitants of the desert is higher than that of horses, and is 35-40 years, but there are individuals, even the age of 70.

Camels are immune to the most dangerous virus diseases.

Scientists from the United Arab Emirates offered actively explore the protective mechanisms of one of the hardest animals - a camel, in order to deal with human diseases. Project leader Dr. Sabah Jassim said,

because the camels are immune to the most dangerous viral diseases, their tissues can be used to create effective new drugs. Camels have a unique physiological characteristics that allow them to exist in the harsh desert conditions.

They cope with dehydration because their blood system is able to store supplies of water, lack of food made up for deposits of fat in the humps, camel's milk and stored fresh much longer than cow. But that's not all. Immune system of camels is so perfect that they are not exposed most viral diseases, which kills more mammals. They, like, totally impervious to FMD and rinderpest. Camel antibodies

organism is much simpler than human, so says Dr. Sabah Jassim, artificially recreate them much easier.

Moreover, antibodies produced by camels, the size of a small. They are easy to introduce into the human tissue or cell, wrote Dr. Jassim in the British scientific journal "Problems of Biology".

Until now, the camels as a source of making possible agents to combat viral diseases are not human pay attention.

The medicine of tomorrow, according to Arab scholars, immune mechanisms of the camel will not only be subject to close study, but also a means to combat many human diseases.

Modern scientific research has shown that during hibernation experimental animals without harm to their health tolerate higher doses of poisons, radiation exposure, as well as do not die and do not suffer from artificial inoculation of the microbes that viruses, etc. This emphasizes the higher level of protective adaptive capacity in mammals at this version, the existence of living matter. in a state of suspended animation living creatures (some microbes, fungi) can survive even in the permafrost. Stability of microbial species and plants to adverse external factors (High and low temperatures, drought, etc.) under which they fall into a state of rest or hibernation should be viewed as protective device, developed over a long evolutionary process.

Of all the varieties tested and identified by means of prolongation of life the most effective ways of irony and fate were the most common of them - this is a decrease in temperature the body (hypothermia), cold-blooded (poikilothermic) organisms and reducing caloric intake of warm-blooded (gomeotermnyh) animals. These simple effects can lead to two, threefold increase in life expectancy ...

All these data suggest that the disease

and aging is first necessary to contain the most important in particular the regulatory systems of the body, "clean" so that they function normally.

Increasing longevity, realized as a result of periodic dry fasting, or stay on restricted diets, like the lengthening of life attainable in hibernating animals, which flows in a supply organism of its own inventory at reduced body temperature. Established that the higher the total (for all life) the duration of hibernation of animals, the more they life expectancy, as total, and that part of it which they spend in the waking state. These data are reminiscent and confirmed the necessity of following well-known rule - is the last time a few hours before bedtime.

## **NATURAL AND OUTPUT and OUTPUT Artificial GI POBIO W in human CENTURY**

Ever since the days of Aristotle humanity surprised unusual the ability of hibernating animals endure the most difficult time in their lives, especially starvation and cold, in a peculiar many months of sleep, not needing it any time in the water, no food, At the same time retaining the ability to wake up to the onset of heat fully and to continue a normal life.

Hibernation has been studied and studied deeply enough and versatile, but science seems to be no, at St.

Gyorgyi, a fundamental fact, if you can not play it state under experimental conditions, even more so - in the clinic. At the same time not found any functional, the more morphological features of hibernating, distinguishes them from nezimospyaschih. Even the EEG recorded at one the same temperature in hibernating during hibernation and nezimospyaschih during normal sleep, does not fundamentally differ from each other. Some researchers believe that hibernation by using mechanisms that operate and nezimospyaschih animals. Not only this, people meet, and not so rare, a condition that does differently, like hibernation, not name. On a possible hibernation in humans is said that it - "A state that is absolutely inexplicable by any principle." Topics however there are a number of people who exhibit in winter, a state close to sleep.

This is true for the Inuit of northern Canada, for some tribes northern Russia. Accumulating fat and winter, like bears, only to a much lesser extent, the Eskimos prove that a person have the ability to hibernate with the warming itself, huddled other. And, there is little driving, they have a long winter, costing half the usual diet. with the onset of winter Eskimos wrap themselves in their fur garments - the park, leaving

in it only a hole for certain physiological needs, and remain in their homes, eating dry salmon,hardtack, flour tortillas and water. Showing a small physical activity, they reduce their energy costs, the thus maintaining the stocks of nutrients in the body for the level at which there is no danger to harm himself. Condition deep insulin coma, some researchers because and is called "hibernation" or wakeless, American Pathologists Fay and Smith called artificial hibernation state, which they caused cancer patients using hypnotics and dosed cooling. Many cases of such reversible states in humans as described in our press, and foreign, However, science still can not explain why this is possible with the person. in support can give an example, described B. Flaygom in the book "The attention of the avalanche," published in 1960: "After febrile razgrebaniya snow till noon on February 2 was able to extract from under his 26-year Frayzenera, buried avalanche January 21 at 2 am! Forces finally left it in the when he issued a last cry for help, being already under snow. But what is it? Frayzener began to recover and even opened eyes! In a low voice, but quite clearly he talked about his agony and seized him happy when he realized that he was saved, because he was alive after 13 days spent in an avalanche. " In Russia, too, reported cases of recovery of people who died as a result of deep freeze in the winter. Often find people frozen to such an extent that there was no slightest manifestation life, but once they warmed, they were revived. For example, in March 1960 in the hospital morgue, one of the farms Kazakhstan's taken a man's body. in the act of inspection was made record: "stiff body completely ice-covered, with no signs of life. Tapping on the body causes a dull sound, like a shock the tree. The temperature at the surface of the body below 0 ° C. Eyes wide disclosed and they formed an icy crust. Pulse and respiration not bugged. Diagnosis: general freezing, clinical death! ". Contrary to this conclusion, Dr. PS Abrahamian took vigorous measures to revive the victim: warm warm water, stimulation of cardiac activity, the artificial respiration, heart massage. One and a half hours of hard work doctor managed to return a person to life, though had to be amputated his fingers. Victim was 29-year-old tractor VI Kharin. He was returning on a tractor in the village, but suddenly motor is dead. After two unsuccessful attempts to start motor tractor decided to get home on foot, but lost orientation, strength left him. Then he decided to relax a bit, he overcame a dream, then it is almost completely drifted snow. While his sought out, it took 3-4 hours tractor driver found without a hat he lost her on the road.

Another unusual incident occurred in Tokyo. Summer 1967 dawned very hot. in one of these days, the driver of the truck-refrigerator Masaru Saito decided to relax a bit and cool off in the refrigerator truck which contained blocks of dry ice, ie solid carbon dioxide. Refrigerator door suddenly closed, and the driver was trapped, completely helpless in front of three extremely dangerous factors: cold (-10 ° C), fast increasing due to evaporation of dry ice concentration carbon dioxide and oxygen deficiency arising in connection expenditure from reserves of oxygen while breathing in a hermetically confined space. When the driver learned of the refrigeration chamber, he found himself in a completely frozen state, and gave no no signs of life. But at a nearby hospital he was provided urgent medical care, and he was rescued.

Why do Kharin and Saito did not die? both as a result of significantly lowering the temperature of the brain occurred the so-called hypothermia, which protect nerve cells from damage due to oxygen deficiency, as oxygen consumption was negligible. in the case of Japanese driver hypothermia developed rapidly and achieved great depth. in the refrigerator was a high concentration of carbon dioxide emitted from the dry ice that has a narcotic impact, resulting in the degree of adaptability of the organism to hypoxia increased. Similar results for experiments with animals, even before these cases received a Soviet scientist NN Timofeev. in a sealed room to him managed for the whole day to cool the experimental animals to 5-7 ° C by increase in carbon dioxide and reduced oxygen, and then return the animals to life. Scientists have always with particular interest applicable to similar striking cases trying to give them a scientific explanation. Learning about the case with Saito in Tokyo Yugoslavian scientist Anzhus decided to reproduce this phenomenon in experimental conditions. He placed a white rat in a hermetically closed glass vessel at low temperature. Fast increased concentration of carbon dioxide emitted by rats with breathing, contributed to the same rapid and deep cooling animals. as a result found that rats that normally conditions may, without danger to life transfer cooling only up to 15-16 ° C with increasing concentrations of carbon dioxide transfer the temperature to 1-2 ° C. in other experiments it was found that lowering body temperature slows the metabolic process and reducing the need of animals to oxygen. When body temperature of 28 ° C, oxygen consumption decreased to 50% of the normally required oxygen at 24 ° C - up to 30% and at 20 ° C - up 15%. In addition, dramatically slowed heart activity, breathing and circulation, making the life of organisms preserved in minimal consumption of nutrient stores.

But back to the cases of recovery of frozen people. Usually all Clinical cases of death due to hypothermia temperature internal organs of people went down, usually to 26-24 ° C. However, there are exceptions to this rule. For example, one of them. in February 1951 in a hospital in Chicago, brought 23-year-old black woman, found out half-dressed in the snow. She spent the 1911 hours with fluctuations in air temperature from - 18 to - 26 ° C. Temperature her internal organs at the time of admission was 18 ° C. Modern surgeons are rarely solved so cool man low temperature, even during complex operations, as assumed that this is the limit below which may occur irreversible changes in the cerebral cortex. But in the described If the doctors were surprised by the fact that such a strong supercooling of the body injured was still breathing, although rarely (3-5 breaths per minute). Pulse was also very retarded (12-20 strokes per minute) and irregular (pause between heart beat reached 8.). The doctors managed to save her life, but had amputate the feet and fingers. Until recently, scientists believed that if the drowned Rights not taken out of water for 5-6 minutes. it is inevitable die as a result of irreversible pathological changes in the cortex brain caused by acute oxygen deficiency. However, it was found that in cold water, this time can significantly last. For example, in the U.S. state of Michigan registered a case: 18-year-old student Brian Kaninhem fell through the ice of a frozen lake, and it drew out a after 38 min. The victim immediately taken to the nearest hospital, where with the help of a respirator (he inhaled pure oxygen), he returned to life. Certainly helped and the fact that the young man's body was chilled in an ice water. Another case occurred in a 5-year old boy Vegard Slettemunenom from city Lilestrema (Norway) - he failed under the ice of a frozen river. 40 min. the lifeless body of a child carried to the shore and started doing CPR and massage heart. Soon the boy had signs of life, and through two days, he recovered his consciousness and he asked: "Where are my Glasses? "last December in the snowy mountains rescuers found frozen body of a 35-year Japanese businessman Mitsutaki Yuchikoshi. This happened after 24 days after his disappearance. On time of detection, the body temperature Yuchikoshi dropped to 22 ° C, pulse almost can not feel, the internal organs were not functioning. Businessman immediately taken to hospital where, after brief treatment from hypothermia and blood loss Yuchikoshi came to himself, and soon felt already and did great. "He was frozen alive and survived - said one of the healing Doctors Mitsutaki. - If we can understand why, we have opens many perspectives. "

This case concerned scientists around the world. Perhaps Is that the man remained a long time under the influence low temperatures, and then fully restored its function? American scientists from Boston, Pittsburgh and Los Angeles answer this question: "Yes, it is quite possible."

Before relapsing rights in "hibernation" during the long interplanetary flights we've seen except in science fiction films, but very soon it may become a reality. Researchers argue that they are close as ever to the ability to immerse a person into a deep sleep for up to several months. Team America scientists invented for this special blend of salt and ice that the introduction of a man rapidly cools the blood. This plasma rapidly reduces body temperature to  $37^{\circ}\text{C}$  to  $10^{\circ}\text{C}$  slows metabolism, and the man falls into a kind of hibernation. However, while the new method was tested only on pigs, which was immersed in such a dream a few hours. But Scientists believe that "hibernation" can stretch into days, weeks and even months.

However, not all as easy as it looks at first glance. frozen people need anyway to feed by intravenous injection and remove their waste. Hair and the nails will not cease to grow, and deep sleep does not stop aging. in the nature of these problems, avoid a bear.

Breakthrough in study of the human "sleep" is extremely important for science in general and medicine in particular: because it will possible return to the lives of people who drowned in the icy water. It will also provide more opportunities for treatment severe wounds and will revive someone whose heart stopped beating several hours.

Hence, at certain moments and in humans, like hibernating, may "trigger" mechanisms to remove thermogenesis? Here are just a what are these mechanisms?

M. Buyanov, commenting on the famous case of lethargic sleep for 20 years to a woman, concluded that lethargy - the same thing as hibernation, however, stipulating that a person is - always pathological.

Analyzing these cases are described by journalists (in the scientific literature published about them can not be found), you can catch definite regularity - a man able to live while without breathing and cardiac activity, ie in a state of clinical death is much more critical of those 5-6 minutes, after which irreversible changes occur in the brain, if you will be met the following conditions:

- if the victim is immobile;
- if his body will be refrigerated;
- If this state will be preceded by a shock or a or other stress.

As we analyze the case all these conditions are present: a girl got on frost in the unconscious; shock with a reflex stop  
Breathing was a boy (or he just drowned to water);  
severe trauma preceded lethargic  
sleeping women, as they say, the yogis are able to arouse a shock artificially. All of them were motionless, all observed significant reduction in body temperature.

Is it really should be categorically determine a person's ability fall into a state of hibernation (hypobiosis) as pathological?

Some scientists believe that the fall in the state and even hypobiosis hibernation - the inalienable right of all life on Earth, including plants and all animals, but man it can not be realized by its specific evolution. "Not implemented", and we see - realized it! However, until now, we do not know how, thanks to some mechanism implemented a universal property of living matter specifically in humans, but this, as they say, is another question.

In clinical medicine in the fifties and sixties with a light hand and Laborie Gyugenara appeared craze Artificial hibernation (hibernatio - hibernation), especially in surgery of heart and large vessels. Now this fascination has passed but something useful from this extract failed. For example, revealed that the patient's body temperature decrease by only 1 ° reduced metabolic rate him at 5-6%, thus lowering patient's body temperature by 20 °, can be done to reduce exchange in the 100 (!) times, but in practice this means that a person in such state could survive without food and water for 1-2 days, and at least 100 days, ie more than 3 months. At the same time until the temperature optimum, inherent hibernating during hibernation (about +5 ° C) persisted would be a significant time interval, which could allow for lower exchange rate to tenths and even hundredths of one, thereby bringing the possibility of human hibernation for several months hibernating hibernating.

However revealed something else: the main and still irresistible obstacle to dive into a state of artificial human hibernation is a muscular thermogenesis, especially tremor. It occurs whenever an attempt to lower body temperature below 28 ° C, even if it were applied relaxants and anesthesia. Tremor occurred warmed by the body, but if the cooling is still continued, there came the energy depletion of the body, with warming of shivering was not, but the patient often perished. As Studies have shown that in muscle, even completely denervated, cooling it to 28 ° tremor occurs spontaneously - perhaps a struggle with the cold in the muscle of genetically programmed. Nevertheless, there are moments even in humans, when this barrier is at 28 ° C becomes impossible to overcome when people cold, even below this critical temperature, is able to return to normal life - we see it in the above cases!

If we talk only about the temperature of the body, then the person are

states in which the body temperature begins to uncontrollably fall to the lowest, if not critical, digits: this crisis state of severe infectious diseases, and deep shock or profound hypoglycemia. Especially in this respect indicative of septic and burn shock.

What's the matter? Perhaps, in the case of deep shock or hypoglycemia trigger the same mechanisms as the confluence into hibernation in hibernating? Maybe the shock - the same blank protection nezimospyaschego for the extreme conditions that hibernation - for zimospyaschego? In principle, the cold and dry hunger for hibernating - too extreme conditions!

Having mastered the way to cause people hypobiosis (dormant) artificial way, you can get into the hands of a powerful arsenal means to combat the most severe pathological conditions and diseases, many of which are now eliminated or difficult or impossible.

- So, the experiment proved the feasibility of a hibernating radical deliverance only sleep (!) of such serious diseases such as syphilis, tripanosomaya disease. There is every reason assume that this method could be to fight sepsis and even AIDS, since there is evidence of the successful struggle using hibernation and viral diseases.

- Total disintegration of the body, observed at hibernation, can contribute to saving lives tyazheloobozhzhennym and also affected with extensive crush and compression tissue, if applied to the deploying hypobiosis toxemia - so thus be excluded major pathological factor in injury and prevented the development and deepening of the secondary necrosis and wound infection. This category of victims is now the most difficult (and expensive!) for resuscitation.

- Known immunity to lethal doses of hibernating bacterial and chemical poisons, and ionizing radiation The same insensitivity observed in the experiment and with the close-to-human animals - monkeys, which were irradiated sesquioxide lethal dose of ionizing radiation in the state clinical death, ie, the same hypobiosis. All control animals were killed, all the experimental (clinical death caused by blood-letting) - survived, with no radiation sickness one of them did not develop.

- Full body denervation by deep hypobiosis, can safely stop the heart and respiration, lack of appropriate anesthetic for most improved anesthesia in surgery can make an entire revolution: become perhaps the most sophisticated ("unthinkable") operations in the most dangerous areas, for example, in the depths of the brain in many organs and tissues at the same time - all without the usual large surgery drama, without the risk of bleeding and no hard

time limit. True, this will require surgery and other technique, other approaches, especially the fact that reparations hypobiosis no but all of these obstacles can be completely overcome and they are nothing compared with the enormous profits to be gained Surgery the use of artificial hibernation.

- Total disintegration of the body at the cellular level with deep hypobiosis bring about a new treat patients suffering from malignant neoplasms. Established that the hibernating during hibernation can not be called by carcinogens develop tumors, although able to wakefulness is easily possible, and noted the degradation of the tumor in hibernating during hibernation, if the tumor existed the animal during the waking state. In 1938 the American pathologists Fay and Smith for the first time in world practice offered method for the treatment of malignant tumors in humans using artificial hibernation caused by cold. Clinical trials were performed on 38 patients suffering from common malignant tumors with metastases, including brain, in many patients with pain were measured only with large doses of morphine. These patients after the administration of sleeping in the nude condition obkladyvali rubber bladder filled with ice and for 5 days, maintains body temperature in the range 32,2-29,4 ° C, however, in one case was a failure of temperature to 27,7 ° C, but without any consequences. during hibernation in patients with no urinary, discontinued operations intestine, virtually ceased respiratory and cardiac activity, is completely absent consciousness. Then the patient awakened, warmed, gave strong hot coffee, and after 2-4 days sick again plunged into hibernation.

- In total, each patient was in hibernation on average 40 days. About stay in hibernation patients had complete amnesia for waking up they did not feel any discomfort, Conversely, decreased or completely disappeared pain caused by tumor, overall, the patients had weight gain, appetite appeared, and in those cases where the brain was struck metastases showed improvement of mental activities. It was also noted a significant, sometimes up to 50% reduction of tumors, there was also delay relapses, rate of tumor growth in relapse is significantly reduced.

As far as possible the authors of ways to take a biopsy of tumors effects of hibernation, during it and after hibernation. When comparison of drugs they observed clear changes in the process treatment. Thus, the tumors disappeared and narrowed blood vessels after 48 hours of cold tumor cells poorly stained, they swell, granulated protoplasm.

Observed destructive changes in hromofinnom apparatus. However, as the authors determined the way, all these changes in tumors were recurrent in nature, except for two cases where

two women with breast cancer, and tumors and metastases disappeared completely.

Fay and Smith attributed the observed changes in their malignant tumors due to the direct effects of cold, but the current data on hypobiosis allow to change this view. Cold - it's just a way of introducing human in hypobiosis, it may be another, and changes in tumor tissue were caused by hypobiosis - the profound disintegration of the organism to the level of cells, which occurs when hypobiosis. Which allows to think so? The disintegration of the organism, occurs at hypobiosis, in which each cell becomes isolated, immediately put in an unequal healthy and malignant cells, and in favor of the healthy. As shown in research EG Gorozhanskoy and VS Shapot, VS Shapot rate consumption of glucose as an energy source per unit time malignant cells in 16 (!) times greater than the need for glucose in healthy cells. at full power isolation of cells at the advancing disintegration in hypobiosis, cancer cells, left to itself, disconnected from the general blood flow, which is the supplier of glucose at the expense of the whole organism, energy is being depleted and degraded what is observed of American Pathologists. in their experience, difficult to technical design, the biggest drawback was short duration of continuous sleep, which ruled out a full degradation of the tumor in one session and made it possible to fill tumors in the intervals between hibernation. Nevertheless, two patients still managed to get rid of the malignant tumors with metastasis, which indicates the correctness of the chosen path of treatment of malignant neoplasms.

Thus, if we lengthen the period of artificial hibernation and make it continuous patient suffering a malignant tumor, You can achieve complete degradation of the main tumor and all without exception, its metastases, wherever and in what quantities they may be, because in hypobiosis energy isolation for a cancer cell would maintain in any part of the body. Ca. author. I have always been convinced that the simpler the treatment, so it is effective. in nature for every poison is the antidote. Seemed to be if all our modern science has concentrated on improving the mechanisms of hibernation and dry fasting in humans, We have long been treated with cancer and other incurable diseases. Unfortunately, We all efforts were directed at the chemistry, it's a lot of money. It should be said that such a method of treating malignant tumors Unlike all existing may be radical in its sense, acceptable at all stages of the prevalence of the process for all types of cancers, not will have no contraindications and can be applied more than once - already with a view to prevention. Such a method of treatment

would be economically feasible, since it does not require special conditions and expensive drugs, humane, because when it is carrying out a patient will be in a state of deep rest and do not need painkillers.

In the near future may be of practical interest hypobiosis use (and even suspended animation!) in a person's long-term space flight. Some of our scientists without due reason had started in criticizing the U.S. campaign to "burial alive" to the best times of some wealthy volunteers who suffered under life of incurable diseases - with the hope to "wake up" when These diseases will learn to heal. Freezing and further the content of such people was carried out at low temperatures in liquid nitrogen, before the "funeral" was produced all the blood (such way invoked deep hypobiosis!), which replaces polyhydric alcohol - glycerol. It is known that in insects, undergoing a period of hibernation deep cooling, in the blood also appears glycerol, which prevents the formation of ice crystals in the supercooling and thus protects cells from mechanical damage. Detected in the glycerol and human blood. Can I put to sleep this way people awaken at any time in the future? If we proceed from the concept of profound disintegration of the organism occurs at a deeper hypobiosis - is possible. The fact that the state of the organism, in which each cell is "in itself", the question is not is about the safety of entire systems and mezhorgannyh relations, complex functions - ie, to preserve the integrity of the organism, the question is in principle to maintain the viability of the cells, let them even not one but many billions - that's not the quantity. And this problem preservation of the viability of cells is solved, even in practice: already come into the practice of using artificial insemination of cattle semen vysokoporodnyh bulls, which Conserve this way - quick freezing in liquid nitrogen. Then, returning to life, the body restores itself their intercellular communication and mezhorgannye. Interestingly, in the region preservation and storage of bull semen taken a step further: successfully completed studies on the drying of the conservation viability in a vacuum bull semen, pre-frozen in liquid nitrogen, a cellular material can be stored indefinitely in a simple sealed ampoule. If a person is a way to enter into suspended animation, will be possible very long and extremely long space flight with a man on board, and the man himself will be virtually assured of immortality.

## **I CAN T DO YOGA Falling Tb in Anab H?**

It is known that yogizm, one of the most ancient cultural heritages India emerged in IV-II century. BC. er. Mention of it found in the ancient Vedas (books of hymns and prayer books early

Indo-Aryans). All forms of yoga and exercise aims to mobilize the "latent, potential power of the body" to merge with a "world power." Proved that the applied Hata yoga technique

- Holding the body in certain postures and breath control
- Can lead a person to complete some samoovladeniyu

autonomous functions of the body.

Yoga in Sanskrit means "unity, communication."

in the Hindu religious sense of the word meaning

communication, the merging of the individual soul of man which

considered a "spark of the soul world, with the Ecumenical spirit. Most

complete the merger carried out in a state called samadhi

who coached yoga sought by resorting to an ancient

Indian technique of mental self-hypnosis. According to the Hindus,

"Spirit is buried in deep thought, and the body - in a deep sleep." Indians

believe that in the spirit of this state, located in the body, fully

connects with the spirit of the universe. Historians believe that the first

Yoga appeared somewhere in the highlands of Tibet and on the slopes of the Himalayas.

For the alpine climate is characterized by lack of oxygen, which

beginning to be felt at a height of 2 thousand meters Oxygen deficiency

usually leads to an increase in the volume of air passing through

lungs, ie, to enhance ventilation. Arbitrarily decreasing

ventilation residents highlands of Tibet were able to accelerate

adaptability of the body, getting used to the lack of oxygen

at the level of tissues. Quite often, write and speak about what

Yoga own hibernation, typically refer to the fact that

by regulating the breath, they can manage some

vital processes. According to Soviet physiologists

NA Aghajanian and AJ Katkov, the mystery of hibernation hide Yogi

in the total effect of the three physiological effects on the body

factors: dose of fasting, relaxation of muscles

and slow breathing (oxygen deficiency).

Try and understand this and start with slow breathing.

In this regard, great progress has been made not only the Masters. More

In 1930 an American physiologist, ES Schneider conducted a survey

two pilots. One of them, breathing pure oxygen, then managed

stop breathing at 14, and another - 15 min. Pearl diver

Californian, Robert Forster, after breathing oxygen

within half an hour, could remain underwater without scuba gear for

13 min. But he was not able to dive into a hypnotic

state, like the yogis. In this regard, the nature of serious

benefits are some species, such as seals.

They, like people, breathe easy. To be able to for a long

time to remain under water, they have developed an evolutionary path

the ability to muscle relaxation. due to the fact that under water

muscle tone decreases, the demand for oxygen is reduced

1 / 3, and because the body's need for oxygen is the main

criterion level of activity. Not by chance in all species

animals, falling into hibernation, the muscles are relaxed, the heart barely beating, breathing is shallow and very rare. But lower need your body in oxygen may not only seals, bears and hedgehogs, as well as yoga and fakirs. It is available to many. in October 1974 in Delhi at the XXVI International Congress of Physiologists RK Valays reported the results of their research on the effect, which is achieved due to the ability to focus all attention on relaxing the body muscles. Participated in the study (36 people) practiced for 2-3 years. They have learned in just 15 min. reduce the consumption of oxygen by 16%. People that such training is not engaged, such an effect can not be achieved, since even during the night consumption Oxygen is not reduced by more than 8%. in the Soviet Union also conducted similar studies: after an appropriate training people lowered heart rate from physiological 70 to 42 in a minute. in 1950, was conducted entirely incredible experiment with 52-year-old yogi Babashri Ramadzhi Dzhirnari described later Indian doctors in the journal Weikel Lancet. In front of a ten thousandth of the crowd in Bombay yogi down to dig into the ground a narrow pit-chamber on the bottom and the walls of which protruding nails everywhere. Then, the hole sealed with cement. There's a state of "apparent death" Ramadzhi spent 56 h. After this chamber was filled with water, and he remained under water 6.5 hours, and yet it revived in a Bombay hospital. Can you explain it miracle? Of course, such dramatic results can not be achieved only workouts, the ability to relax your muscles and slow down breathing. Before the experiment Ramadzhi within 10 days of drinking only water and ate nothing. Did it help? Early in this century Soviet psychologist VV Pashutin found that repeated, relatively long starvation, oddly enough, is a kind of exercises the brain and body: the central nervous system is more slows the flow reserves in the body. This helps Gymnastics and the fact that when dosed dry fasting, the brain does not suffer. is now known that fasting reduces the gas exchange and the body is satisfied by a smaller amount of oxygen produces less carbon dioxide. Fasting breath becomes superficial. It differently, too, promotes relaxation. Established that the slow deep breathing (no more than four breaths per minute) delayed at the top of inspiratory flow facilitates venous blood to the heart. In addition, the accumulation in the body carbon dioxide, resulting from a slower breathing improved nutrition of the heart muscle. If, after the breath-holding make the most of a full exhalation, you can dramatically slow down contraction of the heart. That way, some yoga and fakirs achieve cardiac arrest. in 1957 this phenomenon was studied in 32 - Summer Yoga Ramananda. At full exhalation he clutched to his chest

chin for 15 seconds maximum strained chest muscles and abdomen. as a result of sharply increased intrathoracic pressure, making it difficult to reduce the heart muscle. X-ray unit diameter of the heart decreased by 1 cm Heart tones are not wiretapped, the pulse is not captured, but the electrical activity cardiac muscle is still preserved. Consequently, the total cardiac arrest in yoga is not observed, but reduction in heart muscle becomes so weak that it does not was no way to identify them by ear. The first attempt thorough physiological study of burial of yogis performed live in 1959 at the Department of Physiology, Indian Institute of Medical Sciences. Instead, scientists used the Tomb transparent glass hermetically sealed chamber. it twice within 8-10 hours there was still the same, but the 34-year-old yogi Ramananda, behind which was a 17-year experience in this field. During his stay in the chamber Ramananda oxygen content it decreased to 14.9%, while carbon dioxide increased to 5%. At the same time being yoga has not deteriorated, pulse rate and respiration not increased, and oxygen consumption decreased by 40-50%. For an untrained person is prohibitively. In order to during surgery of the chest to reduce oxygen demand 50%, surgeons with anesthesia and artificial cooling have to lower the patient's body temperature to 28 - 30 ° C in yoga Ramananda during the experiment body temperature was 38,4 ° C: so clearly pronounced decrease in the body's need for oxygen, he sought at the expense of maximum muscular relaxation. Experiments have shown Soviet scientists N. Aghajanian, G. Davydov and AV Sergienko, people who do not engage in special training in muscle relaxation, reduction of oxygen content in air hermetically sealed chamber Up to 13% and an increase in carbon dioxide to the 8% (for 16 - 17 h) resulted in a 13-fold increase in lung ventilation increased heart rate and a sharp deterioration in their general condition. Soviet scientists have concluded that it was important to develop ability to fall into a state of apparent death, but the ability muscle relaxant, has fitness of the organism against hypoxia (oxygen deficiency). That's why no accident Yoga, before falling into a state of suspended animation, dramatically slowing their respiratory movements. Soviet scientists, NA Aghajanian and AJ Katkov, dealing with hibernation in humans, they write, that in the book of Swiss anthropologist A. Stoll, "Hypnosis and suggestion in the psychology of peoples "(1904) described a unique session, conducted in 1837 on the initiative of Maharaja Rundzhita Singh and an English officer Claude White. Living in the Indian city Lahore and the surrounding villages gathered to watch as Yogi Harida willfully fall into a deep 6-week-long sleep. Before this test, the yoga was at 7-day dairy diet, and

daily sleep washed your gastrointestinal tract. Process descent into suspended animation began with a posture of relaxation, lowering of the head on his chest and monotonous repetition of the same words, with the yogi gradually began to hold their breath. When Harida asleep, a servant close up his eyes, nose, ears and mouth with wax (so that there will not penetrate insects). The Commission, headed by the Maharajah Singh and the Englishman White, to exclude any possibility of deception, forced sew yoga bag, put in the trunk, and closing, leaving it into a closely guarded room. There's a Yogi, and slept as much as 42 days. Prior to the procedure of awakening the commission is satisfied that the integrity print on the door of the room. When they opened the present saw vertically placed wooden chest with a hanging locked, sealed with a personal seal of Maharaja. Opened the trunk and it found sewn into the bag of linen yoga. He was there in an awkward, hunched posture in a state of torpor. His hands wrinkled, seemed to touch wood, his head lying on the shoulder. The doctor took him in hand to find a pulse, but he can not feel. The servant began to spray yoga warm water and rubbing his hands. After that, he wrapped his head in a heated dough made from wheat flour, removed the wax swabs from the mouth, nose, ears and eyes, violently opened his mouth and pulled from the depths of the larynx drawn in there language. Followed by lengthy procedures and massages, and finally a Yogi sigh. Servant has poured into his mouth and forced oil ingested. Yogi slowly opened one eye, then the other, his body a few times went into convulsions. Gradually he recovered his normal color skin, and after half an hour after the start waking Harida alive. His first words, uttered slowly, as if he overcame incredible weight 42-day sleep, were addressed to the Maharajah: "Well, now you believe me?" About an hour after that Haridy gradually to settle all manifestations of life. This story retold many times, often distorting, but always was evaluated as a miracle, a divine calling sleep yoga. Almost the same way described her famous Bulgarian scientist, Academician Methodius Popov, citing a possible reduction in active functions of the man known even in ancient times called Vita Minima "(" minimal life "). in fact, this session showed the ability of yogis to perfection to manage their own body. Director of the Paris cardiology clinic Teresa Brose conducted a study of buried alive (animated) Yogis and ordinary people. She found that after several years of training a person can learn how not to breathe for 10-15 minutes. At the same time experience a slowdown of all processes of life, as occurs in animals during hibernation. have buried alive Yogi heart stops, and drops the frequency and strength heart rate. One more, one might say, unbelievable experiment was carried out in the suburbs of the capital of India Delhi - Model Town. Yogi Swami Satiamurtri - quite an elderly man with grizzled

beard - sat down to dig a pit the size of 2,5 x 2,5 m, the bottom which was strewn with hay. There he adopted the pose grease (position "Lotus") and performed a religious rite. After this, the feet and chest Yoga attached electrodes. Dr. Iogesh Chandra Mathur, Specialist for heart disease, has spent the last preparations, the yogi remained one in the pit and its cover. Top cap stamped 15-cm layer of soil. After 7 days, "tomb" revealed and found Satiamurtri a state of torpor in the original it adopted a pose. His wife began to massage my head first and upper body yoga heated olive oil. Soon he came to his senses. After a while he drank a glass of milk and ate little fruit. It took 8 hours, during which Yogi took several warm baths, and looked fresh and felt good, but thinner 5 kg. Dr. Mathur, a witness, "burial" yoga, together with its employees around the clock controlled equipment, connected to electrodes attached to the body Satiamurtri. All data is carefully recorded throughout the experiment. Tapped and a heart murmur yoga for all seven days. Here Dr. Mathur said that: "We have long had to wait almost forty hours until the yogi fell into this state. During the previous experience He succeeded only after 5 days. After this started to happen strange phenomena, registered equipment: body temperature decreased to 34,8 ° C, the resistance of the skin, usually fluctuating between 3 and 8 thousand ohms, a few hours jumped sharply and exceeded sensitivity of our apparatus, which measures the resistance up to 2 million ohms. When the yogi fell into a state of samadhi, the resistance in the skin decreased to normal levels. at the end of the second hour have declined sharply yoga breathing movements. Heartbeat first increased, then slowed down. " subsequently began palpitations - up to 250 beats per minute (as in fast running). Then came a short period of violation of heart, yet not unexpectedly signaled cardiograph: Yogi stopped the heart-his heart did not work! I do not focus it? Dr. Mathur is categorical: Yogi in no case could not turn off electrodes and "cheat" a very sensitive microphone, mounted in his tomb. " In addition, the audit showed that no one of the electrodes do not touch anybody. Through 5 h after the onset of samadhi all body functions, except for central nervous system functions have stopped. 5 days consecutive ECG have been no cardiac activity. How can I explain all this? According to Dr. Mathura, some yoga have the ability to reduce heart almost stopped, significantly reduce other biological functions body and live for several days without breathing and circulation. Dr. Mathura compares it with their state of hibernation in some reptiles, amphibians and mammals. According to the famous fakir Yves Yvon, allowing its

buried in the ground alive, an explanation of this mystery is as follows: "I clamp the carotid artery, and feel that lose consciousness. I fell in poluletargiyu, pulse, I almost did not palpable, breathing nearly stops. Only thus can survive under the ground and not to suffocate. " However, after one such Session heartbeat had reached 250 beats per minute, and doctors warned him that the next session might be for him fatally, after which the fakir ceased its operations.

Meanwhile, the interesting fact that yoga is not clamped his carotid artery and use a different physiological method - gradually slow rhythm of breathing and increase the pause between breathing movements. Such an experience shared old yogi who looked as a 20-year-old boy. He visited the Soviet Union and explained how he managed to retain youthful looks: in his words, he lives only in the afternoon. At night, it reduces the frequency of breaths 10 times and thus lives only an hour instead of ten. "

Combining breathing exercises with fixed postures and a system of self-hypnosis, yogis, probably able to reduce consumption of oxygen and move to a level life in which outward signs of life disappear.

But yoga is not only able to "die and be resurrected." Here's how the doctor-traveler Harry Wright in his book "Witness witchcraft" (1971) describes practiced by some African priests rite of resurrection fallen into anabiotic state "witch":

"On the ground lay a healthy young men taller than 6 feet (1 foot equals 0.3048 meters), with a broad chest and strong arms. I got so to enclose it with his body, and quick movement raised his ever, to test the response of pupils according to the method Argila-Robinson. Reaction was not. Also tried to find his pulse. Pulse was not. I have not found and signs that he is working heart ... Us surrounded by a group of thirty people. Low voices, they sang some rhythmic song. It was something between a howl and growl. They sang a faster and more high voice. As if the dead had to hear these sounds. What it turned out my surprise when, exactly what happened - the "dead" suddenly ran his hand over his chest and tried to turn around. Cries surrounding the its people have merged into a loud scream. The thunder of drums became more furious. in the end lying on the ground is still turned tucked under her legs and slowly began to crawl. His eyes, a few minutes ago, did not react to light now were wide open and directed at us. Apparently, this young man with self-hypnosis has developed in the cortex of his brain controlling point to specific musical rhythm. and nothing else except these musical rhythms, could not revive him. " Of course, science is still at the beginning of the study of phenomena of this kind, but In many countries, carries out scientific surveys of yogis, who have fallen a state of suspended animation.

Currently, besides doctors and physiologists, methods vpadaniya interested in a state of suspended animation, and experts in the field space biology. This is one of the favorite topics of writers sci.

But how could an ordinary person or a cosmonaut, not a yogi, in fact, fall into a state of suspended animation? Back in 1901 Professor Bakhmetiev in his article "The recipe on how to survive until the XXI Century" described in detail how the transition takes place in a state of suspended animation in higher animals: "The first warm-blooded animal must turn into a beast with the changing temperature of blood that achieved with anesthesia ... This is necessary in order to mammalian respiration could proceed as in frogs, insects, etc., ie, when the temperature is lowered, it would have faltered. Otherwise, the animal will be in vain to lose strength against the cold and it will drain it prematurely. After anesthesia the animal must make a cold air bath, the temperature which should gradually decrease with a special controller.

Now fairly well known that general anesthesia and pharmacological agents can lead only to in short-term partial state of suspended animation, which was used in surgical practice. Prolonged suspended animation (in for months or years) requires fundamentally different

solutions - to the conclusion reached by the Soviet academician VV Parin.

Soviet scientists, NA Aghajanian and AJ Katkov argue that instead of the anesthesia breathing can be slowed, if a person learns to manage their respiratory movements. When a person begins to train, slowing down the breathing movements, it will gradually

accustom your body tissues to increase in carbon dioxide. Excess carbon dioxide cools the body by lowering metabolism in tissues - the main source of heat,

suppresses the central nervous system and reduces the sensitivity of the organism to a variety of stimuli, including to

cold. That is why the body, enriched with carbon dioxide gas can further cooled and reach the state of suspended animation. By

According to these two Soviet scientists, the concept vpadaniya a state of suspended animation looks like this: breathing exercises

- Increasing the carbon dioxide content in the body - general cooling the body. From breathing exercises depends on adaptability of the organism not only to large quantities of carbon dioxide but also to the lack of oxygen in the tissues. Such adaptability

body can prevent irreversible phenomena, which might arise during cooling of the body. Now the methods of yogis, fluent in a way falling into the state of suspended animation,

have been the object of extensive research. This is useful

not only for science but also for health and longevity of man.

It is very likely that this method will find application in space

Biology of future space missions to distant planets.

Maybe close to the time when the words come true Tsiolkovsky  
the unlimited (with the help of suspended animation), life expectancy  
man who conquers the universe.

### **Cryostasis Hambo Lama Dashi-Dorzhoo Itigilova**

In Buryatia, a few years of worship immortal Lama. Lama  
Itigilov, who died 78 years ago, was removed from the place of burial  
to a remarkable preservation. Scientists studied the body and now  
claim that its tissue - like a living person. Lama Itigilov  
survived much better than Lenin. Here is just one of the hypotheses - all of these  
Miracles are somehow connected with the state of sleep. I already wrote that in a state  
hibernation can stay microorganisms in their protective  
shells, plants in the form of "naked" or in different shells, seeds,  
and protozoa, in a state of suspended animation  
in capsules, pods, shells and other protective devices.  
Close to anabiosis is dormant - winter and summer.  
fall into hibernation already cold-blooded and some types of warm-blooded  
animals. But if the state of suspended animation is different in length  
time, sometimes - the years and even centuries, the different hibernation  
seasonal - winter or summer.  
As will be discussed on the fallen man in suspended animation, and this  
the only known case in Russia among people, then we  
noting that in humans with this should be before entering  
in suspended animation, during the occurrence, during a stay in suspended animation  
and upon exit - and all this in comparison with the hibernation of hibernating  
as the most studied phenomenon. So, before hibernating hibernation  
animals lose a lot of water - through increased urination,  
through the gastrointestinal tract, sweating, breathing. When  
This gastro-intestinal tract is fully cleansed of microbes,  
there are only "own" harmless microbes saprophytes,  
that hibernate along with the "boss" and wake up  
with him.

If the body of Hambo Lama after immersion in suspended animation contained  
a water, then over many decades of stay in a wooden  
crypt of water evaporated from the body and it would, at best,  
would become a mummy. We are witnessing a saved turgor  
(Softness, elasticity) of the skin Hambo Lama, the mobility of all  
joints (retained fluid lubrication of the joints), muscle tone,  
capable of holding the head and body in the lotus position. When  
scratches on the skin made ichor pinkish color -  
that is, liquid blood. Analysis of blood tests showed low levels of  
hemoglobin in it - anemia. But it was a false indicator, then  
we will explain why. Taken for study under an electron  
microscope microparticles hair, nail plates, leather  
have shown that cells from the body of Hambo Lama completely preserved  
its internal structure (core, cytochromes, Golgi bodies, even  
chemically very active lysosomes - "killer" microbes) and were  
ready for action. Without the fluid that fills the space

cells, a condition observed would not have been possible

- Cells would simply ssohlis.

So what is it for a neissyyayuschaya saving liquid?

Answer directly - it is glycerin! Scientists have long been known that when inflow into hibernation, especially in winter, all the animals studied water in the blood was replaced with glycerol. This polyhydric alcohol as a necessary part of the body produces in it

by oxidation of fatty acids. It does not dry out, does not freeze at cooling, not expanding and not "compressed" in a volume with a difference temperatures - in general, contains all the keeping of the liquid body, no matter where they were: in blood, joints, brain.

Water is also in cells in the blood, turning into ice during freezing and expanding at the same time, that is increasing in volume, mechanical would blow apart the cells and blood vessels.

Note that both the indigenous inhabitants of our North and Far East are different from us, other Russians, amazing Frost resistance: a severe frosts, they can walk without headgear, sleep in snowdrifts can hold in your hands without or the consequences of any peremorozhennyyu piece of iron - and nothing! VK Arseniev, ethnographer, and writer, researcher Far East, somehow surprised to see his hero Dersu Uzala sleeping bareheaded on tridtsatigradusnom cold, and yet a native only frosty hair.

The peoples of the Russian North and Far East, to which owned and Buryatia, more blood than others, is contained alcohols, mainly glycerol and ethanol, because they have, and it found exactly in the blood are not the enzymes that destroy alcohols. Consequently, they are genetically better adapted to the transfer of colds.

But this adaptability in an age of brutal civilization turns these peoples side: they are thus unprotected from ethyl alcohol (vodka). That's why it's so fast ruin oneself by drink Aborigines those edges - and not only men but also women: due to the absence of alcohol enzymes.

Sometimes the body of Hambo Lama shown on television naked from the back. Some observant viewers noticed, probably attention to the fact that the lower part of the body Hambo Lama appears edematous and has a bluish-purple color. Hematoma? No, it's liquid blood, gravity descended downward and transmission through intact vessels - red blood cells in glycerol. If we take on analysis of a drop of blood from this part of the body, the analysis did not show anemia, as Analysis of the upper body, and even high levels of hemoglobin.

Just in the body of Hambo Lama happened uneven distribution red blood cells under the influence of gravity - he for many decades was in the same lotus posture. But this is traditional for Buddhists, the lotus posture is, if I may say so, very suitable for long-term presence in her man.

If immersed in suspended animation, for example, the Orthodox, it would put in the vault (tomb) in the supine position, and then on the surface of his body in places where the skin predlezhat bones - and it is occipital part, scapula, sacrum with coccyx, heel,

- In these places from the constant pressure would arise necrosis - bedsores, as we see it in heavy lay motionless patients. in the lotus posture is all the hard parts of the body, except sacrum, outside pressure on them (selected), and accumulated in the lower liquid nesminaemaya glycerol-red cells "Cushion" safely and for a very long time, protects against pressure and the sacrum.

In 2002, when extracting from the land of the crypt with the body of Hambo Lama and the body itself, and a crypt were dry - no water allowed body remain perfectly intact, indicating that of very careful preparation of "home", which was to long time to stay immersed in suspended animation man.

For the crypt was used planks of the resinous cedar, which is very resistant to rotting, boards have been very carefully adjusted to one another, and the joints were certainly prosmoleny. On the tarred nothing in the available materials were not reported, but this is very logical, and it can be easily verified, carefully examining the vault inside. Osmolka could be made and fire and heated stones, or heated metal subjects, and traces of them should stay.

Thorough preparation for the burial vault him as a man suggests that care in suspended animation and preparing Hambo Lama, the most carefully. He is clever and literate man of his

time, the head of the Buddhists of the vast region, if so, and asked approximate open tomb 30 years after burial, to examine the state of his body - even in my thoughts could not to imagine that his body had not decayed. He knew what then the shame would fall on the reverence the memory of him is proizoydi.

He could not prevent. simple and logical conclusion: the mean before the final immersion in suspended animation and were "rehearsing" for confluence in suspended animation in and out of it, makes some adjustments amendment, and future descendants will certainly be left secret

written (it is written!) - guidance, advice on extracting the crypt with the body of the earth, his re-immersion.

Even body care Hambo Lama after the final extraction from the crypt and put it into another glass already there, In our opinion, the special instructions in writing. This can be suggest, even watching as a professional, very clear and confidently performed a ritual for body care Hambo Lama, though people did it repeatedly. But precedents for this phenomenon is not it was never just in Buryatia, but throughout the world. Is that a very secretly and far away - somewhere in Tibet or the Himalayas. But we this we know nothing.

As extracted in 2002 from the ground body Hambo Lama Itigilova is in excellent condition and are not inspired no fear, then moving it in a glass sarcophagus, and without air-conditioning, at normal room temperature, pursue other goals - not urgent. Maybe so ordered Hambo Lama in his will, perhaps preparing his exit of suspended animation, though judging by the fact that building a new church for his stay, this awakening will not come soon. But if in this temple provides a place to host a live person and not just Friendly and with great honor, then we can assume that the "awakening" will be held after completion of the temple or a little later.

The mechanism of entry into suspended animation, though not as long as a Hambo Lama, well-established, not only among Tibetan lamas, which Itigilov belonged to himself, but also for yogis of India, Chinese, Japanese monks, and possibly in other nations of Southeast Asia. These people are literally dying in front of witnesses, they have stopped heart, which confirmed the electrocardiogram, was eliminated breathing stopped brain activity, as evidenced by EEG, decreased body temperature. It is true there was no rigor mortis, as, among other things, and Hambo Lama. Such people could for a week and even month to dig into the ground, dip into the water, leaving lifeless outdoors - and each time They certainly came to life.

Especially amazed and surprised by reports of long-term Stay in the nude on the Tibetan lamas tridtsatigradushnom frost, and even llamas managed to dry wet sheets on their shoulders!

But remember both - people with normal sight, not llamas, go barefoot on hot coals to 400-600 degrees, even wear at the hands of children in the crowd of spectators - all performed by the Bulgarian "Nestarki; remember and our compatriot Svetlana Kim, which also went barefoot on the sharp blades of swords, arranged ladder on a special support ...

Specialists in miracles set about showing off their capacity only after entering into a special trance, in particular the state of his inner self - their own, we can say the soul.

Svetlana Kim once, not entered as follows in a trance, tried go to the blades of swords (and they are sharp - they are demonstrably before a session cut on the stage of silk scarves), - tried to and nearly died from severe bleeding from deep wounds on the feet of sabers. But she saved, and she overcame the fear, again started to show their wonders. and successfully.

And in the wild, like the Tibetan lamas, there exists same ease of transport at low temperatures. Get at least a dipper - "Water-sparrow, a tiny Birdie, bravely diving in ice water in our northern rivers and even walking in the bottom.

Or Antarctic penguin (male), continuously for 40 days of egg hatch in the winter when cold, high winds under 80 ° Celsius. and let him explain this phenomenon by the fact that the penguin in the lower part of the abdomen has a special pouch for downy eggs - in Antarctica, such bags shall not pass! Here are manifested other properties of living beings - both people and animals: their bio!

Thus, gradually, in human society of believers is "Namalivanie" bio of that same parish church premises, mosques, synagogues and datsans, icons and other ceremonial and religious subjects. For the same reason under the influence of bio-fields begin shine on display in museums to view paintings, sculptures and other values, but they are also deprived of communicating with people, dim in store.

But there are other kinds of such exposure own biofield (Samoobluchenie) own biofield - instantaneous and extremely strong, with the release of "a colossal amount of energy as it is capable of Tibetan lamas carry when immersed in a trance in the cold and in the nude. Hambo Lama Itigilov, of course, had a all the arts of Tibetan lamas and the necessary time itself use one of them. Reported that the funeral prayer

Hambo Lama made in the room and only after the introduction of in suspended animation it was transferred to cedar crypt. We think that the prayer for the dying prayer Hambo Lama, they won already in the vault. He should sanctify its own energy "home" in which he was to spend tens of years, so he could not use such opportunity. We do not know when Hambo Lama Itigilov counted out of hibernation, but his body is constantly irradiated bio many reverent fans constantly saturated more and more energy. Therefore, from a position of bioenergy it can be in a state of suspended animation almost forever. Glory remarkable man who had brought himself a sacrifice for the common good of humanity!

We will not give its opinion on the significance of such phenomenon of suspended animation rights, although, of course, have it - let this favors academic science. We will not object, if you our discoveries will benefit scientists, we will only happy about this.

In conclusion, we state their views on the motivation of care Hambo Lama Itigilova in suspended animation: what prompted him to this? Of course, It was a feat: a full health and your mind away from all the unknown, parted forever with your loved ones with their own loyal flock but in a different way to do it but could not. Him and in general all Buddhists Russia then threatened with mortal danger, and it comes from I. Stalin.

At the direction of Joseph Stalin, who was very interested in the sciences, especially cultivated in Tibet, was founded in Moscow

extremely Secret Laboratory, where both were engaged in the study of Tibetan secrets. delivered to the lab arrested monks from datsans. By means of torture and cruel treatment of them knocked out intimate knowledge of Tibetan lamas, but Stalin had intended to to get the chief expert on Tibetan secrets - Hambo Lama Dashi-Dorzhoo Itigilova, head of the Buddhist clergy throughout East Siberia. Hambo Lama was a known person, and not only in the USSR but also in the East. He got his childhood in Tibet datsan, 1923 studied in him all sorts of Tibetan Wisdom. perfectly mastered Old Mongolian and Tibetan languages, he studied ancient books, stored in Tibetan temples. In 1910 he was honorably adopted by the Russian Czar Nicholas II. received a royal order. Of course, Hambo Lama's popularity to Stalin prevented simply arrest and bring a llama to Moscow. and he went as often liked to do a detour.

At the direction of Stalin was organized funded Soviet expedition to Tibet, which was headed by a great artist and ethnographer, NK Roerich, a commander of the expedition was appointed well-known adventurer and spy James Blumkin.

Expedition to Tibet passes through Buryatia, Mongolia, and of course, two well-known person - NK Roerich and Hambo Lama Itigilov - Met more than once. Met with the Hambo Lama and J. Blumkin, a secret employee of the same secret laboratory in Moscow. For sure He flattery and all sorts of promises of what was far, persuading Hambo Lama to come to Moscow. And when he got flat refusal, was threatened him. Hambo Lama, of course, knew who pose these threats, he certainly knew - through communication biofield (this is quite possible we were doing and therefore affirm) - knew about the sad fate Buddhist monks in Moscow, but to go abroad in secret he could not. He was immediately announced to the enemy of the people, and all his supporters, all Buddhists, he came just would have destroyed. J. Blumkin three more times, already secretly visited Tibet, and if he got into it through Mongolia, you probably visited and Hambo Lama.

And at this time Hambo Lama carefully prepared to care in suspended animation, and when it became absolutely intolerable and dangerous, "he left" a proud and undefeated, preserved their dignity and honor, and had saved many people's lives. Honor and praise him for it. And that care Hambo Lama connected precisely with Joseph Stalin, and shows a curious fact: it open the crypt and to determine the state of his body of Hambo Lama pointed out in 1953, 30 years after the immersion in suspended animation. But 1953 - the year of the death of Stalin, the worst enemy Hambo Lama and all Buddhists. If this is not a coincidence, because the Hambo Lama was visionary, it is very fine revenge to the enemy, and it is worthy of respect.

## **On the MENE phenotype COMAT**

This is probably one of the most mysterious phenomena of the human Body and Soul, which became known to the public in many ways

by Ernst Rifgatovich Muldasheva that during Travel in Tibet is deeply studied and described this phenomenon. Somatic - is the highest form of meditation. There are special schools to facilitate the entry of people into somatic. Somatic - This is not lethargy. With a lethargic sleep working heart brain, are the metabolic processes. When somatic body goes into the rock-standstill. The body becomes unnaturally hard and cold. The body of a deceased person is also harder than the living body, but somatic body many times harder. Figuratively speaking, the body - like a stone. This is achieved by lowering the metabolism to zero.

When somatic mechanism to reduce metabolism to zero, resulting to hardening of the body and its peculiar preservation, carried out water-borne organism. The water body can be affected through the aura, by meditation. Man must learn so effectively meditate in order to start work on aura water body and through metabolic processes.

Somatic - is not a state of clinical death. Soul in the state clinical death leaves the body, but the body, as opposed to somatic, not prepared to make a long time to be canned

form. When somatic soul is outside the body, as if close to the body.

A person can continue the life, leaving his body as if in caretaker status, and then go back.

using somatic can understand the life of the soul, the person sees reality his body, which is idle and seemed dead, but feels that lives. During somatic person understands that you can live without body. The body can be preserved for hundreds, thousands or even millions of years. But not everyone can, by meditation reach the state of somatic and not everyone who has learned how to enter in the state of somatic, can reach deep somatic, when the body may persist for many years.

If the soul is outside the body in a state of somatic, the body is so and remains in canned form. If the soul returns in the body, then the person leaves the state of somatic and comes alive after five, ten, hundred, thousand, millions of years.

There are physical and subtle worlds. Physical world includes the matter (planets, stars, etc.) and electromagnetic and gravitational fields. Thin world includes psychophysical phenomena (psychic energy, bioenergy, etc.). Slim World based on microwave frequencies.

There are also torsion fields, ie, the torsion field. in a thin world soul - energy cluster in the form of torsion fields. within this swirling space (the soul) contains information on the functioning of the human body (astral body) and Cognitive (mental body). The process of thinking is twisting of space: the kind thoughts swirled space in one direction, evil thoughts - in the opposite direction.

In order to enter into somatic, it is necessary to free themselves from negative psychic energy. It is very important to the soul and body were freed from all negative. Enter into a deep somatic, when pulse stops, the metabolic energy is reduced to zero, and the body acquires a stony-stationary, extremely difficult. This can make a very rare chosen people. Usually in the schools of meditation people come into a state of somatic 3 times a day and remain in this state no more than an hour. Somatic self will tell you how long can you stay in this state. Enter into a deep somatic state and become a representative of the gene pool of humanity is the highest spiritual destiny of man. There may be

### **Only decent people.**

Mission of somatic

One of the versions of the purpose of this phenomenon expresses Ernst Muldashev. He believes that Tibet was a higher intelligence created the human gene pool and that modern humans directly came from Atlantis, who were able to maintain their body able somatic in the Himalayas - the highest part of the world where wave has not reached during the Flood. Later, when the water receded and the conditions on the ground once again become quite favorable for life, the soul returned to the body of Atlantis, and they were again live, giving the germ of modern civilization.

### **On the silver thread**

When somatic spirit does not want to be reincarnated in another body, and waiting for his return to his body. Spirit continues to be associated specifically this body of hundreds, thousands or millions of years. When decided that the spirit must return to the body, the body comes to life. in occult literature is the concept of "silver cord" that connects the spirit of the deceased body within a certain time. If the "silver thread" breaks, the spirit can not find the body. With the death of the first leaves body spirit without losing communication with the body, probably within 40 days. This relationship, in which the spirit can find a body, and there is a "silver thread".

"Silver Thread" - the principle of superior intelligence, which allows until the end to have a hope of returning to his body. in deep sleep spirit "walks", but retains the "silver thread" on which finds body. Therefore strongly recommended not to wake a man, as spirit can not manage to find his body. and therefore also to awaken children considered sin.

3 days after death the soul leaves the etheric body, in 9 days

- The astral body. The body can be revived if the spirit shall return in it. Therefore, the soul of man is multidimensional. She represents a set of subtle bodies of man. and in the process leaving the body can transform itself from a consistently one state to another (from one to another subtle body). Brain, which spins the torsion field of the soul (subtle body), can not work without the spirit. When somatic "silver thread", binding

spirit to the body is preserved as long as you want. Souls in somatic fueled by cosmic energy.

So what can be a "silver thread"? Is is again a kind of phenomenal exception to the rule? A rule obey a single law of evolution of ambivalence (Monad), and we found that a single self-consistent field Universe is a collection of interrelated synchronized and phased electromagnetic fields including torsion, because they have electromagnetic nature.

Many people remember from school physics course, electrostatic discharges occur, for example, between the capacitor plates on the accumulation of electrostatic charge. And if that discharge will happen continuously? Would not it reminiscent of the "silver thread, which will link capacitor plate, while there is discharge? And if at the same time remember that torsion fields can be two types? in one type of torsion fields like charges may be attracted and repelled to the other. There is something to think about.

Now on the water. Muldashev writes that in the long-term somatic possible enter at a temperature of +4. ° C which is found in caves and under water.

Apparently, the stone-still state of the body (ie, calcification body) is achieved by changing the state of interstitial water. It plays a role not only what is at +4 ° C water has the greatest density, but also the transition of water in a particular state. Known three states of water: liquid, gaseous and solid.

Most likely, when somatic water goes into the fourth, unknown Science status. That is the fourth state of interstitial water allows to stop all metabolic processes and to translate human tissue in a solid state without destroying it. in such state of the water body can move positively twisted torsion fields of the soul, which, under the influence of meditation can transmit information about changing the state of water and related this stop metabolism. Time in somatic flows in 717 times faster than the normal course of time. Perhaps, says Muldashev, This is the passage of time, in which live the next world.

With people in a state of somatic, it is possible to communicate through meditation. The spirit of man in meditation is released of bodily fetters, and can communicate with the spirit of human somatic.

Somatic - is universal phenomenon. Therefore, people in the somatic can be in any corner of the globe. from the physical point of view stone-still state of the human body in somatic achieved due to the transfer of water in a fourth state, which is feasible only by complete purification of the soul from the negative mental energy, that is due to complete and stable twist torsion fields of the soul in a positive direction.

This prompted the man that it was time samorealizovyvatsya that it is time to find a way to imagine that this choice can only be done

the man himself. This is a direct indication of the fact that the human mind a unique opportunity to move into another dimension consciousness, and not after death, and during his lifetime.

## **Historical SKIE INFORMATION I On dry M THERAPEUTIC M Starvation**

Dry limotherapy is now one of the new ways treatment. Meanwhile, this method was born at the dawn of mankind. Moreover, one can say with certainty that from the outset development of present-day forms of animal life, to actively enjoyed all the animal kingdom.

The process of fasting without water has long been known for thousands of years, but Unfortunately, most of humanity does not apply, many

do not even know about it. Let us discuss whether this natural process?

Yes, this is a natural process, it is written in the genetic code of human and animals. Once an animal gets sick, especially if it is serious, it immediately refuses food and water, so also the human body.

But often the person does not respond to such a state of the body, eats and drinks through force, often drinking something that only hurts him also, "eats" tablets. When the body gets sick, it begins full

mobilization of vital forces in the rescue, protection, use and reserves, of course, if they exist. And so the body does not distracted by working with food and water rescue program body includes "denial" of food and water. Such situations can be under stress vozdeystviyah. Chto As a conscious abstinence from food and water for sanitation, it is likely was the result of observations on humans and animals, the which starvation necessarily has a beneficial effect.

These observations, repetitive, remember and later handed down from generation to generation, along with other knowledge. in the early period before written history of mankind experience of the treatment was oral heritage of all members of the genus or tribe, and very healing practices were the elders as the most experienced members of the primitive society.

In the customs of North American Indians dried and starvation forefront. American Indians considered starvation as the most important and indispensable in the transformation test boy into a warrior. The young man found on top of the mountain, and his left there for four days and four nights without food and water. Starvation considered, without exception, all American Indians as a means of purifying and strengthening. in different periods of their Indian life left alone in the wilderness, hungry and meditated.

Fasting and meditation - these are two indispensable component of any update. If not, we will inevitably be death - as an individual or an entire people.

Later, with the emergence and flourishing of religion, treated patients gradually transformed into keeping the ministers of worship - shamans and priests, and self-medication of patients and training doctors concentrated in the temples. That is why the ancient prescriptions hunger very often closely associated with certain mystical beliefs are part of certain religious rites.

Thus, the early Christian ascetics often refuses to eat and water, but did so mainly out of religious motives. for the same purpose was subjected to a multi-day fasting, or In other words, the post, the Persian sun-worshipers. Priests, Druids from the Celtic tribes, as well as the priests of ancient Egypt, are obliged to had to pass the test of a long fast before could be admitted to the next stage of initiation. And in those days the word "post" meant total abstinence from food and water. and only later, under this concept were mean change some other products, say, butter - vegetable butter, meat - fish, etc. from any of the ancient people from whom left and came to us in writing of cultural monuments or so called sacred texts, or writings, writings can be found a lot of praise treat hunger. Almost all ancient peoples refusal from food and water was considered the best way to cleanse the body. In the writings and teachings of the ancient scholars of Egypt, Babylon, Jews, India, Persia, Scandinavia, China, Tibet, Greece and Rome There are many hygiene tips and non-drug treatment, including in the first place - the treatment of hunger. Tibet ... Covered legends rough country, surrounded by inaccessible mountains. Among the great number of treatises and block-prints of Tibetan medicine, a large four-volume work "The most important guide to medical science Tibet - Chzhud-shek ", referring to the IV. BC. er. it - 156 chapters, and one of them eloquently called: "On the treatment of upityvaniem and treatment starvation. The author of this book Tso-Zhed-Shonnu. Here are recommendations from drevnetibetskogo medical treatise "Blue Beryl" about how to conduct a hunger and a better disease it is better to use. "Treatment" fag "to be patients suffering from indigestion, eating lots of butter, suffering woodiness hips, colds, internal abscesses, gout, rheumatism, diseases of the spleen, throat, head, heart, bloody diarrhea and vomiting, feeling of heaviness in the body, loss of appetite, urine retention, excess fullness. Diseases associated with an increase in "yellow water", "reflux" young men in the prime of life, should be treated in the first half winter three-day fasting. Feeble patients should be tire a little hunger and thirst, how stand up, then give light and feeding well, for example, tszambu and cereals. The quickest way to uncover super-powers in the Tibetan

monasteries were dry starvation. Accompanied him in the caves, in complete darkness and silence, though always with a student was his teacher, who always helped him to pass it ordeal.

Remember that even in the Chinese medicine acupuncture associated with the opening of energy channels in the body of the patient. Problem with acupuncture is that whatever scheme they may be painted, No experts do not know where these channels are actually pass, resulting in the effect of acupuncture by chance.

Therapeutic dry fasting cleanses all the energy channels at once and throughout the body, so need to find a single channel disappears. The only thing - we must not overdo it and do not score energy channels of the slag.

Examples of dry fasting is often mentioned in the dynastic stories. in "History of the Later Han" in the chapter "The Biography Fang Shu says: "Hao Mentse could swallow the date-stones and after that there are five - ten years. And still could delay the Qi and breathe, lay motionless, pretending to be dead, up to a hundred days or six months. " In the inner chapters "Bao Pu-Tzu says:

"Many times I have seen people who stopped receiving food and water, often three or two years, all had a light body and good view, easy to carry wind, cold, heat and dampness, no one was thick. "There was a Feng Sheng. He ate only the Chi had not eaten already three years, carried on the balance beam with a mountain of luggage and never tired. Sometimes the bow and hardly spoke, and if they talked it quietly. Asked about this, he said that he has ceased ingestion of the two biggest fear - as if not to kill the seed - Ching, and how not to waste the Chi. "

Mastery of fasting, which three elders taught Wang Lipin, by degree of depth was divided into three steps. First step: "Termination food grains. " This means: do not have any grain products, eat in small quantities only in fruits and vegetables - just in order to ease the burden of the stomach and intestines and These organic products to clean the internal organs.

The requirement for this work - that it was conducted not less than two months, and if more, then even better. During these sessions Wang Liping, as all ordinary people, studied and worked. Often he went into solitary places where there were many trees, flowers and herbs, and was engaged there in a pose Lotus in the Time of Mice, Horse, Rabbit and Rooster, to strengthen five internal true Qi. This step, he has done for 98 days, there for more than three months. Felt comfortable, was pure and cheerful spirit. Second step: "Termination of power." This means: no take any food, daily morning and evening drinking only a glass of cold water. After this work in a dirty body are left, not even urine. The nature of the heart has been emptied already before, but now the body is also cleared. There just happened return true Qi with nature, it is now a feeling that the body is already

in another side. Wang Liping stayed in this state fifty plus days. Third step: "Dry Fasting." After the first two step body van Lipin was like the body has just released from the bath, pink, moist, shiny, clean thoroughly permeated Shen energy and cheerful spirit of chi. Three elders, seeing that he looks like newborn baby, that due to self-improvement melted in the body has become like a pure ice, or a beautiful jasper, that all the dirty Qi, soaking them for so many years of vain world, cleaned up the last drop, could not but rejoice. Four years irrigating the blood of his heart, the old cultivated orchid and, finally, nurtured it, then fine cut from jasper came gem. This unusual for the bottom of the three worlds things should pick up, give it to fly upwards. the day the elders ordered him: "From today, you start dry fasting, will be just sit here in the lotus posture, not lifting, drink more water you will not. This is the method of teaching. " Then in the Hsia calendar year was Bin Y, and on the current reckoning was a golden autumn 1966 years, the great land of Huaxia has already begun "to boil". And four people who do not Ignoring the fact that the universe is turned upside down, all the time to give lessons. Every day, morning, noon and night teachers sprinkled the floor with clean water to the air in the room was wetter. with these evaporating liquid droplets Van Liping watered the whole body, but other than that life is only supported true Qi. Two of his father - a teacher in turn kept watch beside him, sitting apart. Passed a single day. Two days passed. It has been three and five days. Wang Liping sat like a stone statue, no hyphen did not move, in the heart was a dead silence. The sun, moon, stars, mountains, rivers, lakes and seas, flowers, grasses and trees, parents, brothers and sisters, school teachers and classmates, his grandfather, a teacher and father-teachers, spring, summer, autumn and winter, daylight and dark night, south of heaven and north of the earth, up, down, left and right, heat, heat, frost and cold, birth, aging, sickness and death, joy and merriment sad resentment, sour, sweet, bitter and spicy - everything, everything they ever in this rapidly declining land he had seen, heard, felt among the people, events and things from the bottom three worlds - all-all completely disappeared, vanished from his heart, brain and body, he was in deep meditation.

The ancient Egyptians, according to the ancient Greek historian Herodotus (425 BC. Er.) Believed that the basis of a systematic (Three days a month), fasting and cleansing of the stomach with vomiting and enemas. And the Egyptians, he noted, the healthiest of men.

There is also evidence that the ancient Egyptians had been successfully treated Syphilis dry starvation. Looking ahead, we say that in the XIX century, and more precisely in 1882, during the occupation of the territory of Egypt French recorded numerous instances of getting rid of this disease this way.

As you know, if people have long been unaware

cleansing and therapeutic value of dry fasting, they will not would in all cultures and religions with a tenacity to insist to starvation. Therapeutic value of fasting for a meaningful human life has always masked his religious value. And that, indeed, surprising that

Nature knows best person to benefit? If you ever do a course of therapeutic dry fasting, then you will understand, how do you open the door to a closed society, purified before nature. Yes, all people are equal outwardly, they all have two arms, two legs and head. However, as well as externally identical bottles can have a fine wine, and in another the vinegar, and internal content people fundamentally different. The quality of some people is clearly a more valuable and mature than others, especially with age.

The Old Testament, in Jewish literature called Tanah, reports fasting 75 times. in Exodus, the second book of the Old Testament and Jewish Pentateuch, states that Moses before getting on God's Ten Commandments on Mount Sinai, starved for 40 days and nights (Exodus 34:28), and only God honored Moses' attention. in the Bible is reference and starvation. So, Moses fasted on the mountain without water for 40 days, and not once. After fasting, "his face was shining rays, "so that" they were afraid to approach him. " of Christ, after such Prevention opened supernatural abilities. 40 days starving Buddha, Mohammed fasted for 40 days. and nothing happened, went only benefit. as a reward - the connection with the sky, talk directly with God. But our medicine still does not want to take it on board. You as clean and wash the dishes, why not want to give your body the same opportunity? If we are attacked by the disease, it must be natural, a natural way

deliverance. Each force must be found opposing. In time of public danger or disaster among the Jews was the custom and was considered a religious duty to impose on themselves a post that is e. refrain from food and water, pray and make sacrifices.

Positions observed by the Hebrews with particular severity and different not only abstaining from food, but even from all other sensory needs. Thus, the word "post" means "ban." in this sense, it means the refusal to accept any food for a certain period of time. Neither of which lean food during this time period could be no question. Eating lean food during Lent is a flagrant violation and perversion of the concepts.

Fasting was an important part of Judaism. Entirely a treatise of the 64 volumes of the Jewish Talmud "Megillat Taam, translated as the "Scroll of starvation", is devoted exclusively to starvation. This treatise examines in detail about 25 days in which Jews must starve. When the people of impending danger, "the Sanhedrin Elders of Zion "had the power to impose a general starvation

to seek salvation. These mass starvation usually lasted a few days to a week. Until now, the orthodox Jews, Noting the days of the tragic events in Jewish history, does not drink alcohol, but be sure to starve. All modern religious Jews fast on the holiest day of Yom Kippur, Judaism - Day of Atonement, which falls at the end of September, when they do not eat or drink for 24 hours.

In Christianity, everyone knows the legend that Jesus Christ, as Moses, before beginning to preach God's message left in the desert and do not eat or drink for 40 days and nights. Jesus Christ did it starvation in full accordance with the laws of Judaism, which by birth he belonged and which was brought up. in those fasting has an important role in the life of the country of Judea, Party members and the Pharisees went hungry on a regular basis for two days each week. It was at the end of his 40 - days fasting Jesus Christ hath spoken: "Not by bread alone doth man live, but that tells him to LORD God "(Gospel of Matthew 4:4), thus, like Moses, confirming and his personal experience, that the starving himself begins to speak Lord God.

In Russia, the Middle Ages was widely practiced fasting in monasteries. in those times, as we said, post more often means complete abstinence from food, and often from the water. in XIV century in Russia there are the so-called desert, many of whom then turned to the monasteries. Around them are settled farmers, especially to the north of Moscow, away from danger by Tatars. Contemporaries Sergius described how he was very often starved himself, encouraged the monks to the post, but the body they were strong and powerful spirit.

But it is reasonable, without extremes of post healthy person does not harms. Here we can recall, and examples from the Scriptures (At least three youths, who, eating in the Babylonian captivity some vegetables were stronger and healthier than their peers who ate meat), but more striking examples from the life of the holy ascetics Orthodox Church, which is true around the world have revealed that the flesh can be subjected to the spirit.

Ven. Macarius of Alexandria during Lent tasted (Bread and vegetables) only once a week. He lived for 100 years. Ven. Simeon during Lent nothing

ate. Lived for 103 years. Ven. Anfim also had not eaten all the Holy Chetyrehdesyatnitsu, and lived much longer - 110 years.

Overall, however, in a Christian environment, starvation has degenerated into a kind of sacrifice, suitable only for special people - monks, and that for the average person, they say, is optional. It so happens that in Christianity, some "professionals" was requested to atone for the sins of others, while others could relax without looking back. This deliberate policy that, say, there are special people who sins for them to pray for forgiveness

and they are certainly not free, release, and led Christian the world to complete decomposition. Reminder of the once-serious relation to fasting for Christians is the period of Lent, when the faithful Christians follow certain restrictions in the food eaten before that on Shrove Tuesday pancake to satiety. Muslims strictly observe the fast month - Ramadan. this month All Muslims are strictly not eat or drink from dawn to dusk. Home and the end of Ramadan are the big national holidays. Ramadan is so serious that people who have no possibility of comply because of illness or pregnancy, should also comply Ramadan later, that is to repay a debt. Strictly speaking, during the hours Ramadan money had nothing to enter the gastrointestinal tract - can not even swallow saliva. Private Muslim canteens and restaurants are open during Ramadan, but empty. However, after sunset, Muslims eat a modest meal type bean, lentil soup with spices and dates. Therefore, in this Month shops where they sell the Muslims overwhelmed dates. Muslims believe that fasting helps a person to avoid sin. Therefore, the prophet Muhammad believed that the real Muslim must refrain from eating for two days each week (as and the Pharisees). American researchers have indirectly confirmed the benefit of Muslim fasting. They managed to uncover the cellular mechanism explaining the link between fasting and duration of life in humans and other mammals. Islam prescribes refrain from taking food and liquid during daylight hours during the month of Ramadan. Scientists David Sinclair and his colleagues found that during fasting activated genes SIRT3 and SIRT4, which prolong the life of cells. Perhaps this information can be used to create cures for disease-related with aging. In Hinduism, the different religions of India, a variety of flow and sects are actively using starvation as a means of purification, and in particular, fasting is an integral part of practice yogis. On a dry fasting for Yogi, I wrote a chapter on "dry starvation in nature. "

## **SECRETS OF JAPAN SKIH Monks in**

In the process of aging spare capacity of all our organs and systems are shrinking with each passing year. Consequently, in order not to grow old, Reserves must be trained, or rather adaptation reserves. Coaching - it means regular use, and they are used especially when something is missing. Organism may not enough food, water, oxygen, and information. They are conscious, artificial restriction encourages the use of reserve opportunities. Restrict the intake of food and get well, known since ancient times, the method of regeneration

- Starvation. This is a temporary full voluntary refusal of food. The purpose of this fast - the transition to internal power supply, ie, use of reserves.

If, in addition to stop and water intake, then get dry starvation - even more effective method of cleansing, healing and rejuvenation. With a lack of oxygen, for example in Highlands, there is hypoxia, ie oxygen deficiency.

At the same time mobilizing powerful antihypoxia system and its stimulating effect on the body the most favorable way.

For information nature has provided a natural periodic information starvation in the form of a night's sleep. Role full of sleep for health and longevity can not be overestimated.

If we combine the methods based on the restriction, it turns out, that the ideal means of restoring the body - a long-term

Dream on absolute starvation in the mountains.

But "... there is nothing new under the sun!". in ancient times lived in Japan

Monks yamabusi. This is the most mysterious of the ever existing Japan's religious sects. Their services are used by the ninja - the famous

Medieval Japanese "special forces". Once they are in their schools took possession of extraordinary abilities to walk on the ceiling

fight with weapons and without, to see in the dark, be impervious

to pain, etc., with their 15 years of age were sent to the "advanced" training to yamabusi. Ascetics and hermits, who lived in the mountains, taught

"Ninja" hypnosis and psychic abilities, poison recipes

and balms, acupuncture, ability to manage a long time

without food or water, how to preserve health and prolong life

and so their secrets are passed from mouth to mouth, they were forbidden record. But still try to lift the veil of secrecy over

their secrets, namely, the secrets of health maintenance and renewal

life. Do you think that word means "yamabusi? Nothing else

as "sleeping in the mountains!"

High in the mountains is living and, of course, many people are asleep. Statistics suggests that their average life expectancy is higher than

on the plain, but it's not just that. After all, the title "yamabusi"

emphasized that this is not just the people in the mountains, namely, sleeping, ie, their dream is somehow different from usual. Rather, he was

long. But for a long time just will not sleep, must

state of hypnosis, self hypnosis, hypnotic effects of herbs and they

possessed these to perfection. Prolonged sleep high in the mountains - it is combination of mountain hypoxia, sleep and absolute fasting (during the

Sleep Naturally, we do not eat or drink). Each of these impacts

has a powerful stimulating effect for the reserves adjustment

organism, how much should be a powerful combination. People

since ancient times been associated with mountains their hopes of salvation, healing, cleansing. many people have their sacred mountains.

Japanese have differing maximum lifespan,

- Mount Fuji-san (Mount Fuji). Each of them considers it his duty

climb to its summit. Tibet Kailash, Hebrew Sinai, Mount altaians Altyn-Tu, Mount Meru - the Hindus, Mount Ararat - Armenians and many others. The famous Mount Elbrus was a sacred Mount the ancient Persians.

Effects of prolonged hypoxia mountain:

- In all organs, and first of all, in the vital start to form new capillaries. Every cell in our body starting to get more nutrients and oxygen.
- Lungs begin to work more efficiently as a result of hypertrophy of the lung tissue and increase the diffuse surface pulmonary alveoli. In addition, the increased mass of airway muscles.
- Blood acquires the ability to carry more oxygen by increasing the number of red blood cells and increase hemoglobin. it also raises levels of hormones of the cortex adrenal - hormone adaptation. in this regard, blood donors, climbers or people living in the mountains, as well as drugs, made of it, for debilitated patients represent particularly valuable.
- Intensive training of the cardiovascular system, as response to hypoxia is to increase the heart rate rate and volume of cardiac output.
- Increasing the content of myoglobin - a protein which provides reserve of oxygen in the muscles.
- Falling in the aging process or as a result of common diseases energy level is considerably increased.

This happens, firstly, by increasing the activity mitochondria. under normal conditions of these miniature "Power station" of the cell is in reserve. In the Second, by increasing the number of mitochondria - they begin to reproduce. Third, due to the "revival" of ancient, oxygen-free energy exchange.

Dry fasting is practiced not only in all world religions, but in many lesser-known religions.

The Mormon religion. Mormons abstain from eating and drinking on the first Sunday of each month and distribute food or money those in need. The purpose of these actions - closer to God and focus on the religious life. Some Mormons are sometimes individually or in groups of fasting in order to seek God help him to guide them and influence the situation.

Baha'i religion. techenie19 in the first month of the Baha'i calendar, which accounts for the period from 1 to March 20, supporters of this religion refrain from eating and drinking from sunrise to sunset to focus on love for God and their spiritual life.

Paganism. Although the Gentiles was not a dry starvation mandatory religious rule, many of them starved for purification or as a ritual, performed during the spring

equinox, shamans with dry famine were in a trance to communicate with spirits. with such a fast cleanse the body the burden of winter and was prepared to attack the new time year. Some pagans were starving during the autumn and spring equinox, as well as during the winter and summer solstice in order to adjust your body and your life in accordance with the cycles of nature and live in harmony with it.

## **Starvation and spirit VNYE PRACTICE BUT Vågå CENTURY**

New spiritual practices, which are sometimes called religion New Century, in fact, are a mixture of various ancient traditions that have received today a new life. Many people who consider themselves as followers of religions, the new century, profess the philosophy of a more global or universal spiritual practice.

The world's religions have much in common and, despite some differences of opinion on certain issues, many today believe that any religion - is the search for truth, which is carried out in accordance with cultural traditions. in every religion and in Each culture laid the seeds of wisdom among the holders of the cultures there are men and women with a special gift vision, and each of these religions to determine the main man objectives, which include self-fulfillment, achievement of unity body, mind and spirit. The practice of fasting helps to maximize Development of the sensory perception and can even be said that starvation could be today one of the significant factors spiritual unity of people around the world, if it had been practiced most people. Can you find the best way to strengthen peace, equality and unity of the people than the general practice, aimed at physical, mental and spiritual development.

Dry fasting was part of not only religious but and state practice in many cultures. Among the Indians Chibcha tribe in Columbia man who was supposed bring to the role of leader or monarch had to undergo long period of testing. during the preparation of future head of state should be deprived of earthly pleasures on period of five years. during this time he had to live in isolation in the church where he was obliged to go dry fasting, while in the interval between his hunger scourged and subjected to different deprivation and humiliation. Because the Indians believed that only person has experienced the most difficulties and deprivation of life, able to fulfill an important state function. It seems that ancient cultures was known to the secret training of public figures, which was subsequently lost. Needless to say - it practice was to prepare public figures worthy of immediate borrowing, since the preparation of modern government officials based on the opposing standard

education in vice, luxury, luxuries, and the involvement of to crimes.

More than 100 years ago, one of the inhabitants of Silesia - Johann Schroth - Developed a method of treating thirst. Economy, costive Schroth, noticing that the horses were seriously ill and did not recover, he decided to ride on them up until they starve: he obderet home with them hides, and carcasses spurned. and stopped to feed them and even drink. Apparently, he was a hard-hearted. fortunately. The same principle: every cloud has a silver lining. If he was sentimental, humane, and then would put the horses in the stable, strongly would feed them, and they probably would have died. But Schroth decided to act violently. He visited day, two, three, and nepoenye and unfed horses are not only not podohli, but recovered. "Lucky find!" - Thought Schroth and decided to try such a cheap and convenient way to treat on itself. Remarkable result. He and neighbors shared. and ended up being originated effective treatment system, which thundered throughout the world. It is then polished for many years, specified. Patients were given some very simple food, devoid of animal proteins. Hard Boiled porridge, stale bread, crackers. No meat, fish, no eggs, no dairy products, instead of water - one or two cups a day of light domestic wine.

Modern naturopaths advise instead of wine the same amount of vegetable or herbal juice. You can brew edible herbs - Mother and-stepmother, knotweed, plantain leaf, nettle, quinoa, roots and dandelion leaves, leaf linden, watercress, beet tops. And, Of course, dill, parsley and celery. From time to time a little bitter herbs: wormwood, centaury. Every day or two

- Enema. The patient lives in this way for weeks, is experiencing some thirst, but it gets rid of many diseases.

Of course, this is a very relaxed version of dry fasting, but even that option gives the results.

When I wrote this chapter, of course, always wanted to tell you the amazing legend of Count Cagliostro. In some versions, Count Cagliostro was engaged in fasting to prolong his own youth. And, on the basis of certain statements, during such fasting, he dusted himself some powder, causing terrible suffered. His skin is a result of this sifting cracked and peel like a snake. But he looked after fasting for 25 years. Such execution of a Count Cagliostro conducted every 50 years and demanded the same from their environment.

Now it is difficult to separate these legends fact from fiction. But from the standpoint of logic here all flawlessly. On the one hand, dry forty days fasting in itself is mobilizing internal resources a factor in the situation we have already mentioned sverhterpeniya. On the other hand, the powder (composition unknown) who dusted himself a great magician, if not served by what chemicals, contributing to the rejuvenation, then

adding dry body has this contributed to the mobilization even greater than under dry starvation, but because such powder to promote a better rejuvenation of the body. After the count accounted for in the days of famine focusing all his will on the patience and thus literally sweep old age and decrepitude of the body, not to mention the disease, infection, harmful bacteria. Here what is most likely lies the clue mystery of eternal youth Count Cagliostro, the one allegedly lived 5000 years on others - living forever. By the way, his company picked up a graph people kindly, balanced and consonants to the same practice periodically, as the Count himself, starvation. Fasting Cagliostro and his entourage were not a goal in itself, there were only means to obtain excellent health, which in turn was necessary for rugged, active life with feasts and feasting.

Ca. author. Here's a perfect combination of dry fasting and methods modern cosmetology, of course, in this situation is prolonged dry starvation do not need to, you can get dry fractional starvation.

The most significant contribution to science in the pilot study dry fasting, introduced Professor VV Pashutin (1902) with their students. Student of the famous physician of the time professors SP V. Botkin Pashutin in Military Medical Academy Czarist Russia did many experiments on different fasting animals and as a result was able to formulate a physiological the essence of the mechanisms of hunger. VV Pashutin first drew attention to the fact that in the first period of physiological starvation is rapid weight loss. Then, just a several days, the weight loss at equal physiological conditions considerably slowed down. Mechanisms that preserve energy or reducing weight loss, had not yet been clear.

However, it was found that consumption of protein organism during this period kept to a minimum, the physiological cell at it, the more cells of the nervous tissue and endocrine systems, not suffer.

As a result of going beyond the physiological fasting animals appears the third stage - this is not a physiological starvation. during this period, a sharp reduction in body weight with the depletion of compensatory mechanisms of human and falling cardiac activity. Isolation of three periods of complete starvation mammals, including the first two physiological stages, gives grounds to assume that VV Pashutina ancestor theory starvation, or endogenous supply. His experiences are not lost relevance to the present day. It is in the following experiments on various living creatures, it was established that the first two physiological stages of fasting in different living beings have various times, and it is through these periods of prolonged starvation

life in comparison with regular feeding birds. For example, Worms so you can extend the life of a 19-fold mice at 4 times, and a highly developed large mammals - 1,5-2 times. But a hundred years ago on the basis of long-term deep Research Academician VV Pashutin found that during fasting spent tissue pathological changes. It relieve the body of old, sick, dead, weak, flabby, disintegrating the cells and tissues is determined by powerful therapeutic effect in various diseases.

After all, healthy tissue is not only not suffer, but how would updated, thereby creating the effect of rejuvenation, which is celebrated everyone, and dry starvation is now one of the new ways treatment. Meanwhile, this method was born at the dawn of mankind. Moreover, one can say with certainty that from the outset development of present-day forms of animal life, to actively enjoyed all the animal kingdom.

The most general rule for all types of fasting is to use the "fabric of resources" (VV Pashutin), or in the words of F. Benedict, go to "endogenous food" ie, the use of energetic and plastic substances released at a slow atrophy of a certain part own tissues and structures of the body.

Atrophic changes (simple atrophy) in various organs and tissues are distributed lacunary, and expression in general is proportional to the duration of fasting.

Established that during fasting there is a change orientation of the internal power between the organs. The main evidence of this situation is the fact that at the time animal deaths from starvation found unevenly

The weight loss of various organs and tissues. The greatest loss is adipose tissue - 97% of initial weight, liver and spleen - 53-60%, skeletal muscle - 30%, blood - 26%, kidney - 25%, Skin - 20%, colon - 18%, the bones - 13%, the nervous system - 3,9%, heart - 3,6%, brain tissue is almost loses his own weight. So

way was open pattern of exceptional importance: consumption of internal resources by various organs and tissues is far from uniform - what is more important for life an organ and tissue, the less they will lose weight and vice versa, ie, vital organs and tissues exist due to

secondary organs and tissues. Deep restructuring of the exchange processes during the fasting aims at better use of reserve substances, the maximum limitation of the needs of those organs and tissues that are less important for the conservation life, and the redistribution of substances from less to more vital important organs observed a decrease in the loss of body weight, with fattening after repeated fasting animals reached greater body weight, their tissues become more dense in structure,

than before. It was also observed during the fattening of animals after short-term repeated fasting sharp increase metabolic processes. VV Pashutin notes that: "Fabric nerve centers and senses abundantly used inventory other parts of the body, keeping your weight status quo to the most the final moments of starvation. The meaning of this steady state nerve unit is clear. This apparatus is designed to develop special forces, with which he manages almost All elements of the body, and therefore it is natural that such an important function of this device, he has no other, so to speak, purely nutritional purposes, in terms of blood supply or by other substances."

Thus, maintaining homeostasis during fasting in general terms is reduced to maintain "strict constants" of the organism to constant level by changing the "constants of labile.

Work of domestic and foreign physiologists confirmed following: the value of stocks, which the body can use fasting before the onset of full depletion is 40-45% its weight. It was found also that the full loss of starvation body weight up to 20-25% in the organs and tissues of animals is not observed any irreversible pathological changes.

The above fact was the basis for the separation of starvation in two varieties: dosed fasting and pathological starvation. When dosed fasting uses the physiological stage of the process of deprivation of the body feeding, when there is no pathological changes

(Reversible stage) and, consequently, it absolutely can not be is associated with induced prolonged fasting, resulting to the degeneration or death (irreversible pathological stage). So , the dosage and abnormal fasting fundamentally differ from each other.

One of the pioneers of a unique system of healing, part of which was dry limotherapy was Porphyry Ivanov. in the late nineteenth century miner's family in Ukrainian baby boy, whom her parents named Porphyry. He graduated four years of parochial school and went work. Up to 36 years, he lived an ordinary life, but it constantly overcome by the thought of how to help people live better, to teach they are not ill and do not die so early. in 1934 it several times a dream from which he realized that man can not fight the negative influences of nature and learn to use them with benefit to themselves. He began to put on his first experiments on tempering - to go hatless, barefoot all year round, then began to walk all year round without outer clothing, pour cold water. Soon he developed a phenomenal ability - he could go without food and water two weeks, could go for 2-3 hours submerged in the sea in winter. To test himself he went out in my shorts

the steppe in the snow for several hours, ran hundreds of miles of Off-road, in the winter with no clothes drove a few hours on the tender locomotive. During the occupation, the Germans buried him naked in the snow or hours were taken on a motorcycle - he will not get even a cold. In addition to health he developed a very strong psychic and bioenergetic capacity, which helped him to heal most complex diseases, including long-term paralysis of the legs, psoriasis, ulcers, tuberculosis, stomach cancer, and more. He lived not in the best manifestation of such extraordinary abilities time - these were the years of revolution and terror of the Cheka, the Patriotic War, the years of totalitarian rule of the Communist Party. He many times he was arrested, 12 years in total spent in psychiatric hospitals, but this did not break it. He tried to convey their ideas people through the press, but it was almost impossible in those years of hard administration. He had hundreds of followers, which he passed on his knowledge. He died aged 85 in 1982 year.

His teaching Porfiry Ivanov called "Baby." Basic ideas of 12 items contained in his letter that he sent to many people. In addition, he led a record-reflections in their notebooks, a part of which was published only in recent years.

What is the essence of teaching AP Ivanova? He believed that the man in vain detached from nature, only in communion with it can become quite healthy man. "Nature has it all. it has air, water, earth

- Three of the main body, who one fine day all of us given. P. Ivanov doctrine and materialistic just in form but into account the presence in the world around certain forces that help person to live in communion with nature.

We are interested in what happens when we are starving in accordance with "Kids". Energy is obtained as follows: during fasting the body does not waste energy on the disposal of food and water. All energy goes to the destruction of dead cells that formed connective tissue, adhesions, tumors, etc., and rendering them organism. Usually, when people are starving, they have a headache, and then have a sense of hunger. According to the medicine, if something hurts

- Means it's bad. Means necessary to stop fasting, which usually many do. But it hurts because there begins to flow energy, there is a rapid process - reduction, but

First, they are as destructive - and why it hurts. When no longer a headache - the output of slag begins (some appears taste blood in my mouth, bad breath). This goes throughout the body, but my head feels it first. Small Item: hungry must be "dry", ie do not drink a drop of water. Water us needed primarily for detoxification. If we do not eat that food, which is fighting the body, which he cleans, then Some time we will be transported freely desire to drink water. We would not want to drink. Our body is particularly strong

struggles with food of animal origin and artificial products.

Days dry fasting approximately equal to three days fasting with water. Breath at a dry starvation appears at the end of the first day, while "normal" fasting - at the end third day. Starve to 42 hours, so we have to go to bed hungry, hungry to spend all day and all morning the next day. Eat only the third day at lunch. At first fasting must necessarily take seriously. Fasting a once a week - it's the small "baby", and full of "Kids" - three times a week. Wednesday and Saturday for 42 hours, but added Monday 24 hours, ie 108 hours a week. At the big "baby" is threefold cyclical cleansing of the body. What happens in the body in the so-called followers of "edalnye Days of the week (Tuesday, Thursday and Sunday)? It is assumed that these days associated initially with the accumulation of energy reserves. Then they distribution of requests from each cell to the chromosomes. Then is the correction of metabolic processes, taking into account the selected Resources and counting the trapped body of excess capacity, which causes the need for purification and allows him to former living conditions for acquiring skills and the psychology of the new image life without the use and protection of any conditions of nature.

### **Working with the physical body**

Being a man, far from all sorts of spiritual quest, P. Ivanov focused on the work hardening is physical body. "Harden not want, is in constant warm, "diluted" state. as a result of our body spreads the disease, health is declining, the heart weakens, consciousness fades, there comes a lack of will. and no pill will not help here, so how the human body like standing quagmire. His system consists of daily walks or standing barefoot on the ground or in the snow, throwing the legs, and then the whole body with cold water bath, bathing in cold natural water twice a day, dry fasting (without water) from Friday night till 12 o'clock on Sunday. in his system has no special exercises to warm up the body, but nevertheless people who hold it, showing very good results in sports competitions. He did not give specific recommendations on Diet, except the Board did not overeat, avoid excesses in eating. One time he and a group of followers fasted for four days a week, that is, 200 days a year. while all lived and worked as usual. One important condition was the requirement immediately quit drinking and smoking. He himself helped to do this to someone who did not succeed. Some of his advice seemed at odds with other sanitary systems. For example, he recommended never do not spit and do not put out any phlegm and swallow them. He never cut my hair, because he believed that through them our brain gets extra food.

## **Working with the energy body**

A very large part of the system is aimed at strengthening both times energy body. Daily dousing of cold water buckets on the street in all weather conditions - is a powerful energy shake-up organism in which it departs from the whole alien power (Evil eye damage) and restore the natural protective system rights.

Much attention is paid to breathing Ivanov. He recommended every day, morning and evening, making for three deep breaths of fresh air. And the air had to be mentally pulled through the throat of upper atmosphere. Ivanov knew that the air contains energy that gives us life: "In the air surrounding the person is the food - it's broadcast, with the air moving and penetrating through the human body. " He knew how to use this energy and taught it to others.

## **Working with emotional and mental bodies**

Ivanov knew that if people are filled with negative thoughts and emotions, it is unlikely that it can claim to good health. in his records and on interviews he expounding the moral and ethical norms that should guided by the people. He taught: "Help people than you can, especially the poor, sick, hurt, needy.

Do it with joy. Respond to the need of his heart and soul. You acquire it friend! Win a greed, sloth, complacency, greed, fear, hypocrisy, and pride. Believe people and love them. Do not talk about them unfairly, and do not take close to the heart unkind opinions about them. Liberate your mind from thinking about diseases, ailments, death. This is your victory. " As we see in these lines are enclosed wonderful thoughts, and if all people followed them, then our world would be slightly different. Sam P. Ivanov appears in them as a great enthusiast and an incurable romantic, a believer in the fact that people can change and live in communion with nature.

Some recommendations to work with senior bodies of a man in the AP Ivanov, apparently not. He himself was irreligious and took care of that person to better lived here on the ground.

## **Pros and cons of P. Ivanov**

By conditional pluses of P. Ivanov is the fact that she very simple and understandable contains all the recommendations. It is very far Philosophy of bloat eastern health systems, but it and understandable. Ivanov himself had only a primary education, although and engaged in self-education. He lived in a purely materialistic country in a very difficult time, communicated primarily with workers and employees, and its methodology is focused on this layer population. If he was born earlier or later, or in another country then with his super-abilities to improve the health of patients could

become the spiritual leader of the much larger populations. But apparently, he was destined to go exactly your way. By the disadvantages of conventional rehabilitation P. Ivanov include its focus on the rural lifestyle. Resident modern city, even every day wanting to go barefoot on the ground and pour cold water, it will be very difficult do. in hard to find a place where one could safely walk barefoot. And the circus with dousing himself with water in the street, rather likely to be collected all the surrounding residents. Yes, and mode of operation from morning till night leaves little scope for this procedure. Of course, you can do over the weekend, but the system provides for the daily douche. It remains a cold shower but it is a different procedure. And the system itself is focused on people, a strong spirit. Not every man will dare to perform all the requirements of the system as a whole. But anyone who finds the strength to do it, get a great result.

In our time the greatest contribution to the development of a method of dry treatment starvation, brought LA Shchennikov ("Healing abstinence from fluids and food) and VP Lavrov. ("Dry Cascade starvation"). I tried to more clearly describe these methods.

The method of healing abstinence LA Shchennikova not hearsay known in many cities, not only Russia but also abroad.

LA Shchennikov - professor of alternative medicine naturopath, healer. For over 30 years proves high efficiency of the healing of abstinence on cellular organism level, as confirmed by the results of experiments research and medical institutions, as well as

Feedback followers of this technique and people who have taken the the path of self-healing and self-awareness and gained their health and the new quality perception of life.

Curative abstinence - is a systematic method for healing from various ailments and spiritual development. Uniqueness method of healing not only abstinence is that it is available all, but that he reveals the secrets of existence and health up to immortality, which for centuries argue science and religion.

In the new millennium, this work is undeniable will help on the way to health, development and improvement and will open for the person new horizons for possible implementation in their lives. How to get rid from illnesses, to know yourself? How to harmonize body, spirit and mind?

The author offers readers new ways of answering these and other wondering questions. This extraordinary man with a full

Liability claims that our health and life depend only on ourselves, that there are no incurable diseases, and encourages all not to believe, but check out these words!

For example, here is how patients respond LA Shchennikova, invented the method of complete dry fasting (Patent number 2028160 on

invention entitled "Method of Rehabilitation of the body"). He issued a special certificate for the right to work as bioenergotherapist for the number 1068.

A resident of the Stavropol Territory O. suffered a stomach ulcer and metabolic disorders. Fasted for 10 days and forgot about their sores. in the Crimea in the patient Yu was a whole bunch of more-useful, including cirrhosis. He held the post of dry 10 days and later 10 more days left at work. Moskvich G. childhood ill bone tuberculosis and asthma. Fasted 11 days and fully recovered.

Mother and son from the Krasnodar region have undergone a dry hunger second time. After the first son, he felt much better although its diagnosis and sufferings will not envy.

the certificate, issued by the regional hospital, in black and white says: leukemia, lymphosarcoma. Mother shed many tears, hiding from his son miserable piece of paper. But grief can not hide, the more that our physicians do not burden themselves with ethics in dealing with seriously ill patients.

Sergei own ears heard the nurse say about him girlfriend: "young, yet already a walking corpse." How much was poured son in chemistry, as carried out spin-nomozgovyh punctures, it is difficult and counted. Dose of medication could and throw the bull. Son with difficulty to get from bed to the bathroom and back. Increasingly, attended thoughts about suicide. The organism is shaking and pounding, it became brittle and sharp bones. in my head pounded verdict of doctors: can not live.

The first time Sergei managed to stay without food or water for long, but the results even shocked the doctors. Dramatically improved performance blood in the body of the force appeared. Che-month rate cut hunger repeated. To support his son, his mother starved herself with him.

Withstand the post was not easy, and sometimes just painful. But effect comes instantly without any medicines and operations. Son, previously feared weak drafts, now bathed in ice

water. Dynamometers to squeeze 45 kg right and left hands. About tablets remembers, has become mobile, developed an interest in life.

A resident of Kislovodsk DA is on the second group disability. During fasting cried at night out of pity to themselves and still praying. But after the soul has experienced on-legchenie

- Ease in the body, reduced the reception of potent drugs, stabilized pressure. Once gone, "Psychological sink " - the hero of her illness - and it changed into a qualitatively another person, the world appeared before her very different. "You know, I even sensed a new attitude toward life in general - she says . -

It seems the sun is shining brightly, and the foliage is greener and the air is intoxicating some ... "

About how Leonid A. Shchennikov came to technique dry fasting, he tells himself.

- From an early age, I thought about what life is? One lives 70-80 years old, the other - 100. Hence, the secret of longevity is hidden somewhere? I he decided to look into this. He studied anatomy, worked in a hospital,

fond of homeopathy, absorbing folk wisdom. in 1971 decided to proceed on the path of self-discovery. Decided to live by the principle - The worse the better. Every day, I taught my body to the cold, and stomach - to famine. In the morning, winter and summer, regardless of the weather, pour body with cold water. Accustomed to starve without a fluid through a 3-day fourth. Then, for 5 consecutive days. in March 1981 for the first time fasting 10 days without fluid. Moisture received during the night from the air, and a day assimilated it through the skin, periodically sitting in the water like a frog.

Lost 20 kg weight, recovered a week later. I was so young again, that people did not recognize me. Most of Prolonged starvation I've survived, lasted 18 days, it's more world record entered in the Guinness Book of Records.

Here is a description of the dry cascade of starvation by the author - contactee Valentina Lavrov (from the book "Keys to the mysteries of life")

The era of immortality without vegetable diets and fasts do not pull anyone, even God. And, as he put it, he will be with his people on living sources, ie, to monitor the health promotion will personally. One way to prevent such a cascading starvation. It's good for beginners and experienced. Firstly, necessary to understand such a rule: before you start to starve, it is better a few days to sit on the plant diet, not eating no protein foods of animal origin. Fish, too deleted. Food should be purely vegetative, as advised

Great post. Even without fasting, if you frequently sit on such diets, much of his body straighten.

Especially good clean container of porridge, cooked in water and oil-free, even a vegetable. in large quantities, it is also harmful. Why More should be applied along with the vegetable diet on fasting 30, 60 days? One without the other is not. In order not to develop the hungry genes. And they can develop, and then your fasting will not be saved. Will eat much. Much good they will not only harm, in addition, more fear appear. After one or two samples, stop. So everything must be be complex.

The first step of a cascade of fasting. Cascade starvation carried out without water. To begin to master the first step. Day by day. What does this mean? You'll need some time eat in a day. a hungry day does not use water. But before that day should be drunk. At such a stage can hold indefinitely. It can be combined with a vegetable diet. Even if you hang on a month, you get 15 days of fasting.

The second stage of the cascade of fasting will require you to eat two days after two, etc. Also in the hungry days of not drinking water. But there must already hold the golden rule. How to go out fasting? After these two days should drink water, then through a couple of hours to begin to eat with yogurt. The food should be protein, but not plant, ie, a yogurt should eat no bread. Through

a couple of hours after ingestion of yogurt you can eat everything. Why can not eat bread, vegetables and fruits at once? It is worth the pancreas.

Body of this inert, heavily included work with the supply of insulin the blood immediately to the extent not cope. And therefore do not need it load. Better gradually. If you're after fasting will not be this into account, it is better not to exercise. Can undermine the work of pancreas. If the house did not have buttermilk, you can drink boiled milk, or, at worst, the fish stock; milk can be replaced by yogurt, fish broth - chicken, but everything should be cooked without vegetables. and no bread. I am eternally respect, Paul Bragg, but I can not agree with him about the exit starvation. He suggests a way out of starvation on the diluted juice, I challenged this and think it's wrong to even harmful.

Let us reason together. A child is born and goes to the milk, on protein foods. Any mammal will do the same thing. Do not feed the body at once rejects the newborn this food. Well, let's turn to the birds. Parents are beginning to carry their chicks, too, the protein of food. and they will never bring they no berries or seeds, by nature at first not expected.

You can access the hunger strikes of animals. Winter long hunger strike predators, do not worry. They immediately begin with protein foods. But with regard to herbivorous, the pure hunger there is not obtained.

Even a blade of grass, even a blade of grass, a few remnants of twigs, but the mouth will get, ie work pancreas has never stopped. Well and how to explain it bears hibernate? An animal may eat as plant and animal food. Also explained that simple.

Before going into hibernation, a bear stuffing his belly bark asp. Bitter, bactericidal, it remains there throughout winter. Vegetable products. The pancreas does not leave mode, always in readiness.

The third stage of the cascade of fasting. Three days after three, etc. That same thing for three days to drink and eat, then eat for three days, and again Three days does not drink or eat, etc. What will make and have the strength.

Exit from starvation is the same. Three days of difficult to endure without water. Here begin trials of the spirit. Already thirsty. See, observe

Golden Rule out of starvation. Cleansing enemas do not necessary. If you're used correctly, the stomach clears itself.

But if you drink water, the enema may be needed. When dry starvation does not require them.

The fourth stage of the cascade of fasting. Four days after four, etc. All the same. Do not eat or drink. Withstand becomes heavier, thirsty. Exit from starvation is the same.

Enemas are not needed if you do not drink the water. But if you do not soak and get drunk, you will need. Possible in this case, and constipation. This already a difficult period, will haunt ponds, wells, spring water. Can go to the skin from the lips and gums, mouth dry.

The fifth stage of the cascade of fasting. Last. Five days after five, etc. All the same manner as described above. Output from fasting same. This is the worst day. Impossible to sleep. Want fresh air. The body emits a foul odor. in the body flow all crystals. Open pores of the body, through them, then removed, that would never have thrown out the kidneys. It is difficult to speak, in the mouth dries up. There do not want to just drink. Remember the golden rule. Initially, the water and only 2 hours kefir. Only protein, light and liquid food. and only 2 hours after that we can cautiously little bit of everything is everything else. Do not overdo the eating habits. After three four or five days of fasting is necessary to start little by little. Do not start with the fifth stage, the fourth or third, it inappropriate and even harmful. Learn basic beginning the first and second. If you pay such a fasting month, when any of these stages of obtaining an equal number of hungry days. for 30 days - five days after five - you can still gain 15 days of fasting, as if starving day after day. Another important circumstance. During the hungry days, it is better not wash, do not wash, do not brush their teeth - in short no contact with water. This is necessary in order to prevent any water body parts and that the cells are in contact with water does not nourish it. Otherwise, these place will not be updated and maintained. It is difficult, of course, refrain from wet hands. Domestic mess, washing utensils, etc., but then your skin will not be updated, select one of two things. You may not receive a fourth or fifth degree, not despair. After repeated attempts to obtain required. and remember one more thing. After fasting, do not drink carbonated drink only water - clean and cool better. With the right exit from starvation, this method is harmless to organism. with nutritious meals at the fifth step can, if desire of the retirement age back in my twenty years. Difficult, but not an eagle who can not fly. At stage 5 days after 5 you can treat any disease. and there a disease that she was not treated in this way. and AIDS and cancer, and diabetes - all treated. Treated, and all infectious, sexually transmitted disease. If necessary, you can use this method to terminate an unwanted pregnancy. If all according to the rules, there is nothing sinful. The birth of every child people in their supposed to regulate. Their number, date of birth play an important role for us. Regulate fertility even the gods. But it must be done on the first or second month pregnancy. and if it started, then bring to a conclusion. and remember that fasting 5 days in 5 with water will not give the desired result. Only without the water. in ancient times, this method is widely used in South Asia, but then somehow forgotten. Absolute restriction of food and water (absolute starvation)

has been used in clinical practice only in the past years (VA Zakharov - 1990., IE Khoroshilov - 1994.), although the feasibility constraints of water during the fasting total also wrote the pathophysiology of V. Pashutin. (1902g.), MI Pevzner. (1958) method of "dry fasting" scientifically based. Leningrad Institute of Pulmonology, issued guidelines on treatment of dry fasting lung disease. A clinical experiment in the mid-90 years on the basis of the Ivanovo Medical Academy, showed that absolute medical starvation (no food or water) has a serious perspective in terms of treatment of cancer and severe immunodeficiencies. In the dry fasting achieved higher concentrations biologically active substances, hormones, immune cells and immunoglobulins in body fluids. This technique is applied on a very strict indications when vitality in cancer patients is sufficient to retain, and it is advisable to use it in the initial stages of the disease, because that detoxification of the body must have room for him recovery. Otherwise there is too much stress on the body - Fasting may weaken the remaining energy of the body and accelerate the sad ending, especially after chemotherapy, irradiation or in the presence of concomitant diseases.

### ***It is interesting about the mix I dryly M Starvation***

European magicians undeniably talented and resourceful, but to Indian yogis and fakirs them far away. A resident of the Indian subcontinent stumped modern medicine - this man is 68 years old does not eat or drink and This looks great. To dispel all doubts of critics, Yogi has agreed to undergo medical examination and clock surveillance cameras. Pralad Janie lives on the sinful earth, 76 years, with 68 of them it does not take food and water. at the age of eight Praladu years had a vision of a goddess who blessed the boy. since he lives in a cave, constantly in a state that Hinduism is called samadhi. Naturally, the latter-day saint there was the mass of adherents, who make pilgrimages in his cave. Together with the believers there, and critics who believe that man can not live without food and water. Then the saint decided on a medical examination that was carried out hospital Sterligov in Ahmedabad. in the House of St were installed camcorders that imprint each movement unusual patient. The duration of the experiment, the fakir does not accept shower, not to be blamed that he is drinking water. Only liquid, which he brings - is 100 ml of water used for rinsing the mouth. Fakir is gaining in his mouth water, rinse mouth and then spits it into a special bowl with weights, which marks number spit out water.

Doctors conducted a thorough analysis of the medical condition of his patients and concluded that his body is functioning perfectly normal. y Pralada Janie was not detected in either single disease or disorder of the organs. Despite in old age, Janie is in excellent physical form. True, he never produced feces. According to doctors, the patient appears regularly literally a few drops of urine, that accumulate in the bladder and then absorbed by the walls. For all the time observing the holy nor never use a toilet. The experiment lasted ten days, but no change in the health status of the subject noticed was not. Obviously, this lifestyle is really for his habit. Mental state Pralada Janney was also recognized by physicians as perfectly normal. He thinks of Health, not nervous, it is not irritable, and always set complacent. Doctors could not explain the phenomenon, which they happened to watch.

In Nepal, sent the delegation of European scientists to investigate the unique phenomenon that some call perhaps the reincarnation of Buddha. Fifteen year old boy Ram Bahadur Bandzhan here for six months without food and water and meditating in the shade of a tree. Scientists say - it's impossible, but to prove fraud has nobody succeeded. The place where Rama sits Bahadur, has become a place of mass pilgrimage. Our instructors in mountaineering, told me a lot interesting story about a unique person "Berendey. Before climbing in the camp of climbers appeared outlandish grandfather with a thick white beard. The Group is ready to Belukha, the most highest peak of Altai - 4506 meters. His grandfather asked the climbers to take it with you! The unexpectedness of the men speechless. And then explained Berend, that the district Belugas avalanche, and it does not equipment. Well, they could not tell him directly and rudely: "What are you, grandfather, the coils moved out? What swung? So easily climb on the very Beluha! ". Nevertheless Berendey downright offended by the climbers and one without equipment as he was, in rubber boots, went up before the release of the route. One rose on Belukha, left a note on the rules and went back the camp, with no "cat" and cords. After this climb strange alien climbers long time to recover, thinking about what happened. Grandfather "ran" on top of that required high technology ascent as a walk, and returned unharmed. Who is he?

It was a traveler Peter G. Nikitin. True, him to prefer the status of a wanderer. This fall, Peter Nikitin departed from Moscow (by bike), the way he held in Karelia and Kola Peninsula. Permanently "stuck" under Medvezhegorsky, studying the petroglyphs and other monuments of ancient culture, as well as

healing properties of minerals, collected shungite and even swimming in a career with schungite water. and got back in the saddle the bike. Came in Kandalaksha, pitch a tent in a pine forest near the city, the night, and next morning went to get acquainted with the northerners.

- Very interesting nature of the North! - Admires wanderer.

Particularly attracted his mystery seids - the sacred stones of the tundra.

- The ancient Slavs, too, had their sacred stones - family, generic. Our ancestors have turned to them for help, and they materialize these requests - says Peter Nikitin

and edifying remarks: - You must know your roots! Their spiritual Nikitin mission wanderer sees it, is to make the world around kinder, fairer, and the purpose of his travels - to achieve harmony mind and body, the level of consciousness in which there is unity between God, man and nature.

On his mission, Peter G. forgets. In the forest near Kandalaksha he was armed with a chisel gouged on a huge boulder commandments ancient Slavonic god Svarog, as the stream left Ward. Next went the way of Monchegorsk and Polar Zory, and then in Murmansk. the capital of Arctic indefatigable traveler entered on his shabby bicycle in the afternoon. Again put a tent in the hills outside the town, and next morning went to meet with him. Found and housing. While waiting for the visa to Finland, not only met with Murmansk, but also held numerous meeting with the townspeople. He especially likes to meet with youth. Petr Nikitin - an active advocate of healthy lifestyle. - A sound, not healthy. I insist on it - corrects traveler. - The ancient Slavs had a wonderful the word "health".

Petr Nikitin, first aroused the curiosity of others unusual appearance. White-bearded old man wearing a shirt with embroidered It Slavic symbols and belted belt smacked Treefolk. He spoke to the students of Technical University, at other schools, clubs, creative associations and even Semenov bathed in the lake with the Polar walruses.

- Well beloved water! - Praised the bathing Peter Grigorievich. - I have done the impossible with God's help - he recalls his ascent, especially the first, the one on Beluga.

Visited the Krasnoyarsk and the Pillars in the Alps. in the Himalayas rose to seventhousander. Usually travels by bicycle and on foot. He drove the European part of Russia, Siberia and Far East. Travelling abroad Russian pilgrim - is Poland, Czech Republic, Austria, Germany, China, Tibet, Vietnam, Laos, Thailand, Malaysia ... Lamented that there was in India, although there was a visa. Proud of the fact that twice already girded the globe at the equator. a puffy album Traveler collected pictures from various points planet. Nikitin then removed from the Tibetan monks in orange

robes, then under the hot tropical sun on the ocean, then on the glaciers of Himalayas. There is also the Kamchatka and Lake Baikal. In Kamchatka the irrepressible Peter G. visited the five volcanoes, had communicate closely with the Bears, who feel at ease in these wild places.

He rides a bicycle Soviet era. On the age silent. Or says: "The soul has no age!". Strong and lean, the traveler a view already is changing the the inevitable senility of old age. He ran marathons, participated in peace marches, became a follower of Porphyry Ivanov.

Nearly fifteen years of not eating meat and fish. in the Altai Mountains starved forty days, as Jesus Christ in the desert, and dry starvation lasted fifteen days. and now sure if people endure sixty days of fasting, he can live for years without food. in one travel along the Ural Nikitin met a woman

who live without food for five years. Adherents of the "solar power "(those who do not eat at all, and insist that they take energy from the sunlight) - and there are several thousand - are going to their forums in Australia. But to Australia Grigorenko has not yet arrived.

Unbearable physical and psychological stress seem to become the norm for the Russian pilgrim. He walks barefoot in the snow, hot coals and broken glass.

- For me, nothing is impossible! - Said Nikitin.

In traveling he found himself in such bindings that miraculously remained alive. Was under avalanches and rock falls, once stumbled upon gangsters who crippled him. Nevertheless, good people met him everywhere, in all countries. Russian pilgrim Nikitin sure that it is very bad with it does not happen, because he tries to to live according to conscience and does not reject God.

Traveler earnestly trying to get back to basics, taking in the way the ancient Slavic Vedas. Calls himself an Orthodox man. However, in the bizarre world-wanderer get on Marxism-Leninism, Eastern philosophy, "Live

Ethics Roerich, Helena Blavatsky's Theosophy, the Vedas of ancient Slavs.

Nikitin's interest to pre-Christian Russia forced him to learn ancient Slavic. More Grigorenko speaks German and some English. He has two higher education. Profession mechanical engineer often helps him on the road.

Family restless traveler lives in Kazakhstan. he eight children, six grandchildren, will soon be the seventh. He recalls, returning to the roots of that ancient family Slavs considered complete if it grew sixteen children. For order in Russia grew by a strong viable generation need a healthy family with no bad habits, respect for God Commandments.

Nikitin did not refrain from reproaches the fair sex, in his opinion, betrayed women's essence:

- Women have to plait braid - all power to them! Yes and a dress to wear, not pants, as now accepted.

After long wanderings Peter G. returned to their native, but not for long again to hit the road. As if some mysterious force pulls him out of the house.

- I - a stranger - again emphasizes Nikitin. - And place of residence for me does not matter.

For Peter Nikitin really nothing is impossible. His home - the Earth.

## **WOMEN ness who will not eat**

Not to reproach others, not to save or from lack of food Zinaida Baranova refused G. from food and drink, and two and a half years, fueled only Holy Spirit, the sun, oxygen, and nothing more. In other words, switched to energy supply (as in the future I will tell details). And despite all the usual laws of our consciousness physics and biology, not only does not die and not get upset, but still and happy, singing songs and dancing in the company of their friends. And, what is most paradoxical, it is not losing weight and feeling its much better than ours. But what distinguishes it in this case from the usual nourished people - so it's a dazzling glow of her body outgoing and complete peace of mind on account of "his stomach."

Agree, one of the most important and enjoyable event for the average person is eating, or at least tea, and to replace such a pleasure to nothing. Believe it or No, but Zina (as it is called loved ones) are very happy occurred to her to change. Her own place miracles miracles do not seem to be - so we, the dark about such things unheard of, and Zinaida G. these people know more thousands, they are called solntseedami. In the West, about people they know, conference with them, arrange, and scientists are materialists try this phenomenon is the pressure of taking. But the pressure of not possible, since it smacks of mysticism and the interaction with the higher beings.

Learning about this unusual man, I have exactly the same as you, probably rightly appeared healthy protective feeling of distrust and anticipation of contact with the incredible taynoznaniem. I was driving to a meeting and supposed to see something - whether the mummy, or yoga mysticism, emaciated and darkened.

Next, my fantasy was flying. and what - meet me came out very friendly, breaks into a smile, pretty, rosy and slightly plump woman with a ringing and clear voice. She took my hand frozen on the street in his warm and soft, and it seemed to me that this is a long time I was starving, and she ate and drank. And something about what I know and not know such power and energy came from her shaking hands. Our conversation I bring anything from you not hiding and not transforming. And anticipating it, I want to assure you

the authenticity of this situation. Surrounding confirmed: Zina sitting with them at the same table, but I never eat or drink, and many of its for this love to invite guests, loss, they say, no. Except that came to the conference, a gathering society "Maitreya" to which it belongs, Zinaida G., I have lived near with her side by side a few days and I can say that no food nor drink She was not seen. So, let's talk. - Zina, it is true that you do not eat or drink anything for two and a half years? How does it could happen with the ordinary common man?

- Recorded in the history of such examples: I'm not the first, certainly not the last. Now the world is more and more people who have their unique qualities show that human capabilities are unlimited. in March 2001 in newspapers was published that the Australian Jazz Mahina 7 years of living without meal. She travels to different countries, organizes seminars and this year was in Poland. One of our friend went to Poland, met with her and invited her to Russia in 2003. She promised to come. it has Web site, she conducts workshops and teaches not only what how not to eat. The essence of her workshops - the establishment of union with God. Only later, when enters into such a state, a person can go continue, driven by teachers. As stated in the Agni Yoga - ready student and teacher is ready for it. and the teacher would come and help. I let's not put ourselves to live this way.

- And how did this happen? Where did it start? - This is a lengthy process. Before that I had very poor health

- Disability Group 2 on cardiovascular diseases.

The reasons for this were different, including the death of my 18-year son in 1980. I was the only way - to look for innovative ways of healing. Then already, and healing began to develop, but I did not go to any healers, I just started watching recreational literature, including books Malakhov's "Help yourself." I bought him a second volume on the basis of its recommendations carried out cleaning of the body: intestines, liver, lymph nodes, joints. Passed Urinotherapy - Treatment

boiled urine. at the same time I do manual labor in the foothills of the Caucasus: and mowed, and weeded and dug and built. One, without helpers. Began to improve the health, but apart that I started reading a lot of spiritual literature. Start

with the "Bhagavad Gita", oddly enough, understand for ourselves what God

- What is the highest energy. Bought a Gospel. Alternating physical work with reading, I read it several times, emphasizing each time for some new points. Read Klizovskogo, Agni Yoga, the other literature. - And what happened, that you refused to eat?

- I'm telling you the background, represent the stages of spiritual formation. First, the submission to the will of God. It is very important establishment of equilibrium within. Then - a conscious attitude to a state of transmutation. You heard a word, yes? It

informed, with confidence to the highest leadership, no matter what occurred. Next - living the commandments of God, it is also means a lot. and a desire to help people: I wanted to describe and explain what I knew people. Then I prayed: "Lord, help me in meeting with like-minded people." Suddenly I received an invitation to St. Petersburg, where she met with leaders and school books transformation. and with these books I helped to get acquainted here, told me that the learned. and so I quietly took the path of public service. I was already retired, and to me it was easy to find time for it, but financially it was possible - trips were not so expensive. April 96 th, 2 times per year have been meeting at all, I was also bringing materials told people what was said there. in my apartment was a small club - Passed a physical cleansing, spiritual cleansing and balancing chakras, the intensification of the process of transmutation. What does it mean that a person can not have long? He must necessarily have a connection their energy centers, the microcosm with the macrocosm of his. There will be no spillover energy - nothing happens. Willpower Such things are not done. At the subtle level, was transformed lungs to supply the body with moisture from the air.

- How do you understand what processes are occurring in your body?

- I am a biochemist by training. 20 years teaching at the institute. and if this topic to discuss with my colleagues, then the purely materialistic approach these things impossible to understand. I felt like my body, mind, control over our spiritual teachers. They told me that I can do it, that I was afraid of nothing and boldly follow what I hear. I felt every second of caring, attentive control and constant communication with higher forces, otherwise it all with me could happen. In order to feed the energy space, it is necessary to make subtle points, which are responsible for perception prana from the space. First I switched to a diet: nettles, dandelions, blackberry leaves, juice, and all that - in a very small quantities. When there was a restructuring of the energy centers, I heard a recommendation: "Try it now without food." I obeyed and stopped eating. - And you do not like? - No. I feel good. - Are you surprised? - I, on the contrary, very delighted, because it was a pre-Easter period, and I was glad this purification. Thought: "Thank God, do not sing." - And to drink you are allowed? - Yes, while I was still drinking. 23 days followed Recommendation: "Now try without water." - I would be terribly to follow these guidelines ... - I felt love and concern and refused water. - How fast you lose weight? How many kilograms you lost? - I grew thin very slowly. My weight was about 90 pounds, and now I weigh 73, but the weight loss process is completely stopped. And a half years my weight has not changed. - How exactly do you not eat or drink? - Two years six months.

- And when you watch as they eat other, what you feel? - On health, good appetite. When come to me children and grandchildren, I can of something to cook. - Probably for the relatives of a was a real shock? - Not just for families. - And when it's hot and all need to drink a lot? - My body is working perfectly differently. I feel full of prosperity everywhere. Sometimes I can just rinse your mouth. - Man eats and drinks for two hours a day. He is a great pleasure. To make it fun substitute, he must offer something more "tasty"? - This is the energy, which I eat. And the food - it's just affection. On my example, a teacher of Light argue that perhaps not yet so. This is not a starvation diet and dry starvation. Water goes into the body, but a completely different way. As explained to me Bulgarian healer Ivan Todorov, there are insects that build in the desert cone-shaped structure. them at the top is hollow, which remains a drop of moisture, which they have enough in times of drought. Here are some structures he saw in my lungs. Is moisture in the lungs and the lungs and then send it in blood. I have a normal sweating, if it's hot, and salivation, and the urine is released.

- And as usual the doctors refer to this phenomenon? - And did. They do not believe it. They say they need a survey, and has a lot of time trying to hold it, but I'm not interested in wasting time and energy on it. Disbelief - that's their problem. - For what purpose you are done?

- Each of us - is a unique space laboratory. All we go through an individual path of transformation and is one of the ways. Now is the time when the sky falls to earth. On this warned Helena Roerich, Ivanov and other teachers. - Something changed after that in your spiritual development or are you experienced only physical change?

- Certainly, I feel the relationship with the thin world, with the teachers. Expanded aspects of communication, increased awareness of the possibilities. I keep active and busy, I go by city and I feel normal when there is no transmutation processes. They continue, they have not yet completed, the process of deep cleansing of cells. Sometimes I feel a strong vibration energy, and then you just need to relax and accept them. Need completely abandon the drugs. Despite the fact that I was disabled in Group 2, I threw out all drugs. Left only No silos alcohol and Zelenka. Jazz Mahin was approximately the same way. She also says that you have to be in communion with God. And what does this mean? That means - a set on balance, to humility, obedience to the will of God, to fulfill the commandments God be in the service of others. and then senior teachers will to help us. I experienced several space operations, I had them felt, and now my body is completely healthy. So, do not

want to eat - not eat, do not want to drink - do not drink, and do not make have their children when they do not want. and it is very important to clean your body of toxins and parasites, because of this we take all disease. - Zinaida G., you're not going to start again there? - You do not understand - I eat, only different! and is confident that soon solntseedyaschih people on Earth will be many. In Russian - percutaneous nutrition and respiration. Perhaps with good development of subcutaneous circulation. First performed by immersion in bath of natural culture media (sapropel and manure). Second - development of endogenous respiration by Frolov (Frolov on a simulator). "... All of a cow - is pure." (Veda)

Eventually, when the body is reconstructed entirely on endogenous breathing, it will be possible to move on endogenous nutrition. Organism will be from the air to choose a desired substance. These are people who plotnoveschestvennym does not eat, now there is!

## Since the Sun TSEED

Years without a "poppy dewdrop" in the mouth. Solntseedy - these are people who by his own conviction decided to refuse to accept food through the stomach. They assert that feed on the energy of sunlight, you take through the skin. within a few years such people have not been and poppy dewdrops in the mouth. Despite this, they do not look emaciated or thin, but on the contrary, full of strength and energy. Among them, in particular, Indian Manek, who has not eaten and did not drank more than a year and was under the supervision of disbelieving doctors, Australian Dzhasmahin who abstain from eating more than 8 years (!!!), And the Russian researcher Alexander Komarov. His record - two years. Every day people must devote considerable time to cooking and eating. Breakfast, lunch, dinner, and then another and snack or a late snack. Gourmets and forever gastrointestinal unmet people do not consider a meal wasted time, for them it is a favorite occupation, and they look forward to hours of eating. Someone has calculated that during the life of the average person eats about 100 tons of food! Imagine how much money can be saved if you do not fly food!

We are accustomed to hearing about people who organize themselves fasting days or are prolonged starvation. Some do not eat for three, seven and even 21 days in a row, with the they do not indulge in making water and should stimulate purgation. When we talk about those who do not eat or drinks for months and even years, we see this as something of realm of science fiction, mystery, or as a special privilege enlightened individuals.

So, on the eve of the new 2001 newspaper The Times of India wrote about the unlikely event. 64-year-old mechanical engineer Hira Ratan Manek a year without food. During all this time he did not swallow any tithe of bread, and drink only boiled water. Indian Eats ...

energy from the sun. As he explains Manek, people live mostly due to a secondary solar energy, which they have used before plants, vegetables and fruits. From us is required to learn how to absorb solar energy directly from its source.

This case is not a hoax, but has been officially confirmed by doctors of the Institute of multipurpose therapy the International Health Center (g.Ahmedabad), as well as specialists Jain Medical Association, which became

monitor health solntseeda two days before the start of a hunger strike.

The experiment lasted a total of 411 days. throughout

this time, a mechanical engineer did not take and poppy dew into his mouth.

It turns out that hunger Indian engineer - not

the only case. in Australia, in Queensland, other lives

living legend - 47-year-old intelligent and educated woman,

calling itself Dzhasmahin. for 20 years she was a vegetarian,

Since 1993, more than 8 years, do not eat any food! She's so

the same as an Indian, says that eats energy of sunlight,

digesting it through the prana or vital breath ", which

according to the beliefs of Hinduism, is the bearer of the principle

life.

Russia in this regard is no exception, it is also rich in phenomenal individuals. Correspondent for Interfax TIME

met with the researcher Alexander Komarov,

who developed his own method of fasting

through the stomach and within two years, took only 100 grams

food every four days. In this case, Komarov totally looks like

exhausted, emaciated or too thin. According to him,

He feels great and full of energy. - Alexander,

not contradict human physiology refraining from the usual

food? - No way. On the contrary, then, how much to eat

modern human is alien to its physiology. in humans there

three kinds of power: through the skin, lungs and stomach. now

the main type of food is eating through the stomach,

then powered through the lungs, and only in last place - food

through the skin. But this is fundamentally wrong. The main type of human food

Since ancient times it was the assimilation of food or substance from the outside through skin, in addition - through easy and only in the last

all - through the stomach. Compare people who eat very little

much. It is well known that the digestive organs gluttons

tract strongly stretched, thickened and deformed. But

despite the abundance eaten, absorbed by the body only

about 1,5% of consumption of food, the rest is displayed in a

faeces or a slag, which are deposited in the body.

y malochezek digestive organs decrease and become more

straight, and eaten food is removed from the intestine after

15-20 minutes. In fact, people should take food

through the stomach in very small quantities, and can be achieved

that all of its number of fully digested. - What is powered through the lungs and skin? - Power over lungs - it's absorption from the air of substances needed for cleanse our body. Since we are making through the stomach many foreign substances, then the system of the organism tries to remove. Inhaled oxygen enters the bloodstream and burn unnecessary substances, and their "little corpses" are removed by red blood calves produced by the spinal cord. If the organism was absolutely free of toxins, then, ideally, production of red cells completely ceased, and the blood of man was a only the lymph, which has a bluish color. Powered by skin somehow occurs in modern man, a glutton, only much less productive than it could be. This kind of power is almost completely substitute for power over stomach or make it secondary, spare. It allows person to get from the environment all the necessary material, including water, and, of course, to free him from spending on the purchase of products and from food preparation. Perhaps this statement seem unconvincing, but fact is fact - the person, following certain techniques can be hundreds of times smaller than take food through the stomach and feel much better. - And yet people are dying of starvation and dehydration on the ... - Switching power supply through the skin should not happen abruptly but gradually. Must know and method of transition. People dying from starvation or lack of water, do not know how to do it, and once they are deprived of food, it is likely just hit the unusual conditions. The presence of fear, impending misfortune and helplessness are selected from them a huge amount of energy exacerbating the situation. In our case, a man on his own decides to refuse to take food through the stomach, it gently your body adapts to it. in the first week he does not eat only half days next week - day, then - 1,5 days. So gradually comes to what may be waived entirely from food, only occasionally feeding the water. Degradation of the digestive bodies took place over a long period, and physical body is transformed by the currently existing power system. Our task - to make the body think that it laid since ancient times.

- As far as I understood you were not completely refuse to eat. within two years you'll still eat one every four days, although the diet and was only 100 grams of food ... Why?

- The fact that passing is completely powered through the skin, person acquires unusual properties. He is not just worsening eyesight and hearing, he begins to hear the thoughts, fulfilled his desire, even involuntary. You must be a very well prepared for such opportunities, since, being among people can be a lot of mangled wood. Therefore, going first to a complete rejection of food, I decided to go back and limited to 100 -

gram food every four days.

Incidentally, a leading Indian neuroscientist Sudr Shah, who oversaw the health of the starving engineer Manek, does not exclude that during this adaptation of the organism is stimulated by the frontal lobe, which apparently is responsible for the psychic activity. In this case, all other parts of the brain, including hypothalamus, pituitary, medulla, did not undergo any changes.

- How can we explain that sunlight brings all necessary for the active substance of human existence?

- Sunlight and light of distant stars by itself is a system of pair of elementary particles (para-positronium and ortho).

These particles can enter into resonance with the particles of the body's cells and form all the chemical elements necessary for nutrition rights. That is, 'factory' exists in man himself, in cells his skin.

In general, in the universe there is one kind of food. This redistribution of matter or energy. All systems have higher energy, absorb the system with low energy and thereby increase their mass and energy. And people. Or it absorbs energy and evolves, or loses it and dies.

Is a natural selection and survival of the fittest. Man Like all living and nonliving systems around us, can develop only with food. No weight gain or Energy can be no development systems.

- Most people tend to reduce their weight. But to actively live, need energy, which is directly connected with body weight ...

- Man, like any living system of the universe is universal system, which at certain moments can be closed or open. Indeed, no increase in energy Any system will sooner or later fall apart. Therefore, the application different methods of question should be not to reduce weight man, and a decrease in the volume of his physical body (at maintaining weight and energy, respectively). Therefore, we solntseedy, do not look like undernourished people. Sharp drop your weight - it is means to throw his energy. The human body should not be loose and tight, as the body of a young child.

- If you change the diet is unbalancing internal systems of rights, not whether this will lead to disease? this Camilla added that a few months ago went to relatives in Poland. There, on the occasion of her visit was covered magnificent table. When she said she does not eat anything, then it certainly not believed and were blamed for the abandonment of food, which was prepared especially for her. in the end, she had little to eat, but sensation when it was as though the food is somehow disappeared her mouth.

Whatever it was, an example solntseedov living not in some other mythical world, and next to us, shows that a person does not need food! Anyway, do not want it rough, the material variety. Solntseedy say that in plant foods and food animal contained a secondary solar energy, Here are some of the energy and feeds on the common man, whether he is simply eater or discerning palate. Solntseedy well fed, they approval, this same energy directly from the source. But recent studies have shown the most advanced solntseedov, that and look at the sun or stars is optional. Since they eat prana, which pervades not only our star, and literally everything in our universe. That is, the existence of this energy does not depend on our point of finding time and space. Energy Food is everywhere, and our entire universe is in connection with this important fact is one huge banquet table piled high with the best quality and the best food he ever you can think imagine.

Prana never impossible to overeat, it should not prepare and spend time on mastering and rumination. No need to go in the latrine at the end of assimilation of prana to evacuate its surplus. And, most importantly, by making such a meal has no side effects and can not overeat. Organism itself, without cluttering your consciousness of unnecessary detail, learns of this food so much, as he needs.

And perhaps the next step in the history of human development and human settlement requires them all the boundless Space view of the substantial increase biological adaptability of the individual, his ability to adapt to the most modern look incredible conditions. For example, in the vacuum of space where the temperature during the day varies with the amplitude of a hundred degrees on Venus, where raging almost chetyrehstgradusnye winds or in the open space at - 273 degrees. and even the Sun and stars, perhaps people near future be able to live.

Limitless human potential and boundless The universe. Perhaps, for now, seemingly lifeless and meaningless, Space and created what would there lived a man, and not only to admire the stars and try to conquer near-Earth space with the help of primitive flying vehicles. The Future of Man, with its infinite potential, Energy for Man. Yet, as it turned out, man divine and it is best confirmed by the example solntseedov. in the world today there are tens of thousands people of the new, energy formation, and, judging by the ever-increasing their number is only the beginning of a new direction in the evolution of rights.

## DRY (AB SAUL YUTNOE)

### MEDICAL Starvation

From classic starvation and other forms of dry starvation different drinking schedule. It is completely absent, ie, we stop not only exists, but to drink. This kind of fasting at all prevents the ingress of water, not only inside but also to any body part. Complete abandonment of the water for a specified period. Sometimes allowed take a shower, bathe in the river and under waterfalls and pour cold water.

### Hidden reserves ORGANIZATIONS ZMA

Experiments and clinical observations confirmed the presence of in the body of huge hidden reserves - the forces that can repeatedly cover the resulting negative for an organism living conditions. This happens for by the fact that the rebuilt structure, which carry biochemical processes at the intracellular level, change properties of cell organelles. Hence, altered metabolism whole cell as a whole.

So, when the body is faced with changing conditions environment, previous biological structures begin intensively destroyed and replaced with new ones. These new structures have certain differences to adapt arisen to extreme conditions. And the changes are so significant that they may be called simply wonderful.

For example, conducted an experiment on animals. Animals gradually accustomed to the effect of adverse factors: high temperatures (42-43 ° C), reducing oxygen in the inspired air hunger. In order for adaptation has occurred, it is necessary that the impact was regular, but strictly metered, short-lived. as a result of resistance to such effects of increases in several dozen (!) times.

But on several points related to human adaptation, We would like to tell us more.

### Training and myocardial oxygen starvation

What is a heart attack, knows probably all. "My heart could not stand"

- Say ordinary people have no medical training.

But what does this mean? What physiological processes lead to a heart attack?

Myocardial infarction (heart muscle) arises from death of heart muscle cells in low admission to them of oxygen. Compressed vessels of the heart against emotional outburst - the heart muscle receives less blood and, hence, less oxygen, heart cells can not survive, they die. Heart can not function properly - a person

heart attack.

Although myocardial infarction and extremely dangerous disease, but Yet doctors are successfully coping with the disaster, particularly if you recognize the disease in time and immediately seek medical help. What to do then, when the main danger has passed?

How to protect yourself from another heart attack?

A simple question and, more importantly, it is very important because the risk of reinfarction increased many times over.

For a long time, doctors thought that the main thing - to provide cardiac muscle comfort, to prevent lack of oxygen

(Hypoxia). Hence the recommendation - more visit the open air, to avoid unrest and physical activity. Appointed and appropriate treatment - drugs that enhance coronary vessels. But all these efforts have not met expectations. Human can not be put under a glass dome, life throws up surprises, and the number of repeat heart attacks continued to grow. And doctors came up with the paradoxical idea: what if summon assistance force of adaptation, not to avoid lack of oxygen, On the contrary, teach a man after a heart attack to that of with dosage workout anoxaemia

- Hypoxic training? The results were surprising.

from people who have taken such a course of rehabilitation, not only decreased sensitivity of myocardium to oxygen deficiency, but and increased functional properties of cardiac muscle, Simply put, the heart was working better. Neither physical nor emotional stress, which previously would have certainly resulted in to a heart attack, now did not cause serious consequences.

What happened? Where did the new power reserves?

When the cells live in a comfortable environment, they become accustomed to a constant level and volume of the incoming oxygen and lose ability to effectively communicate and use oxygen for obtain the necessary energy. Why save when the good and so lacking? Cells, as it were "too lazy" to synthesize the structure, in which there is currently no special need. Therefore, the sudden deterioration in coronary blood flow such cells are not able to move quickly, move to another type of intracellular metabolism. Number of generated energy in the cell drops, and it dies.

If, however, occasionally give dosage hypoxic stress, cells of the body, including heart muscle, will experience oxygen starvation. Rapid deterioration of the situation does not occur, because the load is strictly metered, all cells remain fully intact functionally. But artificially created new conditions require the adaptation of an organism reaction. Heart muscle cells begin to consider this factor, altered metabolic processes, structures materialize antihypoxic protection.

Now a sudden uncontrolled hypoxic load will not cause damage to the structures of the myocardium, because its cells have taught, they have a machine capable of effectively binding and use the blood oxygenation, providing a full energy even in the face of repeated blood flow impairment.

The study found another amazing regularity. In some cases, when using dosage hypoxic training fully restore all the lost tissue infarction. "What Is it surprising? "- you ask. The fact that this radically changes our ideas about the possibilities and within recovery (regeneration) processes in the body.

Previously, physicians believed that the dead cells of the myocardium in all cases replaced by connective tissue - scar. Now

It turns out that by placing the body in certain conditions, we make him "grow" a new, healthy heart.

So, to sum up. Permanent sparing regimen, the absence of physical and emotional stress, forced extension medicines coronary arteries, not only indirectly block the process of adaptation of myocardial cells to hypoxic stress, but further increase their sensitivity to the lack of oxygen. These people are targeted only at foreign care, tend to live under the Damocles sword of new expectations infarctions, which sooner or later re-occur. Thus, a vicious circle - the intensive treatment leads to improved blood supply to the heart, but it is an artificial improvement detreniruet myocardial cells. More promising way to restore health

people who have suffered a heart attack - using methods dosage load, and in particular, hypoxic training. General in modern science has accumulated sufficient evidence to support, that in extreme conditions increases the body's defenses, begin to work intensively mechanisms of autoregulation. as example, we present data obtained from experiments on animals. Domestic researchers have conducted the following study.

Experimental animals (rats) were administered toxic substance and thereby provoking the emergence of diabetes.

After the development of disease animals were hypoxic training. as a result they not only improves blood, but also, more surprisingly, partially restored lost tissue of the pancreas.

But even more powerful capabilities for dosage training the whole body has a dry starvation. Once stop flow of food and water in the gastro-intestinal tract for the organism to create a fundamentally new conditions existence. Disturbed coordination of various kinds metabolism, while the body is adapted to the regular and consistent supply of nutrients. Naturally,

shifts occur indicators of internal environment difficulties in the implementation of cellular metabolism of and tissues in the former regime. No external revenues the body of nutrients, a source of energy and plastic materials leads to a decrease in their concentration in blood and, consequently, a sharp decrease in food workers cells and organs.

The first reaction of the body - the emergence of stress. Stress in this case - is a common adaptive response to rapidly developing changes in the internal environment of an organism. Stress - Is the inclusion of reserve capacity. It is intended to help organism to quickly adapt to changes arising, and then first change the condition and operation of regulatory systems.

Likewise, to change the conditions of existence react

Animals: so they are prepared to fight, an active search for food, hunting, to any physical stress - in short, to any activity involving a risk of injury and other adverse scenario.

In the wild lack of food for living organisms has always been one of the most negative factors. Not decide this issue - will die. But the ability to survive animals and humans would be severely curtailed, if nature does not has provided a wonderful opportunity - an interim regulatory and adaptive adjustment of flow of metabolic processes, which, in a temporary lack of food and water allows support the exchange of cells from internal reserves.

In the first phase (1-2 days), our body uses reserves rapid response. However, if the person continues to starve, his body can no longer sustain itself through temporary adjustment of metabolic processes, and the state cellular metabolism continues to deteriorate. The absence of glucose leads to the accumulation in the blood ketone bodies, which increased concentrations begin to play the role of endogenous toxins. So , the situation for the cells continued to deteriorate and there the prospect of their death.

And here is a transition of the organism to the so-called endogenous nutrition (2-day 5.). The body begins to fill nutrient deficiencies due to the destruction of biomolecules and due to the partial collapse of the organs and tissues. Sounds a bit ominous, but it is actually not so bad. primarily kill idle system, so a "hatchet" fall biostructures those who are not able to readjust. and above all old and diseased cells.

Of course, this is a simplistic understanding of the process, but it allows see the underlying causal changes in the body during starvation and some of the salutary effects of this method.

By the way, the dry fasting cleansing of the body of toxins is not the principal - because the first stage of becoming not less but more due to intensive educational endotoxins, and thereafter only establishes a balance between intensity of their education and breeding. A very substantial elimination of toxins is not happening. Occurs something else: a radical change in the conditions of existence causes the body to significantly rebuild the structure, those sharing cells.

Therefore, "dismantled" the old biomolecules, die are unstable and disintegrate tissue cells (due to them compensated for lack of energetic and plastic substances). But thus synthesized new cells capable of survival

the changing conditions. What is it but the rejuvenation of the body?

It is very important that the creation of new biostructures in starvation is carried out against a background of reduction of endogenous intoxication: the activity of metabolic processes lower intake intestinal toxins is limited. Therefore, the quality of newly created

Biomolecules above, they are structurally stable systems regulation are not exposed to foreign interference in the form endotoxins metabolic rate.

Output from fasting is regarded as an important component of the entire procedure, which requires a clear understanding of the complexity this period, strict adherence to medical recommendations.

and it is absolutely true. However, often out of sight practicing this method falls very important point.

Recurrent rearrangement of cellular metabolism caused by re-changing conditions of life - not the return the old and the new transition, which requires materialized. Yes, there is a return to a partially reduced biostructures.

But it will not be old, but renovated, rejuvenated structures.

In the process of starvation are two very interesting points

- Primary and secondary adjustment when the system of regulation body induced transitions to new living conditions, when partially dispose of old and new synthesized biostructures that differ from the old for its quality properties. in turn depends directly on the new quality of the specific situational changes that cause shifts in the internal environment of an organism.

The principal distinctive feature of fasting of spontaneously occurring is its dosing, because it

You can stop at any time. Extraordinarily important that starvation takes place against the backdrop of a favorable psychological climate. When we make a volitional decision to starve to work on a concrete problem, our consciousness begins to interfere in tuning the processes occurring in the body have on their regulatory influence. This means that you can design

future reorganization of the organism with the formation and synthesis of new biostructures that have useful properties, that is actually we are talking about the conscious regulation of processes occurring in the body, the conscious improvement of his body.

All this tells me one thing. Our body is able to complete comfort and peace weakens and loses its adaptive force. But in a changing environment, to strong disincentives, awakened hitherto unknown ability, the mechanism of autoregulation. Now we begin to understand health in a new way. A healthy body - not one which preserves the normal levels, but one that is capable of successfully adapt to changing conditions, it is very important for our adverse environmental conditions.

And now a closer look at the main therapeutic mechanisms occur under dry starvation in humans.

Water - the matrix of life, through sharing of substances, changing their structure, its physical and chemical properties, it regulates life processes. Without water is impossible, any form of life - Carbon, silicon, etc. Water is the blood and lymph supplies to cells and tissues of all the metabolites and remove products metabolism. Known, and numerous other mechanisms

Water regulation of life processes. Water is vital for the existence of all living organisms, from ancient times it was considered primary source of life on a par with fire, air and land. No water would not be life on Earth. All living things need water, which is also the most important part

plants and animals. Our body is about 65% of water; some jellyfish its content reaches even 99%. If water suddenly disappeared from the Earth's surface, it would become in the dead desert. Water is essential for normal activity all life processes in the body: respiratory, circulatory, digestion, etc. Chemically pure water in the body do not. it many dissolved substances: proteins, sugars, vitamins, minerals salt. The curative properties of water related to its molecular structure. and these properties disappear as soon as disturbed water structure. Water plays a crucial role in all life processes not only as part of the cells and tissues of the body, but also as a medium which occur various physiological transformations associated with vital activity of the organism.

## **NOT RAZGADANN PROPERTIES OF WATER**

Water - a thinking substance. And so it really?

Only water is found on Earth in all three states: solid, liquid and gas. In this case, the majority of its properties does not fit the general physical principles. This anomalous properties of water has long attracted scientists, but only at the end of the twentieth century veil on the mystery of water was ajar. 60 years of the last

century in one of the research centers in Germany occurred incident which has given impetus to explore new properties of water. Quite accidentally dropped a technician in a container of distilled water, hermetically sealed tube with a potent poison. Afraid to admit their blunder, she left it in water, decided to wait until all employees leave. But he soon forgot about this. Only a few days the ampoule was found. Water subjected to the most careful chemical analysis, it was spotlessly clean. However, just in case this water decided water rats. much to the amazement of staff some time later all the rats died.

How water is taken deadly venom properties, not in contact with him? Only much later than scientists had found that even after the chemical treatment of water stores the information in the form of electromagnetic waves about all substances that were in it. It turned out that water has special molecular structure, which changes, if it act in different ways: chemical, mechanical, electromagnetic. Under this impact its molecules are able to to change and to "remember" any information. Phenomenon structural memory allows water to absorb, store and exchange of environmental data that is light, sound, thought, and even a simple word. Like a living cell, which stores in its genetic code, information about all the body, each The water molecule is capable of storing a information about all our planetary system.

The uniqueness of the structure of water in that it consists of so-called clusters - cells, each of which represents a mini - a computer, only much more sophisticated. in each memory cell of water no larger than a micron is 44 000 information panels, each of which corresponds for his kind of interaction with the environment. Scientists believe that in each memory cell of the water is already incorporated information. and only about the past, but also about the future. And if you remember that the person more than 70% of the water, we can easily come to a conclusion: we are all - Programmable. Any external factors, including and communicate with one another, change the structure and biochemical composition of body fluids at the cellular level. Without themselves Aware of every day we programmed ourselves and others. Scientists confirmed this. Fatigue, bad mood, wanton aggression, nervousness, and even many illnesses - is the result of the negative impact of bioinformatics. It is therefore important to monitor your own words, to understand that they impact on everything around. Moreover, even his negative thinking person can poison everything that has at least one miserable water content. Can you imagine, what it takes dimensions on the planet! Some scientists believe that many

storms, hurricanes, floods and other natural disasters - reaction of water pollution on the general energy-environment. Since water is returned to us embedded in it information. And how pollute constant scenes of violence, pornography, criminal actions and military conflicts? Even if all this going to the movies, that is "pretend." All thoughts, all emotions still stored information environment, and already existing independently, will continue to have an impact on our life and our spirituality. This contamination is perhaps more terrifying any other.

In the research laboratory of the Ministry of Health were conducted experiments on the effects of psychic distance on water status. Was taken to clean water, then transferred the psychic disease is a real person on the structure of the water. After that, the water fell ciliates, and these ciliates ... paralyzed. Experiments performed repeatedly. This is sound scientific fact. Immediately also remember Alan Chumak, charging on TV water, and the related hype. But it turned out that the effect of a mass charge is highly questionable, because deposited in fluid program, depending on the individual organism, could bring both benefit and harm.

Well, what about ordinary people? Can we influence the water their thoughts, feelings and words? Scientists say: of course. in St. Petersburg in the laboratory of Professor Constantine Korotkova group of ordinary people, not psychics, focused on the water and sent her his love. in most cases, there is a change of physical parameters of water. She getting a delicious, key.

Established that within the overall energy field water continues to be associated with a person working on it. And on whatever distance he may be. and if with it something happens, in the structure of this water is also changing. Amazing!

But even more striking is another fact: if somehow affect water, which is "remembered" the influence of a particular person, then in his behavior and health will be changes. Spiritual world manifests itself in the material is quite specific. He constantly effect on him, and is not an abstract argument. Water helps we clearly see how the purity of thought a person can not only improve their own health, but also clean the environment.

Japanese professor Emoto Masaru held a number of extremely interesting experiments. He froze the water droplets and then studied them under intense electron microscope, having built-in camera. His work has demonstrated differences in the molecular structure of water at its interaction with the environment. Contaminated water had broken, as would be randomly formed structures. In the pictures it displayed in the form of randomly piled elements, while

like water from mountain streams and springs was perfectly formed geometrically and had the appearance of beautiful snowflakes.

He then checked to see what effect the music the water structure. He put the jar with distilled water between the two speakers for several hours and then froze the water and photographed it. Molecular structure changed abruptly, depending of music, which was treated with water. But the most surprising - water respond even to the words printed on paper and pasted overnight on a glass dish with water. According to the results of their experiments Professor Masaru released album, clearly showing incredible changes of water responsive to our every emotion and thought. So when you drink water, tea, whether any other liquid, try not to do it with bad thoughts. You also have to This will be worse. All foods, especially fresh, contain a large percentage of water. Programming it is possible to improve digestion of a product. It is on this effect is based custom believers say prayers before eating and to sanctify their food. Vital energy in fresh food is like in a bound, locked position. Sanctification products before eating this energy unblocked. After this simple procedures for any food product can be for your body medicine.

Very good power wash the dirt of the jet of cold water, filling the body force. This property of water use in their practitioners and traditional healers, recommending to their patients pour cold water on a regular basis. It is necessary to pay attention to the fact that the water in this procedure went into the ground. The old witch doctors claim that the water protects the house from a secret ill will, envy, evil, evil eye. Therefore, after receiving Guests should never be left for later washing up, because do not know what thoughts were in their heads when they located in your home. Even good people by nature are not always has the power over your thoughts. It should therefore be carefully wash the dishes after the departure of the guests running water, rub floor with a damp cloth to remove any, even casual, negative information. During wet cleaning can be washed the floor or wipe the dust, saying: "I wash off the dirt and all the bad things and the house remains the health and happiness. " Water can wash someone else's information regardless of whether we think about its quality or do not think. Water very quickly and strongly perceived by the human thoughts and recharges healing for humans. For example, if you have guests or just a man praised your child, and you are afraid that it will not jinxed it, buy a child in a warm running water.

Knowledge about the application of the magnificent properties of four elements - Fire, Land, water and air - were transmitted from generation to generation, to Based on these knowledge to create traditions and superstitions. From distant

last joined us in the tradition of effusions after bathing the child water and saying: "like water off a duck's back, so with (the name boy or girl) - thinness. " This tradition has a deep meaning: water can wash away with the body is not only dirt, but also bad energy.

But water can not only benefit, it can also harm man.

It is known that water - one of the best energy-carriers. This is achieved through a unique molecular water structure and variability of its cluster structure. Extreme cases the structural state of water are described, even in fairy tales

- Is alive and dead water. But the human body is 70-80% just out of the water! So, in 1932 flew around the world sensation. It turned out that apart from ordinary water in nature, there is also heavy water. in molecules such water is a place of hydrogen takes his place isotopes - deuterium.

in nature it exists in extremely small quantities. But here

what has transpired recently: the heavy water may be present and in the human body. Water with high content of deuterium also called dead water. It is bad out of the body

and slowly poisoning him. According to some scientists, this is due to Information poisoning the water. Established that if the idea severe, negative, low-frequency, pronounced with great energy, then it might eventually refocus atoms hydrogen, causing them both to double, weight. and then ordinary water becomes dead.

In the process of creation man has a special place. Because that only he is able to influence our consciousness at the place events. in any object of nature laid the permanent program, which supports the existence of this object in an unchanged form. For example, bird nests as Willy millions of years ago, so and weave now, rather than attempting to improve them. And in a man program develops and progresses. and now, when we learned about unusual properties of water, it becomes clear that only from a person depends, be it dead or alive.

Also, the scientists proved that in the human body long prior to symptom onset form local sites

"Heavy" water - water with the wrong structure, pathological zone. This kind of "swamp" of the organism in which the start actively multiplying parasites. All this leads to local reduced immunity, and internal organ involvement. Must be careful in dealing with the water still, and because ordinary water in the body is not contained. Inside, we have water - structured.

We, in our modern life we ??drink mostly water, chlorinated, perekipyachennyu; all modern drinks nothing useful for organism does not contain.

The water is getting into the body, not just directly allocated through the pores, and run a number of serious reform, requiring

the body saves energy. Therefore, excessive consumption a liquid gives a greater load on the body and causes many diseases in it. Are to blame - a large number dead, heavy water in the body of modern man.

This water is not involved in metabolism, accumulates and is not displayed out. It's a heavy ballast, unsustainable and inactive, right and reliably accumulate in our body. SDC - radioactive Vodicka. It was she who pushes us to aging and death.

So many say that the dry fasting is transferred more easily fasting on water primarily because of lack of hunger at the same time.

This, in general, it is not surprising. The fact that the water outside the body water and assimilated - they are two big differences. Molecule entering water body processes, cleans unnecessary information structures and turns in its having the properties of the organism. To do this, he as well as for digestion, it is necessary spend a certain amount of time and energy. Therefore, absolute starvation more fully, as it provides

complete rest. At the same time, it is more effective because the body can not exist without water, and therefore move immediately go reserves - primarily the excess fat (the body synthesizes water using oxygen and hydrogen adipose tissue).

During the wet fasting organism enters the exogenous water that is, the water outside. and that it is the main cleansing factor. By law, the biological feasibility of a cell in this If spending at least its own energy - and so it goes OK: all toxins, poisons, toxins are dissolved and, figuratively speaking, is leaching toxins from the cells from the intercellular space. And during the dry fasting is burned toxins, we can say in his own firing - each cell in the absence of water, runs inside a thermonuclear reaction.

Each cell at the time turns into a mini - furnace, mini - reactor. But the water is very necessary, and the cells are deprived of these concessions, especially the sick and change. survive in such conditions the strongest, most healthy cells and they are willy-nilly, to survive in such harsh, harsh conditions, it is necessary increase the production of its own - very high quality endogenous water. And that endogenous water should be several times higher quality than the exogenous water, again based on the law biological feasibility. After all, the cell expends energy a lot - hence the product which is obtained as a result, must conform to the quality of the effort. It's not the human mind, which may be mistaken. It is nature itself, predusmotrevshaya any scenario, and doing everything so life went on.

Exogenous and endogenous water can be likened to a dirty river, where a local chemical plant waste dumps during a high and mountain stream originating from the earth and nurtured

meltwater from the healing energy. During dry fasting are replacing the old "dead water" on superkachestvennyu "Living water", synthesized by the body, as well as blurred all the negative information is brought in from outside our bodies. Having not very long starvation without water, we force body to process that water, which he embodies, and thus we both could update the information and because of end hunger awareness pristine and present an information matrix which is not anything negative recorded environment.

This phenomenon - one of the main advantages of this type starvation, and also we can say - one of the major therapeutic mechanisms of dry fasting. Such mechanisms do not exist any in one of the types of fasting that exist in nature.

## **Based VNYE THERAPEUTIC s mechanical ZMY**

### **Dry fasting I**

#### **TEL PROTIVOVOSPALI NY and MMUNO INCENTIVES AND RATE mechanical ZMY**

The second most important therapeutic mechanism - an anti-inflammatory and immunostimulating.

Interestingly one of the facts of therapeutic dry fasting. Take a note of this: a smart, kind, loving your flowers hostess carefully look after their plants carefully their waters, but make sure once a week keeps them on a dry rations, no watering. and flowers during this day are made stronger, the sick - recover, and all sorts of pests of flowers, any infection is not can exist without water. Without water no life.

The whole point is that the inflammation can not exist without water. Any place inflamed swollen (swollen with water). Only Adequate water environment can breed microorganisms: microbes and viruses. Water scarcity is fatal to inflammation. View dehydration starts strong competitive the struggle between body cells and pathogens for water. Cells of the body in the position of the master selected water in microorganisms, but the organism can not only synthesize endogenous water in the required amounts, as water in this period comes from the air, absorbed through the skin. This is because organism in the process of SG does not work in isolation, but the suction. Healthy, strong cells acquire additional energy and water and patients, viruses and bacteria can not.

Ca. author. That is why it is necessary to conduct dry starvation in nature, preferably in a mountainous area near the mountain rivers or waterfalls.

Bacteria, viruses, worms without water perish instantly. Glucocorticoid hormones, and sex by 70% related transport blood albumin and only 30% of circulating blood in the free state. During dry fasting transport albumin decay, and their amino acids are to the needs of the body, primarily on the needs of the brain brain and cardio - vascular system. Thus there is release of huge amount of hormones that in the free state are circulating in the blood. three times greater than the usual number of glucocorticoids, flooding the blood has strong anti-inflammatory effect, suppressing all available in the body inflammation. After all, we know that the glucocorticoid hormones - the most powerful anti-inflammatory agent of the body. in the action of free forms of glucocorticoids laid another powerful therapeutic mechanism of action of starvation on the inflammatory disease.

As we have seen during the dry fasting is incineration toxins, we can say in his own firing - each cell in the absence of water, runs inside a fusion reaction. It turns out a kind of extreme rapid method destruction within the cells of all unnecessary, difficult, painful.

Each cell at the time turns into a mini-furnace mini-reactor.

Is an increase in internal temperature of the body. This temperature can not register a thermometer, but it felt by people during the passage of dry fasting as internal heat, "fire" or chills. The most important point in this condition is that the temperature in itself - an important part of defensive reactions. From my own experience, we know that at destroyed all toxins, poisons, even cancer cells - and they fully suspending their livelihoods.

This process speeds up the recovery. Responding to an increase body temperature, the organism causes a slowdown microorganisms. Immune system becomes easier to track down and kill all the alien and change. If the body does not come food and dead, heavy water, in fact, our blood is not receives many harmful substances, and the blood is constantly cleaned our bodies, that is actually one and the same blood composition repeatedly will be purified through the filter elements, ie blood will be almost perfectly clean. Blood in the SG is cleared of all unnecessary, and blood plasma becomes transparent as piece of glass, everything comes into harmony, including factors coagulation. Dry starvation in this respect cleans up blood more completely than by hemodialysis or hemosorption - Hardware blood purification. Consequently, all processes in our organisms associated with blood, will be carried out almost perfect. Simple as that - that's why our immune system gets great holiday.

## **Immune system**

The human body has a powerful weapon against disease - the immune system. The immune system is designed to maintain our health through organ and tissue programmed for the detection and removal of alien substances and harmful micro-organisms such as viruses and bacteria, diseased cells. in a healthy body with a strong immune system virus is difficult to survive. The bacteria are destroyed before since they can cause infection. Altered or diseased cells are destroyed before they can cause cancer or some other illness.

But if the immune system is unhealthy, it will not work properly. In this case, we can catch a cold, influenza, infectious disease and even cancer. Maintaining a healthy immune system - is the most important thing we can do for maintain their health, because the system - our main biological ally in the war against disease. Before

We consider the question of how the method can be improved to sew resistance to disease, let's briefly on what constitutes the immune system and what functions it performs.

### **What is the immune system?**

The immune system - this is not one of any authority, but a network of many organs and tissues located in different parts of the organism. Immune system covers the entire body and provides its proper kind of protective weapons where microbes and other biological enemies can easily penetrate. Main organs of the immune system - the amygdala, adenoids, appendix, spleen and thymus. Bone marrow, white blood cells and lymphatic tissue - it is also important elements of the immune system. All these elements work together and, when necessary, cause the immune response.

### **How does the immune system?**

The immune system begins to produce some very effective complex chemical reactions when the organism invades a or foreign body - be it a virus or a splinter. at this point it starts to fulfill its mission - to find and destroy.

Our body is an entire system amebopodobnyh cells which is called a bit difficult for an outsider perception system phagocytic mononukleirov. in each organ is its specific only to this body a group of cells, which has the form of amoebae, and migrate across the body by eating and digesting all alien. These specific cells are also present in skin and liver, and in the heart, and even in the brain. They are constantly migrating, looking for prey. The only trouble is that when any, even the plant food, it contains a small amount of fat. and phagocytes (Phagocytizing mononukleiry) instead of performing their direct

responsibilities involved in that capture and digest these fat droplets, as if to everything else they do not care. So: during fasting, the phagocytes remain without food, I mean no fat. and they begin to carry out their direct duties: capture and digest bacteria, viruses, cell remnants, old, dying cells (thereby contributing to the renewal and rejuvenation, even organism). Digested and cancer cells, which are always, even normally present in the body.

Destruction of patients rather than healthy cells in medical dry fasting is associated more with the release of limfoepitelialnyh cells of the digestive tract. Multi-day waiver of admission food and water creates the conditions for withdrawing from the front of the gastrointestinal intestinal position is very powerful army of B-lymphocytes. They pulled together from all the lymph nodes of collectors and extended digestive track. But especially a lot of them come from thin intestine. Moved to a reserve army of B-lymphocytes using for its intended purpose. It suppresses and eliminates all existing pathogens and alien elements. Infection which is in zakapsulirovannom (dormant) state, virtually no yield of modern antibacterial therapy (antibiotics, sulfonamides and other drugs). On the contrary, in this period of micro-organisms, while in the protective shells become more stable to these drugs and other medicines. In the dry starvation of these shells are destroyed by activated acidosis phagocytes and enzymes. The immune system can even improve their work! For example, through more complex processes of intercellular communication immune system may remember those viruses that have invaded the body before and always retains the "high alert" in case if the virus again tries to penetrate into the body. Thanks this, the response is much faster and more efficiently.

In the dry fasting achieved higher concentrations biologically active substances, hormones, immune cells and immunoglobulins in body fluids.

### **Healthy if your immune system?**

If you ever catches a cold or the flu, when they become epidemic, we can say for sure that your immune system is working abnormally. At the same time Our body begins to look reasonable recourse.

One of them - cold. This discovery made famous naturopath Alexander Chuprun and called it a programmed shutdown immunity.

Many violations of the organism may be a sign that he was very intoxicated. It represents a kind of a slop bucket inside which the particles are stored dead cell and protein mass (it littered with intercellular spaces

and literally stuffed sometimes lymphatic vessels).

This "garbage" interferes with the normal functioning of the organism, barrier to communication cells with each other, reducing the effect of electric signals transmitted by cells to each other. This category primarily exposed to colds, flu and various other Diseases. This happens because the body is not littered resist disease, and vice versa, takes her with open arms, seeing microbes as liberators, which can be feed your trash. Such an organism - a wonderful banquet table for all sorts of bacteria that have to come and "eat" dead cells and dirt, turning them into liquid waste. A

they have, of course, can be removed from the body shock lymph and blood through the kidneys and other ways to release waste and toxins.

It turns out that the human body by signing the proper unable to clear, is trying to improve themselves at the expense colds, flu and other diseases. Exactly. Organism, while occasionally disabling the immune system, forced to call for help bacteria and viruses, especially ones that are always waiting in the wings in small amounts present in the body. And sometimes you are lucky and pick up something from outside - the flu or even some more serious infection ...

But why the body is unable to independently print their own waste?

Yes, consoled with the thought that Mother Nature has taken care to provide us adequate "sewer system" is not worth it. It is always possible insufficient, especially in unhygienic behavior, particularly all - because of the generally accepted practices in nutrition and, as I said, sedentary lifestyles, energy depletion.

The body of modern man has no time to withdraw their own waste, and self-dissolution of dead cells and protein mass under normal conditions is unbearably slow.

Not for nothing because long contrived various means of assistance the body in self-purification, from the Russian bath and Finnish sauna to modern cleansing bowel or liver. All this is enough meaningful measures for people who do not follow a healthy, as close to a natural lifestyle.

Disease - is not harmful, but good for the body.

Most modern medical theories based on the fact that the body actively resists illness, but their own forces to defeat the disease, it is not enough. Therefore, it should help doctors who are doing it in the first place, using different drugs. Supplier of these funds is the pharmaceutical industry, whose mission - Release all the newer and more effective drugs-killers purpose of which - the extermination of the initiators of the disease germs and viruses. On the production of these drugs are spending huge funds. Today we can hear complaints that a doctor soon

does not work for the patient and the pharmaceutical industry, helping her to sell new drugs. Patients, too, grumble however, misled by the very concept of disease, obediently swallow pills. More than fifty years ago a doctor A. Zalmanov called this process occurring in our society, Pharmaceutical orgy, but to this day he did not slowed, but continues to gain momentum. Thus, the need to combat the microbes seem very relevant to society, consisted almost entirely of people in the so-called third state, and - seeing no other output - already fixated on this fight. But it made little sense: because in the body of most people waiting for them "well-covered table. " Disease, perhaps, be able to temporarily suppress, but through while it still come back ... perhaps in a more menacing appearance, for example, in the form of influenza, in the form of cancer or AIDS.

Very relevant hypothesis pathologist AV Rusakov - pretty bold, according to a few friends with her orthodox physicians. Is it that the sick body does not fight with the disease, and it nourishes itself. From my point of view, viruses and microbes can be regarded as bearers of the body. Infections - one of the greatest natural wealth, which we simply do not know how enjoy. But we know that many feel better after undergoing a cold! True naturopaths know that immunodeficiency state, precisely in order there to during the illness to allow fellow microbes to work in our mortal body, to clean it from the food for the microbes, which otherwise the body could not remove.

Speaking about his attitude to orthodox medicine, like quote from the book of a member of the British Association naturopaths Harry Benjamin: "The author is with great respect for the efforts being made by both individual physicians, and all of medicine in general, to help suffering humanity. But the tragedy is that these efforts are directed in a completely wrong direction. For the philosophy of the disease, this foundation on which to build the whole edifice of modern medicine, fundamentally false ... "

There is no specific antiviral agent - in it and needs-no. Disease - this is not the enemy but the friend of man. Deal with it has no meaning, it must cooperate. Therefore it is necessary to help the disease by using mainly a diet of dry starvation and hygienic procedures to achieve the appearance of the patient primary care crisis, to put it simply - exacerbation of chronic disease. Then "prescribers" of dry fasting - up complete disappearance of symptoms of the crisis. Of course, we always is to refuse to continue on lifestyle and nutrition that led to ill health.

As a result of dry fasting is an active cleansing organism from its own internal waste - an organism like feeds on itself. Fasting - a universal and comprehensive method, that it has almost nothing to add. During the absolute fasting self-dissolution (autolysis) of dead cells and protein mass increases sharply, and in this case there is no need for assistance microbes and viruses. Therefore, they are removed by the body, which includes the mechanisms of immune protection. Changes in chronic patients with an absolute starvation and intestinal microflora. Putrid flora dies, remains and recovering flora of fermented milk fermentation, as a long-lived or have yogis. as a result of improving the quality of synthesis microflora of vitamins and other bioactive substances. Perhaps, therefore, in the body during the healing of dry starvation there is no problem of synthesis of essential amino acids. Work Scientists show that endogenous feeding organism provides a synthesis of different amino acids, including and irreplaceable, as well as protein structures - enzymes.

## **Mechanical ZM acidification I**

### **DNA's FRICTION J MEDIA ORGANIZATIONS Since PCA (acido W)**

Making limotherapy to get good medical effect is necessary to pass certain stages. Stage 1 is name of food excitation, the duration of the wet starvation for 2-3 days, the dry fasting 1 - 2 days. Stages of the food excitation is a mild stress to the body. This stress primarily causes activation of the hypothalamus. He begins separate different substances that have a particular impact on endocrine glands in order to adapt the organism livelihood without food and water. After 24 hours of fasting a person dramatically increases the secretion of pituitary somatotropic hormone - growth hormone, according to modern data, the SG has rejuvenating effect on the body. It activates hormones pancreas glyukagen that enhances cleavage glycogen in the liver, which provides the body with nutrition. He also removes the intoxication of the organism through a beneficial effect on thyroid gland. During the first stage usually can irritate any signals of food: the sight and smell it, talk about food, the sound of the dining room dishes and stuff. They salivate, rumbling in the stomach, sensation of sucking in the stomach, worsening sleep, increased irritability, sometimes a bad mood. Thirst - tolerable. Stage 2: the increasing acidosis. Typically, this stage is to dry fasting lasts from 2 to 4 days. Once a person is fully refused food and water, his body begins consumption stored reserves and secondary tissues. Splitting nutrients and tissues during starvation leads to the accumulation of their decay products inside the body. as a result of

then quickly shift the pH of the body in an acidic side (acidosis), but the magnitude of acidification does not go beyond physiological norms. Acidosis during fasting is the first and most important physiological mechanism that causes the inclusion of the chain of other healing mechanisms that conventional food regime is in an inactive state.

Acidification of the internal environment of an organism leads to the launch processes of dissolution of tissues - autolyze (this mechanism will be discussed in more detail). It turns out that in the acidic environment activated phagocytes and certain enzymes, whose function reduces to the destruction of their own weakened tissue and total alien in the body. in turn the processes of autolysis trigger mechanism for cleansing the body of toxins, weakened and pathologically altered tissue. Due to the splitting of tissue Finally, it toxins are released and eliminated from the body, and the modified tissue is destroyed.

Control over the splitting of tissues by special function, which we call the principle of priority. As again, this function ensures that was initially split everything superfluous, pathological changes, and then the turn of healthy tissue - on the principle of vital importance for organism.

Acidification of the body and increase phagocytic activity lead to the normalization of the microflora.

Acidosis includes a mechanism for uptake by cells of the body carbon dioxide and nitrogen from the air. It was he who helps to fix soluble in blood carbon dioxide on the principle of photosynthesis, ie by the most perfect synthesis of our world. Atmospheric air, that we breathe becomes a breeding ground. In other words, assimilation at elevated CO<sub>2</sub> cells in combination with the increased consumption of nitrogen from the air are the most favorable conditions for constructing high-quality nucleic acids, proteins and other biologically active substances required for full-fledged human life. In other words, dry hunger we consume carbon dioxide and nitrogen from the air and create a are necessary to our body proteins. But the question arises: by Why?

Recall plants. They take energy from the sun and can therefore turn the same carbon dioxide air and nitrogen mineral salts into organic compounds. Man also has the ability to eat natural and cosmic energies, only in the usual state is seen only in very small numbers of people. currently known only a few people who do nothing to eat or drink (I wrote about them). The inclusion of this mechanism means moving the body to a full internal (endogenous) food, which provides a complete synthesis of amino acids and other biological compounds during fasting.

In the process of starvation, many organs and systems get physiological rest, which allows them to recover their damaged structures and functions.

Increased splitting of tissues as a result of autolysis and restore the structure and function of digestive organs under dry starvation stimulate metabolism and increase digestive ability of the body during recovery supply.

During fasting there is a strengthening of protective functions organism at the level of cells and whole organism. He becomes much more resistant to various internal and external damaging factors.

All of the above physiological mechanisms lead to a powerful regenerating and rejuvenating effect in the subsequent period of starvation.

After we described what starts the process of acidification (Acidosis), the internal environment during starvation, back to the very acidosis.

The process of acidification of the internal environment is growing rapidly.

Typically, the maximum acidification observed on 2-3rd day of fasting.

And there it is. at the beginning of starvation, when the body has have stocks of animal sugar - glycogen, the body uses it.

But once the glycogen stores run out (and it usually occurs the first day of fasting) in the blood begin to accumulate acid products of incomplete cleavage of fat (butyric acid, acetone) alkaline reserves of its decline, and this is reflected in the well-being: from hunger may appear headache, nausea, feeling weakness and malaise.

Growing white patches on the tongue, dry tongue and lips, mucus on teeth, the smell of acetone breath, dry and pale skin, hunger is much reduced, whereas thirst at this time of increases. Poor health - the result of accumulation in the blood harmful products.

At this time the man on the dry fasting may appear inner glow, this is the body begins to incorporate mechanisms disposal of hazardous substances. Here is a description of the mechanism of diary of the patient.

"The fifth day dry hunger. There was a 5 th night. Somewhere in the 21 - 22 hours felt the heat of the night. and though it was cool (sitting in a sweater) stripped to his underpants, but the cooler was gone. To cool barefoot in his underpants went to a mountain river. Outside it was warm, and near the river is fresh and cool, but the fever increased. Stood until the feet were frozen.

by the morning heat has passed, was weak, there was energy. Feelings were excellent: comfortable heat, vigor and vitality."

However, once the recovery begins ketone bodies, their concentration ceases to increase and, as ketone bodies are high-energy components to them as fuel begins the synthesis of new amino acids, which can lead

to tissue regeneration. The process of regeneration can occur with severe pain, and this should be ready. In the initial phases of the SG acidotic crisis can occur at 3-5 - e day in the future - on the third, or even a 2-days after the beginning of the SG. Than before coming acidotic crisis, the faster it goes, the longer it remains to update the body. For example, if acidotic crisis comes on the 2-th day, then the regeneration will have more time.

First acidotic crisis and its importance in improving the organism. Gradual acidification of the internal environment to starvation leads to the exclusion of most chronic disease, which develops and progresses in the body rights.

The most severe acidification of the organism occurs during acidotic crisis, and therefore at this time exacerbated by chronic disease. By the degree of deterioration can be judged as successfully caught a famine or other disease and uprooting " it from the body. If the aggravation is pronounced, we should expect complete recovery. If weak, it means that hunger decides other more important issues in the body. After some time Repeat fasting, and then it will take for the rest of the disease.

After the acidotic crisis "uprooted" from the body disease begins before the increase is spent on disease protective forces. Thus, E. Schenck, and X. Mayer, who conducted the research reactions to various bacilli, indicate that the processes self-defense and improve defenses against microbes begin only after acidotic crisis. This manifested in the tendency to rapid healing of wounds, raising bactericidal action of the body, which explains the beneficial effects starvation for many diseases.

The conclusion: while the body starving man not passed the first acidotic crisis, we can not count on cure of chronic diseases and the sharp increase of protective forces of the body.

Third stage is called the stage of compensation or adaptation. The duration of this stage in each individual. average it starts with 5 days of dry fasting and ends on the 8 th day. at this stage can improve health, decrease weakness, will disappear all the unpleasant sensations. Pass it improvement may be wavy. Hunger completely disappears thirst may increase. Its duration depends on the stocks body fat. This phase ends with the second acidotic crises, which runs from 8 th to 11 th day. since the passage of first acidotic crisis before the second body accumulates life force. During the acidotic crisis some people aggravate their underlying disease, dramatically deteriorating state of health, there is a loss of forces, all is lost

dream, can greatly increase the temperature. These symptoms indicate that the hunger began to "turn out" the disease. If the first two stages of starvation autolysis of tissues of the body was the only power source, then during the second acidotic crisis autolysis longer serves as a natural surgeon.

Therefore, for maximum therapeutic effect it is necessary to pass this crisis. I had a patient with a benign tumor of the uterus, on the ninth day of the deteriorated state of health, there was a chill and a very strong internal heat. She wanted to get out of starvation. I calmly explained to her the message is that if it is now up end will not pass this crisis, it will not be able to fully recover.

Morning symptoms she was not, was a good feeling.

When I came home she did ultrasound, it showed a complete absence of tumor.

The most important thing for all kinds of fast pass second acidotic crisis, in which there is a stronger activation of host defenses, contributing to cures for many incurable diseases. If you simply say to great importance to these crises, then if the first acidotic crisis resolves "stem disease, the second deletes the" root disease.

To understand how a starving body dissolve tumors and pathological structures, it is necessary to understand the process of autolysis, which, being very common in nature, nevertheless usually ignored by physiologists.

## **AUTOLYSIS**

Autolysis word - of Greek origin and literally means "Samoperevarivanie. Autolysis - the property of biological objects degrade by hydrolytic own structures under enzymes (enzymes), and phagocytes. Make it easier to understand this mechanism, we consider it to examples that exist in nature.

Vegetable kingdom is replete with examples of autolysis, but for our objective enough to give some. All the bulbs, of which model can serve as a regular onion, contain within itself a new plant, surrounded by food, sufficient to survive rest period, during which they do not take food from the soil and air. Onions can grow into a bucket or bag, where it is stored.

It produces seeds, and soon almost all the onion turns in green shoots. Bulb itself gradually becomes softer, and finally from her is just a shell, as the growing plant digests escapes and uses the contents of the bulb.

Just grow beets, turnips and many other roots. By autoliticheskogo absorb the contents of root is obtained substance for growth, and even taken out of the ground, these plants produce stems and leaves and grow. A very interesting example of the tadpole.

Before a tadpole becomes a frog, he grows four

feet. Once they are fully formed, a frog does not use its tail so well served in the stage tadpole, and begins to get rid of him, but not throwing it as usually present, and absorbing it. The tail consists of the muscles, fat, nerves, skin, etc., and to absorb these structures, the frog digesting them in their gastrointestinal tract as well as other fats and tissues. with the appropriate enzyme proteins and fats are broken down into amino acids and fatty acids. Only after They are suitable for re-inclusion into the circulation. Only as fatty acids and amino acids, they can be re-used to power other structures of the body frog. during the entire time digesting the young frog tail former tadpole does not eat. In fact, it stops there, as only her legs appear. Fasting may be necessary for the assimilation of the tail, at least it accelerates this process, because leads to the consumption of the tail of a frog as food, which to nourish the vital organs of starving frog.

Embryonic development of the animal in the egg requires the use of accumulated there food. Egg, large or small, has a lively embryo, a microscopic size, which is the only living part of the egg. The rest of the eggs is accumulated food material from which are born animal builds its bodies. This food material is adapted for consumption by young animals as well as adults. and before than it can be used to build tissues, it must be metabolized by that enzyme is carried out, are generated by embryo. Starving salamander with cut tail grows new tail. For this she uses food supplies to obtaining the substances from which to create a new tail. These substances must first be split (internalized, digested) by autolysis and then used for growing a tail. Here we observe the process in some way opposite to what we see the frog, devouring its tail.

In one case, a substance taken from the body and are used for the construction of the tail, and in another they are taken from the tail for to nourish the body. Any reader well aware of how to surface of the body serves as an abscess and he pulls out its poisonous contents. But not everyone knows that his appearance on the skin surface is possible only because the flesh between the abscess and the surface is digested by enzymes, ie autoliziruetsya and removed. Absorption okolokostnoy tissue that appears on the edges of the fracture, it becomes possible also thanks to autoliticheskому okolokostnoy disintegration of the tissue. Man has through generalized reserves located in the bone marrow, liver, blood, fatty tissue, and private reserves, which has each cell. and those and other living creatures can be used as reserves for their own food if you can not get products

supply from external sources or from the inability (at disease, for example) to learn.

Glycogen accumulates in the liver, should be turned into simple sugars, before it enters the bloodstream. This transformation carried out by enzymes.

I could cite many examples of autolysis. But and given enough to make sure that it is a common phenomenon of everyday life. It now remains to say that the organism controls this process as all other life processes that autolysis - it's not blind, uncontrolled actions, such behavior elephant in a china shop.

A remarkable example of this control is the softening self-absorption and bone supporting the ring around the place fracture. Disappears only part of the bone ring, the rest of retained to strengthen the weakened structure.

Cases of starvation gives many examples of control carried out by the body over the processes of autolysis. For example, tissue disappear in accordance with the degree of their usefulness - first fats and abnormal growths, and then the other tissues. all living beings - from worm to man - in the period of fasting various organs and tissues are very different in their ability to reduce its weight. Usually, the liver loses more weight than other body parts, especially in the initial period, due to loss glycogen and fat. Light almost nothing to lose, even less - the brain and the nervous system.

Vital organs fed by the accumulated reserves and less important tissues, so that abstinence from food could harm only after consuming the reserves.

The organism has the ability to move their chemical elements, so that fasting gives many wonderful examples.

Assimilation and reorganization of parts of the body, which is observed in living beings when they are denied food, digestion and reallocation reserves, surplus and secondary tissue is observed in all animals when they are forced starvation, are, according to author, one of the most wonderful phenomena in biology.

The organism is not only able to build tissue, it is also capable it and destroy it. It can not only distribute their nutritional stocks, but he can redistribute them and, as autolysis time and makes possible redistribution. The process of autolysis can be reversed the great practical advantage and make it serve us in get rid of tumors and other growths in the body. Always first capture and remove those substances which represent the lowest value for the economy, so all pathological Education - Wen, tumors, abscesses, etc.

- Decrease rapidly and often completely disappear as a result severe and prolonged abstinence from food and fasting. "

To fully understand this, the reader should know that

tumor may be composed of tissues, blood and bones. There are many names for various kinds of tumors, but the name itself indicates the type of tissue that comprises a tumor. For example, the osteoma is of bone, uterine - from muscle, neuroma - from the nervous, lipoma - from fat, etc. Since the tumors are composed of tissues, as and other body structures, they are autoliticheskoy disintegration - the same as normal tissue, with the most different circumstances, but especially during fasting. The reader who is able to understand how hunger causes reduction in body fat, it reduces the size muscles, can also understand how it leads to a reduction in the size tumor or induces its complete disappearance. He only has to understand that the process of disintegration (autolysis) of the tumor occurs much faster than normal tissues.

In his "Notes on tumors - work for students in Physiology - Dr. FK Wood wrote: "Spontaneous disappearance of more or less long time was seen in a very small part malignant tumors in humans. The largest number of cases this disappearance occurred after partial surgical tumor removal. They occur most often during an acute febrile process, and less frequently in connection with a certain depth changes in metabolic processes such as the exclusive cachexia (general malnutrition), artificial menopause, and others. " But there can be more profound changes in metabolism, rather than that caused by starvation, and this change is of a nature giving the best possible cause autolysis of the tumor - malignant and other. Conditions, said Dr. Wood as cause spontaneous disappearance of tumors, most cases are in the nature of coincidences and are beyond arbitrary control. Fasting, in contrast, can be conducted and implemented under the supervision and at any time upon request. And over the operations should normally be an even greater tumor growth. Spontaneous disappearance of the tumor after its partial removal - rare. The same could be provided and the artificial menopause. At higher temperatures, we often witness a rapid autolysis in many tissues of the body and its great healing work. But we can not cause a fever as they wish. Pregnancy and childbirth cause many deep changes in the body, but it certainly can not be recommended that sick women as a means of healing from the tumor. Even if it were desirable, it would be means "by eye". And the results of starvation definite. Here There is nothing "by eye". It always operates in one direction. Fever - is a healing process and really helps remove the cause of the tumor. But no other cases of spontaneous disappearance of tumors in Dr. Wood does not help to remove them reasons. But fasting is just really helps remove the cause.

A lot of people who practiced fasting, get rid of tumors by autolysis.

Here's how it writes about a doctor with a very large practice of fasting Herbert Shelton, "Let me give you two exceptional cases, to show the wide range of the process. woman

aged about forty years fibroma found in the urinary canal size of an average grapefruit. Fibroids completely disappeared in 28 days of total abstinence from food (only when drinking mode).

It was an unusually rapid disappearance of the tumor. another woman was similar to the formation of the size of a goose egg. One fasting for 21 days reduced the tumor size to a value walnut. Starvation was interrupted by the appearance of hunger. To complete the total disappearance of the tumor, several weeks after the first fasting required for the second - the duration in 17 days. But it was unusually slow.

Tumor formation of breast cancer in women, fluctuating in size from a pea to a goose egg, disappear during the fasting of three days to several weeks. Next a wonderful example of this kind, which the reader and will be interesting and instructive: a young woman aged 1921 on the right breast was firm formation - a little less billiard ball. within four months it will cause severe pain. Finally she went to the doctor, who discovered the cancer and advised an immediate operation. to which she would then either addressed to doctors, she always received the same diagnosis the same advice. But not wanting surgery, the woman resorted to fasting without taking any food, and exactly three days later the cancer and all its attendant pain disappeared. and for thirty years, not had a recurrence, I believe, that we may consider it a cure.

Hundreds of similar cases during the fasting have convinced me that many of the "tumor" and "cancers", removed by surgeons, not a tumor and crayfish. They make us very skeptical to published statistics, supposedly proving that early surgery to prevent or cure cancer.

Removal of tumors by autolysis has several advantages before its surgical removal. The operation is always dangerous, and autolysis - Physiological process and poses no threat. Operation suppresses the life force and thus enhances the distortion metabolism, which underlies the tumor. Starvation, with which is enhanced autolysis and normalizes nutrition and contributes removal of accumulated toxins, thus helping to eliminate cause of the tumor. After surgery, tumors tend to relapse. And after the disappearance of the tumor as a result of autolysis possibility of recurrence is small. Tumor after surgery operations are often re-appear in malignant form. Trend to degenerate into a malignant tumor removed starvation.

Over the past fifty years in Europe and USA literally thousands

cases the tumor disappeared as a result of autolysis, and efficiency this method is beyond doubt. the author has no specific information about bone and nerve tumors. But because they are subject to the the same laws as the rest of the tumor, he was inclined to believe that they can autolyze as efficiently as other tumors.

Of course, the process of autolysis has its limits, and if the tumor is able to grow to considerable size, it only reduced in size and not all cells will be thus absorbed. It is desirable therefore go through the required fasting or starvation, while tumor or cyst is relatively small. It should be noted further limitation: the tumor, which block the lymph ducts, will continue to grow in spite of starvation (because of accumulated these tumors excess lymph). where not achieved complete absorption of the tumor, it significantly decreased to size, is not dangerous. A further right lifestyle will prevent new growth. We have observed several cases when the subsequent decrease in tumor size occurred through healthy lifestyle after fasting. "

## **OMOLA ALIVE mechanical ZM**

Why the dry fasting is rejuvenating the body?

Why it can make the body immortal? "

Why the dry fasting is more powerful rejuvenation of the body than in wet starvation?

Extreme, harsh environments do not stand with diseased cells, degenerate, weak. When the cells live in a comfortable environment, they get used to the constant level and volume of incoming food and water. They lose the ability to effective-updated and restored. Cells, as it were too lazy to run the mechanisms self-renewal of tissues. Once the flow stops

food and water in the gastro-intestinal tract for the organism are fundamentally new conditions. Under these conditions

"Dismantled" the old biomolecules, die and decompose cells are unstable (due to the lack of them filled energetic and plastic substances). But this synthesis ziruyutsya new cells that are capable to survive in the changed circumstances.

There is another important source, providing rejuvenation and "hungry bottom". Most of the cells in the body man actively lives just a few years. After that they grow old and become functional - passive, as fat cells.

Even colonies of microorganisms formed a mechanism of "food recycling "of old cells. All multicellular organisms use their old cells as a source of raw materials and energy. But as a reserve for a rainy day meant the source. When prolonged inactivity of the mechanism of "food waste" such cells can become and are becoming a factory of pathological proteins cause aggression own immune system, factors

causing the violation of tissue and central regulation, cells - progenitors of malignant tumors. They should be removed from the body. Millions of years periods induced starvation were the norm in the life of animals. Therefore, the liberation of multicellular organisms from unnecessary, structurally or functionally atypical cells are not represented problems. "At bezrybe cancer and nutrition."

Combining the mechanism of cellular self-cleaning mechanism to starvation survival was good and universal evolutionary acquisition.

Apoptosis - programmed cell death, is energetically dependent, genetically controlled process that run-specific signals and eliminates the organism from weak, unnecessary or damaged cells. Daily approximately 5% of cells undergo apoptosis and their place is occupied by new cells. in the process of apoptosis in cell disappear without a trace during 15-120 minutes. in the genetic apparatus multicellular organisms - animals, plants and fungi - laid program cell death. This is a special program which, when certain circumstances can lead to cell death.

In the normal development of this program is aimed at removing excessively formed cells "unemployed", as well as cells "Pensioners", ceased to engage in socially useful difficulty. Another important feature of cell death - removal of cells "Disabled" and cell "dissidents" serious violations of structure or function of the genetic apparatus. In particular, apoptosis

- One of the basic mechanisms of cancer samoprofilaktiki diseases. Pathological enhancement occur aplasia and degenerative processes, as well as some malformations with defects tissues, and the weakening - autoimmune processes, cancer and premature aging. For example, there is enough good reason to believe that an abnormal increase in apoptosis associated with such dangerous diseases such as aplastic anemia, amyotrophic lateral sclerosis, Alzheimer's disease AIDS etc.

During starvation is a universal process, one hand, the stronger the physiological process of apoptosis: renewal and rejuvenation of the body due to death of old, the sick, altered cells. On the other hand, eliminated the pathological Mechanisms of apoptosis: premature aging, oncological diseases etc. We consider these mechanisms in more detail.

Organism as a community of cells during starvation "eating" is not only fat cells, but all that "bad lies". Rather, the bad or not at all. Without the purification of cellular populations living organism is impossible. Infected viruses, toxins or radiation damaged cells, as well as well as reaching the biological limit, have one common

property - must leave the body or be eaten.

in nature it is so.

In the absence of power in a multicellular organism appears special kind of signaling molecules. These molecules cause the activation of intracellular proteins in the cytoplasm of atypical cells. These cells were not involved in collective activity of the organism, sensitive to such molecules. in them, the mechanism self-destruction. Cage "closes" all of the program - its core "Collapses". The cage is crushed. Without destruction outer shell is crushed to 5-10 "apoptotic cells" and absorbed by other cells. So it looks like in the colony microorganisms. Or digested in the gut. She shared the fate of the fat cells. The phenomenon of apoptosis was discovered relatively recently, in 1972. It was the most interesting event in biology and medicine over the past 50 years.

According to modern concepts, apoptosis is general biological mechanism responsible for persistence number of cell populations, as well as forming and culling of defective cells. That's the way of this physiological mechanism and is a regular meal and a terrible environment. According to our observations, the activation process of eating apoptosis occurs after 20 hours of dry starvation (subject to proper technique starvation).

In the continuous mode power supply "high-calorie junk"

becomes a problem number one. It becomes a cause

disease and premature aging. "Sparing

Technology saves lives during fasting, but kill her if constant fullness.

American researchers have indirectly confirmed the benefit of Muslim fasting. They managed to uncover the cellular mechanism explaining the link between fasting and duration of life in humans and other mammals. Islam prescribes refrain from taking food and liquid during daylight days during the month of Ramadan. Scientists David Sinclair and his colleagues found that during fasting activated genes SIRT3 and SIRT4, which prolong the life of cells. Perhaps this information will be used to create drugs diseases associated with aging. For energy metabolism in cells correspond to mitochondria. Scientists have previously suggested that the work mitochondria is associated with lifespan of the organism.

When the mitochondria are depleted, the cell becomes vulnerable to injury, she was beginning to apoptosis, ie, the program starts self-destruction. Signal for apoptosis is the decrease amount of NAD + in mitochondria, the cell nucleus and cytoplasm.

Experiment in which laboratory animals hungry just 48 hours, revealed that the body of rodents for this time, activated protein Nampt, who started the synthesis of NAD +

in the cytoplasm, which in turn leads to increased synthesis enzymes that are encoded by genes SIRT3 and SIRT4. These enzymes favorably affect the operation of the mitochondria and energy exchange in the cell, ie, slow down aging cells and prevent apoptosis. "If we could maintain a high mitochondria concentration of NAD +, which would stimulate the SIRT3 and SIRT4, a - a period of time the cell would not need anything else "- explain the study's authors. This phenomenon they called the hypothesis mitochondrial oasis. We can assume that there kind of molecule that could affect the concentration NAD + in mitochondria, as well as SIRT3 and SIRT4. By creating such a molecule that can exist today suggested that fasting helps rejuvenate the body and prolong life. As According to scientists of the University of Florida, led by Dr. Christian Lyuvenburga, insufficient income nutrition substances in the body and the subsequent delivery of their limited to the cells, in turn, extend their lives by enhancing intracellular autophagy - the splitting and processing damaged mitochondria and other cellular structures that can later be used as start-cellular material for life support. But the young cells in turn, have the ability to quickly process damaged structures from the old cells and use them to construction of new organelles, or replenish energy reserves. Unfortunately, the aging of cells lose this ability that leads to the accumulation of damaged organelles and the aging of organism. Experiments are conducted on animals, scientists, indicate that starvation for 120% increase in capacity heart cells of old animals to cleanse itself and is virtually effect on the state of the cells of young animals. To assess the impact of limiting intake of calories on the cells' ability to dispose of toxic waste life scientists have evaluated the changes in content in the body of certain proteins, depending on age and diet. It turned out that cells of old animals, who were exposed to starvation, was characterized by very high levels of proteins that are essential to start the process autophagy. An interesting fact is that the activation of autophagy particularly important especially for heart cells, which contain a large number of mitochondria. Semi-processing damaged organelles of mitochondria is the key to maintaining efficiency of the heart muscle aging organism as a whole. Also found that the deformed membrane slowly dividing or nondividing senescent cells at endogenous nutrition to take shape, such as cell shape young animals. That is, when the SG is a process of recovery

barrier cells. The process of dividing rapidly dividing cells in this slows down. Simultaneously, the restructuring of the enzymatic system provides increased receptor system of efferent cells (Nerve endings) at the expense of quality improvement enzymes of these receptors (chemoreceptors) that are laid in the membrane of cells and can enhance the barrier function through activation of intracellular nucleotide cAMP. Thus, for C provides a comprehensive restoration of barrier functions of cell membranes and by normalizing the gain of the system cAMP. Due to renovation of the genetic apparatus of cells in the starvation, the formation of new stem cells, and in some there are additional bodies. by removing the old damaged cells and stem the emergence of new organs and tissues organism are much younger.

## **Update mk Anya**

Doctor of biological sciences professor L. Polezhayev, the largest Specialist regeneration of limbs in animals that developed method of restoring lost limbs, tails, for example, amphibians, wrote: "Fasting - a process of increased physiological regeneration and renewal of all cells, their molecular and chemical composition. Interestingly, the biochemical changes during starvation and reparative regeneration are very similar. In both cases, there are two phase: the destruction and rebuilding. In both cases, the phase of destruction is dominated by the collapse of the protein and nucleic acid on their synthesis, a shift of pH to the acid side, acidosis, etc. Phase recovery in both cases is dominated by synthesis of nucleic acids over their collapse, the return of pH to a neutral state. Of the doctrine of regeneration is well known that amplification phase of destruction leads to increased recovery phase. Therefore reasonably be considered medical fasting as a natural factor stimulate physiological regeneration. the basis of fasting is general biological process that leads to renewal and rejuvenation of the whole tissue organism. " But the most intensely new cells grow in the period recovery. Such an update occurs in other organs and tissues, because of that fasting is the "universal doctor." Neither the surgeon is unable to remove the affected individual cell tumors or ulcers, keeping neighboring healthy and not breaking the integrity of the tissue. The Great Physician - Hunger - treats that way.

## **Youth prolongation of the STP and qualitative properties of OF LIFE**

All who are familiar with dry starvation and even just with a damp starvation, observed many examples of physical rejuvenation, achieved during starvation. Typically, the physical improvement accompanied and mentally. It happens that the reconstructed hearing people who were deaf for many years. Sighted

so that they become not need glasses, who wore a lot of years (the restoration of vision in blind people happens very rarely) become finer sense of smell and taste will be recovered sensations in the case of paralysis of the sensory nerves, there a burst of energy, enhanced mental capabilities, reduced weight, becoming more intense functional activity the body, resulting in improved digestion and work intestine, the eyes are clean and sparkling, improves color of the skin and restores the freshness and bloom, the inherent young, fade wrinkles on the face, decreased blood pressure, improves cardiac performance, reduced size of the increase prostate, there is a sexual rejuvenation - these and many other evidence of rejuvenation is watching everyone who is involved in starvation or are familiar with this problem. Fasting as to create conditions of the second birth, re-animation of the body. in this time, all the cells of the body are cleansed, from the protoplasm of cells remove foreign matter (metaplazmaticheskie materials) so that the cells are rejuvenated and begin to function more effectively.

Some of these foreign materials are highly toxic and long-accumulated in the fat cells and connective tissue cells, figuratively called the garbage dump the body, so you must remove them from the processes circulation and metabolism in the body. Exemption from such tissues materials improves the efficiency of the physiological mechanism. Along with updating of the body due to starvation is created the potential for improved body works after the cessation of fasting.

Wear and damage, repair and replenishment - continuous and almost synchronous processes in all living organisms. Something is created, something breaks down. Both these processes are called metabolism and construction is called anabolism and destruction - catabolism. during periods of activity prevails catabolism, anabolism same - in the periods of rest and sleep.

Anabolism - the process of repairing the body when it gets a new burst of energy, preparing for new activities. This process is dominant during periods of active growth and several slows down with aging.

It was established that starvation accelerates the metabolism, and after its heavily developed anabolic or constructive phase. Thus, we can say that the total cleansing of the body renews the creative processes of life. It is true that in the experimental conditions are improving life processes short. However, this is the most cases is due to the fact that the experimenter can not return of their patients (at their request) after starvation or to anything else as to their usual lifestyle.

Person's age - is the duration of his life. Term

"Age" refers to several different aspects of life: the level of human development (physiological age), level of mental development (mental age), etc. Any other term

or an expression that means nothing more than a chronic age

introduce uncertainty and confusion of age with body condition or

the degree of its growth and development.

When we say that a man is 40 years old, and another at 70 years young

we actually have in mind their physical and mental

state, rather than their age. The proposal to use the expression

"Functional age" when speaking about the state of the individual, rather than his birthday, is also based on the same confusion.

Correctly, that the day of birth does not say anything either about the state of

this organism, nor the extent of his mental development. These

indicators are only indirectly related to age and are not

important components of its parts. People in 70 years may be young

on physical and mental condition, and people in 40 years - old

listless and depressed. However, the first 70 years, and the second - only 40.

Knowing this, we can not ignore the widespread assertion that

"We're trying to turn the clock back." Occurring in the body

age-related changes, called aging, is not so much related to

over time, how much from factors totally unrelated

over time as such.

If there was a causal relationship to aging, then

people in 70 years would have to have all the characteristics

age inherent in this segment of life, and people in 40 years - all

symptoms of youth encountered in this age. The fact that these

facts are often reversed, forcing us to question

the assumption that the condition of the body is irreversibly linked

with the number of years lived by us. We should not be hindered

in the sense that, although age and is expressed in time, but time

is not the cause of the aging process. For example, take the stone,

washed with water. It varies in time, but not the time grinds

it, it makes water. The aging process takes time, but time -

this is not the cause of grinding.

Two stones, subjected to the same extent the process of grinding

water, cleared at different rates depending on their hardness

and density. For the same reason two people under the same

destructive factors are aging at different rates, depending

of individual resistance degrading agents.

Stone wears faster or slower depending on the

amount of water flowing around it: if it is small, stone washed

slowly if the water a lot, then erase faster. Also

and a person is aging rapidly or slowly, depending on the number of

destructive influences to which he is exposed.

A few extend the example: imagine a self-healing

rock. First, she polished under water. Then

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water stopped her wash. Rock begins to "repair" themselves and recover most of the lost material. in the human body will be ecological process (He is self-repairing), when the causes of aging eliminated.

The body is able to break down part of damaged structures and replace them fresh, update the cells by removing accumulated them as "loads" and "repair" their damaged parts. Speaking figuratively, the human body itself is able to actively manage their own affairs and be constructive.

Man is so made that can live longer and better than he doing it now. He will live much longer

years than now, and enjoy the absolute health and energy.

It should not languish in the 60 years of age or earlier. But in fact, for excluding deaths from accidents and murders, people die from disease. If we lived in such a way that the development of disease was prevented, we will not only be able to live longer than think at the moment, but we could live, having a physical and mental strength.

Aging is defined as "the accumulation of changes in the body, increase the risk of death of the individual over time ". It simply means that aging is a slow accumulation of pathological (painful) changes in tissues and organs, damage to the structures of the body and slow deterioration of its vital functions. Old age - it's just one more chronic disease. This is the reason that we can age, sooner or later, and some people in the 70 years younger than other forties.

Aging takes place in time, but time is not the cause him. Consequently, no matter what way to accurately determine human physiological age, it is important that we have found and found out the causes of aging. Eliminate the cause aging and physiological age let him take care of itself.

Argue that no one knows exactly what the changes organism, leading to aging, or what exactly these changes.

Consider the experiences of the famous French scientist, Dr. Alekensa Karel, author of "Man - a creature unknown. Supporting living fragments of chicken hearts for many years, he found that they grew older, unless exempt from waste accumulated in their cells. In other words, they grew older because of accumulation in the cultural environment in which they were held, products - Waste of their own metabolism. If these wastes are regularly output so that the cells they are not poisoned, the heart of the chicken not been aging. It is very important evidence that aging is the result of chronic saturation of toxic substances.

Unfortunately, an important discovery has attracted too little attention perhaps because they did not find a way to use it.

Karel experience and many other similar allowed scientists to make Finally, the cells potentially immortal. in normal state, they continue to divide and re-share, but they do not die. Death is an abnormal phenomenon. However, under normal conditions of life, we observe that the cells at the actually grow old and die in large numbers. For an infinite continuation of life all conditions must be favorable.

When the cells are potentially immortal, as scientists now think, and the organism as a complex of aging, it is obvious that one of the two is true. Or functional specialization of cell groups - the body's organs is irrelevant or absent coordination of cell groups in the body. Perhaps there are both these factors. If one or both of these assumptions are true, the question arises: is the discrepancy between the specialization or discrepancy Coordination primary (initial) state life or whether it (inconsistency) is the result of installed and removable causes? If this initial state, we can not hope to prevent more than a short period of time the process of aging, beginning in most cases quite early. But if it is caused by reasons that can be avoided or eliminated, which seems likely, then we able to do much to prevent aging.

At least the countless experiments in many lower forms Experience has shown that one can not only delay the aging process on an infinitely long time, but also to reverse it, to restore youth.

More than 15 years, Professor KM Cheyld University of Chicago investigated the aging animals. His results pointed out that periodic fasting is usually contributes rejuvenation of the body.

By studying certain types of insects, he found that the abundant food insect life lasts 3-4 weeks, but if the number of food is much reduced, or to compel insects to starve they will stay active and young at least 3 year. Here is his conclusion: "Partial starvation prevents aging. Starving is transferred from the coming of age in primary postembryonic state, he was almost born again. "

Cheyld pointed out that in the organic world is the rejuvenation no more than the usual process of cell renewal. This process is continuous throughout the life of any organism.

Similar studies were conducted by the Institute

Physiology of the Ukrainian Academy of Sciences. with the help of a special regime power they "rejuvenated" two-year rat to a state characteristic of the age of three months. English biologist Clive McKay has made lengthening life span of mice by 1,5 times with two hungry days a week, and reduce food intake by a third allowed to increase their life 2 times.

In our country, some interesting experiments on rejuvenation of animals spent a wonderful doctor Suren Arakelyan. According to him, "Elderly" chicken past starvation, again began to bear eggs, they have restored the pen cap and voice became above and younger, and her body graceful, slender. Here is a picture that Suren Arakelyan Avakovich saves since his experiment. in his hands two "older" sister-laying hens. One hungry, the other - no. After photographing my sister-eater lived only one month, and rejuvenation of the chicken - another six years. Was something to wonder: from Thousands of retired-age birds, nine hundred and ten every day delayed egg. But not simple! Egg weighed 68 grams, and laid by pullets - only forty-eight. Biochemical analysis confirmed: and the quality of the eggs better. Feared that the famine will birds to death, but the contrary, they began to live much longer: the average Eighteen years instead of six-tempered nature. Specific term life was extended three times! A chicken named Belle lived up to fantastic age - up to twenty-one years. For a man the same proportion as the same age would be equal to two hundred and forty - two hundred and fifty years.

After the chickens Arakelian took up bull high-value species. The early years of their short - only four years. And then - on the meat. Bulls went on a hunger diet, but the water took antistress complex preparation. Stress - because the usual hunger pushes the animal in a painful, restless state. Taking these substances, as the bulls would not notice the hunger. So lasted twenty days. Bulls lose weight, losing 15-20% of live mass, but these were temporary loss weight soon returned, and with it specific reproductive opportunities. Total - Life expectancy at monthly rest bulls once a year with fasting increases by 3 times!

Failure to keep a youth due to factors nuisance ideal process run the update. Any removal of these impeding factors at any age leads to a shift - for renewal and youth.

It should, however, acknowledge that there are clear limits opportunities to rejuvenate the person. in the tissues of the human organism may occur irreversible changes, and attempts resolve their similar attempts to grow a new leg after she was lost. Many lower forms of living beings, and Some of them are very complex organisms have the ability to grow new members or domestic agencies (even new heads, brains and eyes), and their possible rejuvenation is much wider than the more highly organisms. But a person can be rejuvenated to a much greater than we thought. Until now, we can assume a fair assertion that the greater the number and degree of pathological changes in the human body, the less possible

its rejuvenation. The older the body becomes, the less he possibility of restoring youth. However, I do not think that the greatest opportunity to rejuvenate by starvation Need only to people of both sexes in old age. Starvation also extremely important for younger people as a means of circulation reverse the aging process, although they have aging and slow. If we can use fasting to prevent destructive processes in vital organs by means of periodic release the body of toxins and the provision of goods these bodies of much-needed rest, we will be able to achieve much more lasting effect in preventing aging, than in finding ways to rejuvenate the body.

When he began working at the resort "Goryachinsk" I nurse brought the stories of patients who have come to me at the reception. Looking through them, I drew attention to one history. Patient age 80 years, diagnosis: deforming koksaartroz hip and knee joints. Well, I thought to myself, how he comes up to me, and what procedures it at that age.

When the same to me at the reception came a slender, youthful-looking man fifty years, and said that he had just been swimming in the lake (and there was the month of November), and it's great. When I asked his name it turned out that this is one octogenarian "grandfather."

To my surprise there was no limit. I once asked: What about your aching joints? "Oh, Doctor, I have long forgotten about them, and the diagnosis in the sanatorium the map - it is to ride to the resort. I

It was very interesting to see how he achieved such amazing results in the treatment of their disease and rejuvenation of the body. Here his story:

"My problems began after 50 years, he was troubled by pain in the hip joints during the motion, it became difficult to get up. Then they began to harass and knee joints. Which I just do not received treatment and which only resorts are not ridden. True, after the resorts, of course, it was easier, but then after a time, the pain returned. I realized that if nothing changed radically in their lives, then I'll be totally disabled and immobility. Began to gather information, communicate with people with the same diagnosis who achieved improvements in its health naturally. while the information was purged the body, fasting almost was not. About cleansing the liver found from talented healer from a neighboring village. Of starvation knew since childhood, since my grandmother is strictly complied with the post - only water and nothing else. Cleaned the liver and gradually began to spend starvation. I felt lighter after a ten-day fast, less began to hurt the joints, increased traffic volume. After this became longer walk. How - after walking appeared severe swelling left knee and a terrible pain. I thought that if I try starve without water, perhaps swelling quickly pass. to my

Surprisingly, swelling and pain went away on the third day that never happened wet starvation. His first dry hunger I went through five days.

Of course, it is heavier than wet starvation, but the results and effectiveness of dry fasting I was impressed. I realized that for shorter period can be achieved more significant results. After that I began to starve just dry. Every week on hunger strike dry for a day and twice a year - semerochku.

Price of their own efforts and through knowledge gained as a result of a critical learning experience of others, I have achieved cure koksartroza hip joints.

In the last year celebrated its 80 th year of life for healthy man.

Frontier life, which 30 years ago seemed fabulous and inaccessible, has not only become a reality, but the reality of joy and happiness.

I spent the tests and test results show that I not only healthy, but that 80 years for me is not the time decrepit old age and suffering from ailments, but rather a normal human life, forward-looking.

Last year, I twice had a dry healing post for 8 days. as a result of my health even more strengthened. Every day I measured the pressure in blood vessels, body temperature, followed state of sleep and mood. Everything was normal. They did not give my biological age, give less than thirty years, as recorded

I have a passport.

In the year 80 years I have worked on three plots of land, twice a week went to the source of the water, breaking free distance of 10 km with 20 liters of water.

This year in January and February, has conducted two training courses in the squat.

First time on the 13th day of training did 750 sit-ups in 25 minutes at the pulse of 112 beats per minute. The second course of training through 3 weeks gave the following result: a 6-day 820 sit-ups in 32 minutes in good health.

To maintain the proper level of health, I first take care of his moral health of a diet rich in grains, vegetables, fruits without the use of salt and solid fats, a high physical activity, but most importantly it is - a systematic conducting dry fasting. "

Further, this unique example of a great influence on I, for introduction in my practice of dry starvation One striking example of the miracle of fasting, is the author homonymous book by Paul Bragg. He died tragically, cuz board of ocean waves, at the age of 95 years until his death was absolutely healthy.

Can doctors ever accept starvation as a potent natural means of rejuvenating the body, much better,

than the manipulation of stem cells or costly plastic surgery. One must realize that any effective rejuvenation of the body is the result of internal forces and processes under favorable conditions, not because of violent states as a result of exotic action. Recovery health, in other words, the cessation of the pathological state and rejuvenation are one and the same process.

If we can see in starvation mode, enabling the body to release not only from the burden of accumulated toxins, but also from the burden of accumulated abnormal changes in tissues, we can use this method in order to rejuvenate with a huge success.

## **PROFILES KTICHE SKY mechanical ZM:**

### **PROTECTION FROM RADIAL IIC, adverse PLEASANT**

#### **Environmental SKIH FACTORS PRE Prevention**

#### **OH KOLOGICHE SKIH Zabol Wani J**

Why is fasting protects from radiation and why positions are held reserved for them in the days?

To fully answer this question, we begin, it would seem with a completely different topic - how radiation affects our body? Radiation is a powerful flow of energy are embedded in bodies, because of its power can not be metabolized by cells and causes them to effect ionization. Ionization represents the separation of atoms or molecules under the impact of particles. As a result, the cells form a mass of radicals. Radical

- Biologically extremely active fragment of the molecule, which connecting with the DNA molecules, blocking their biological properties that are beginning to hurt her ancestral unit.

The cleavage of the double helix of DNA and RNA. Once this happens, and it occurs mainly in rapidly dividing cells of the gastrointestinal tract, cells cease to divide and starts to destroy as alien's own immune system. in the tissue develops a destructive process. in such "Mikrodyrochki" arising from the above process, it is easy introduced infection (which is quite enough in the gastrointestinal intestinal tract), and begins sepsis, which leads to the death organism. Scientists have conducted a number of interesting experiments on rats.

One batch of rats were irradiated or were fed food containing radionukleotidy and arranged them to starvation. For comparison, subjected to starvation group of completely healthy animals. Physiological term starvation in rats is 12 days. The control group of healthy

Animal thereafter completely died out, and irradiated lived for 24 days and began to look even better than before, and not thought to die. The researchers were forced to kill them, and their tissues were subjected to thorough analysis, which resulted in revealed that they also look great as a young, healthy

animals, and do not contain any radioactive damage!

Why is this happening? It turns out that the famine in the strengthened biosynthesis need energy, and previously indigestible radiation now completely consumed by it. Evil becomes good! Incidentally was discovered and a number of other mechanisms that protect the body from radiation during the famine. Here they are:

1. Increased production of alcohol body recovers

cell membranes. Restoration of cell membranes is not that otherwise as increased cellular barriers. as a result of subsequent radiation exposure will have on the cells less pronounced damaging effect.

2. Elevated levels of carbon dioxide in the cells

reduces the ionization caused by radiation exposure.

3. Most affected by radiation bystrodelyaschiesya

cells of the gastrointestinal tract during starvation dramatically slow down their division. After all, they are forced to quickly share due to the fact that in the process of digestion are exposed to their same digestive enzymes are damaged and sluschivayutsya.

Organism due to the rapidity of division of these cells restores

wall of the stomach and intestines. During the famine of the kind. Cells

gastro-intestinal tract a rest, and energy previously spent

to accelerate the division, now goes to the restoration of internal

structures, repair of torn-helix of DNA and RNA. The same

enhances the biosynthesis inside the cell due to fixation

it CO<sub>2</sub>, which is not in the food regime. Because of this they do not

die, not rejected by his own body and the transition

on a diet as if nothing had happened and to fully share

perform their previous functions. But when the nutritional status of these

Two processes of division and reconstruction of internal structures of cells

fully carried out can not, and still more radiation

exacerbates it.

4. As shown by case studies, radiation

and radionukleotidy derived from the human body for only 12 -

14-day hunger wet or dry for 5-7 days. At the same person

much less to lose weight than normal fasting. as a result of

mentioned processes that occur during starvation, fully

solved the problem of radiation exposure. and indeed, after

Chernobyl, an academician AI Vorobiev decided to use starvation

to people affected by acute radiation sickness (when formed

ulceration in the gastrointestinal tract). Bone marrow transplantation

and the use of a powerful antibiotic in such cases is almost

hopeless, but because of famine affected people are restored

their health. For the first time in world practice, the method of fasting helped

in the case where the powerless have been others, most modern

(American, Japanese) treatment options! and no wonder, since these

treatment options - the fruit of artificial reasoning, and famine -

natural process, nothing to do with them not having.

After such entry pass to the main question - why positions are held at certain times of the year? If we combine the date of the posts and signs of the zodiac, we see that three of the four positions account for "fire signs". Christmas post (40 days) accounted for a sign of Sagittarius. Lent (48 days) at the sign of Aries. Assumption (14 days) on the sign of Leo, and Petrova duration of fasting, is not constant and varies 8 to 42 days. This fluctuation is caused by adjustment to natural rhythms. during the active sun, when a lot of energy, expectancy increases. in cold years, on the contrary, terms of hunger are reduced. There's no gag - all the laws of nature. during these periods the Earth from space falls increased the amount of energy, acting like radioactive, may upset the body works. Remember work AL Chizhevskogo "Terrestrial Echo of Solar Storms, and more immediately become clear.

If at this time to fast, then the space and increased amount of solar energy will go to creating, enhancing biosynthesis. If you still continue to eat, the energy is not assimilating to cause destruction of cells, and free radicals would be depressing effect on the cells, undermining the standard of potential of the whole organism. But bacteria and viruses in this period from an abundance of energy is converted into an active state, and successfully attack the weakened body. It was at this time worldwide observed in the influenza epidemic (spring and early winter) and cholera (Summer). during the active sun, these processes become so pronounced that in the middle of this century died out majority of the population of Europe! You can starve in a different time year, but the combination of high natural energy and hunger gives best effect by activating the "fiery principle, which when hunger is quenched. The ancient sages have used everything and gave the best advice, we can only follow them.

### **Protection against adverse environmental factors**

Together with native toxins formed in the body during fasting and displays brought about poisons - Captivated by our way of life chemistry, from the poisoned atmosphere of water and foods. But this, however, be expected. in our environmental conditions, these facts can not be ignored. But Fasting also gives a remarkable preventive effect. More long after the dry hunger maintain the highest protective potential, with the same periodic fasting person becomes virtually invulnerable to nitrates, phenols, sulfur gas and nuclear power plants.

### **Cancer prevention**

When I was studying for an RTD with Professor YS Nikolaev He told me about an interesting experiment. Students Stavropol Medical Institute 120 white rats divided them into 4 groups.

One-control, and three others exposed 3-day-starvation. The first of these three sarcoma grafted to starvation, the second during him, and the third-after. Did not starve the control group died completely. Of the 30 individuals who have planted sarcoma before the experiment, killed half of the 30 who were injected in the period of fasting - third. All those who have had injections, after starvation, were alive. As I wrote, during the dry fasting survive the most strong, viable cells, so even short-term Dry fasting is a major preventive measure against malignant tumors. Another wonderful effect Hunger was possible to fix the American scientist. They studied the influence of starvation on the development of severe forms of cancer. Animals divided into two groups - experimental and control. Control group rats were exposed to radioactive radiation. Dose was selected so as not to cause rapid death animals, but within 2-3 weeks after irradiation, all had cancer blood. Another group - a pilot - were more fortunate. Until exposure the animals were receiving the full fasting. Seemed would be weakened by fasting the body must react to this negative impact is even more acute, the disease should be more severe. But the results were diametrically opposed! in the experimental group compared with the control of diseased rats decreased by 70%.

### **Update energy?**

As I wrote the water - one of the best energy-carriers. This is achieved through a unique molecular water structure and variability of its cluster structure. Also scientists had proved that in the human body long before the symptom onset form local sites

"Heavy" water, water with the wrong structure - pathological zone.

Any evil eye, damage, or simply human jealousy, in short all Negative energy is in these pathological areas.

During dry fasting is replacing the old

"Dead" water for high-quality, energy-date,

"Living" water, synthesized by the body.

Dry starvation - is primarily a spiritual work is strengthened, designed for cleaning the body and soul from the parasites of these entities, which also serves to strengthen the willpower and to strengthen the power of positive thinking in the early stages evolution. Dry hunger burns evenly all the organs of the body all unfit for its evolution, not only in the mechanical

Plan, but spiritually. Since after a minimum of 7-10 days

negative energy essence, feeling his death in lack of food, start leaving you. Because they can not stand dry hunger and positive vibrations emitted by you. Especially if you underpins all positive cases. Dry hunger

gives the amount of energy. It sounds incredible: how is it, man nothing to eat, spending power, and its energy increases? But the paradox no. Being deprived of food organic, organism strongly begins to absorb the subtle energy of the cosmos and the Environment environment. with the same transition to normal food triggered effect sverhvosstanovleniya - the body more intensely than before starvation, gains energy, good for this there are all possibilities.

Indeed, thanks to starve to clean the chakras and energy channels of the which many abilities. After exiting the fast sleep reduced to 4-5 hours, a man literally gaining strength, it bubbling overflowing its energy. This is a remarkable state permanently preserved, if one adheres to a healthy diet, doing exercises come on the air and sun.

### **Special effects**

Here are the gifts that each receives from the dry fasting together with recovery from his illness and muchivshey that - not one of them!

- Of course, impossible without a deep refreshment and calm all organism.

- In the first place rather increases the total receptive ability - increases tactile, skin sensitivity, enhanced sense of smell, which gives interesting effects.

Possible through a shop window to feel, perceive taste lying there products know that it's an egg in the fridge already stale, remotely perceived "disorder" in the products, which in fact may simply be an excess of preservatives.

expressed in the case of strengthening the perception there is no problem to guess that roll up in a tin can without a label.

- During the famine practically stops sweating - skin turns from highlighters in aspirator, in which case, interaction with any substance is not enough that it quickly begins absorbed, even in the mouth can taste it substance. So if you still have to during the hunger strike do the cooking for others, it is possible to

"Touch" to determine whether enough salt in the soup. But here's the dough kneading - business ungrateful, oil will be absorbed into the hands, not in cooking.

- Very strong increases intuition, the man at the time of passage dry fasting as a cat begins to feel abnormal or, conversely, healing energy zone. Interestingly, the every person they own.

- Sometimes the open telepathic abilities, people start understand each other without words.

- Those who are hungry on a regular basis, notice, that starvation is developing willpower. Unshakable determination, of course, necessary to success in any difficult endeavor. Abstinence from food and water 24 hours makes a person stronger mentally and prepares to make an informed choice to do and then act with a firm determination.

- Fasting awakens (often lost) sense of what kind of amount of water and food is reasonably necessary to maintain life. During the fasting person feels some suffering. On the one hand, it is a natural way develop compassion for others who suffer from hunger and living hand to mouth. Only experiencing the same thing for yourself, you can to truly understand the suffering of the poor and disadvantaged.
- If you had a chill, you often have a cold, you were cold feet, so that they could not get to sleep soon - after dry fasting you become harder to cold.
- There were gray hair and they fell, after starvation, they become thicker and younger in color.
- It was poor vision, it is after SG - often improves.
- If you have an eye to starvation protein was yellow, then after starvation, he is pure white.
- If you were snoring in his sleep, after SG breathing becomes even and quiet and gnashing of teeth lost in a dream.
- If you have had a heavy breath, the breath after SG becomes clear, and odorless.
- If you are worried about the bitterness in my mouth the morning, after fasting sensation in the mouth is always sweet and fresh.
- Leaves yellow plaque from the teeth. They turn white as pearls.
- If your teeth were swaying in the gums (periodontal disease), then dry starvation they sit in the gums stronger and firmer.
- A chronic runny nose, fasting cure it completely.
- If the pressure is increased (or decreased), then dry starvation, it returns to normal.
- After starvation insomnia disappears and is restored solid good night's sleep.
- After the SG increases and strengthens the sexual activity.
- On health man after dry fasting younger 10 - 15 years.

Of course, many therapeutic effects that are listed here exist for any type of fasting, but when they dry starvation proceed more efficiently and more zhatye time.

## Since DRY TYPE OF MEDICAL

### Fasting I and their differences I

- Complete dry starvation (LA Shchennikova technique.)
- Dry Cascade Fasting (technique VP Lavorovna.)
- Dry fractional starvation (SI technique Filonov.)
- Semi-dry starvation
- Combined starvation

All methods of the authors listed in the original.

## **COMPLETE DRY Starvation**

### **(Method of CA LA SCHENNI KOVAL)**

Secrets of the healing of dry fasting

New medical technology is a complete implementation of the method of dry starvation (GSN)

Complete dry fasting duration of 7, 9, 11 days is used for:

1. Effective incentive healthily and recovery forces that increase the body's resistance to various adverse effects on people: the external factors inner-outer and inner.
2. Getting rid of people from different disease states and chronic diseases.
3. Enhance and restore the regenerative and reparative processes in organs and tissues.
4. Prevention and control of possible violations in the body.
5. Substantially extend the period of active creativity any member of society.
6. Discovery and development of hidden reserves of creativity intelligence available to everyone in the form of unrealized potency.
7. Joyful perception of the world and active active creativity for the benefit of themselves, society and the humanity.

The main advantages of new medical technology:

- PSG technique is environmentally clean, does not require the use of medicines;
- Periodic cleansing of the body as a result of PSG helps maintain health, give rest to all organs of the gastrointestinal tract, stimulates creative activity of man, raises emotional and imaginative perception of the outside world;
- Method of PSG, in contrast to other schemes of starvation lets you interrupt the fasting, at any stage of its execution without harm to patient health;
- GSN enhances a person's will and faith in themselves and their capabilities;
- A complete abandonment of the reception of any fluid or brake terminates processes of putrefactive fermentation in the gastro-gastrointestinal tract;
- PSG is an effective way to reduce excess weight of obese people (an average of 1 kg per day);
- GSN reduces elevated levels of metabolism, which is celebrated patients, long-term chronic illnesses;
- GSN enhances circulation of the skin, causing them to turn red, opens pores in the skin, strengthens the process of cutaneous respiration, increases the threshold for cold perception, promotes the uptake of condensed moisture

through the respiratory system and skin during outdoor activities, especially in the evening and night hours;

- PSC strengthens the processes of recovery of abnormal body and pathologically altered cells, deposits of cholesterol on the walls of blood vessels, soften deposits of tartar in the oral cavity, as well as deposits of stones in the tissues and Interior organs (gall bladder, kidneys, joints);
- PSG normalizes blood pressure, as well as activities central nervous system and autonomic nervous system, improves tissue respiration and tissue metabolism;
- GSN enhances reparative processes in the human body for through internal reserves and resources of the body, improves conductivity and permeability of nerve impulses (including trophic) to various tissues and organs;
- PSG activates the body processes remove toxic metabolites and exo-and endotoxins;
- PSG can be performed for patients like yourself at home conditions and under the supervision of instructors and other professionals owning technology PSG (in a sanatorium institutions resort-style and the hotel and medical complexes);
- PSG technique allows its use in infectious diseases (acute viral hepatitis in the acute and long form chronic hepatitis), cancer (adenomas prostate and uterine cancer), severe somatic diseases (asthma, hereditary-degenerative nervous system diseases, coronary heart disease) inflammatory diseases (prostatitis, myocarditis, and many others).

**Comment.** The main advantage of this method is that the most therapeutic second acidotic crisis, we can pass immediately upon passage, lasted ten full dry starvation. Accordingly, a very good therapeutic effect, but Fasting is to be held outdoors, in a clean locations and under the supervision of a physician, vladeyuschegom this technique.

**Disadvantage:** modern humans body so full of toxins and wastes, that they may not perish from hunger and from the powerful intoxication. When a person begins to starve, all slag, "rassovannyе" by nook body come in motion. They begin to act like an avalanche in the blood, changing its physiological constants. Only one thing that causes seizures malaise, lethargy, general soreness. Organs of excretion are not time to remove toxins and poisons from the bloodstream. Included all the organs of excretion: kidney, nasopharynx, gastrointestinal tract, skin. As a result, the urine is turbid, dirty, aching in the kidneys and bladder. Chair becomes fluid, stomach aches. Appear profuse discharge from the nose as a cold. Leather covered with a rash, acne, and even boils. This is a very

unpleasant, and in some cases even life threatening. Arises blockade, the body can not adapt to starvation. Usually this occurs for 4-8 days. Stop starving to lose weight, increases weakness, nausea, headache, there is heart failure and arrhythmia. These are the main symptoms blockade (severe intoxication). in such cases, we have interrupt the fasting, sit on the juice, vegetable diet, then again repeated fasting.

Therefore, go directly to a starvation diet, no exercise and good high-quality cleansing, very, very difficult.

#### **DRY ON CASCADE Starvation VP LA VROVOY**

(This technique is described in detail in chapter historical information about dry limotherapy)

Comment. The advantage of this technique - the ideal training and preparing the body to dry starvation. Such Fasting can be done independently at home

There are practically no complications. Very good effect rejuvenate the body, great help for acute painful states in the initial stages of the disease.

Disadvantages. As I wrote to get a good medical effect from any form of starvation, especially in severe chronic diseases is necessary to pass certain stages of healing starvation. It is primarily the first and second acidotic crises.

If figuratively to express very great importance of these crises, if first acidotic crisis resolves "stem disease, the second-destroy the "root disease".

During the dry cascade fasting for passage second acidotic crisis must hold a cascade five five approximately two months to a year. I know a doctor who cured his blood cancer, spending a cascade of five in five for a year. Not every modern man can find so much time, will and patience.

#### **DRY FRACTIONAL Starvation**

(Method of SC and SI FILONOV VA)

Background of the method (SFG)

Given the advantages and disadvantages of these techniques, stage fasting, we tried to take the best. Very much

helped create the SFG technique of fractional fasting

Dr. GA Voitovich. Under fractional fasting necessary understand a series of interrupted fasting, some of which have duration from first to second acidotic crisis, and the latter ends only upon the occurrence of hunger and purification of the language.

#### **Fractional starvation**

The author of the fractional method of fasting, GA Voitovich explains 142

the essence of this method. Physiological period of starvation Rights 40-50 days. In the first stage takes half of the period of physiological Hunger - 20 days. After that hunger should be restorative nutrition, which continues a half times longer - 30 days.

If a person eats only plant foods, the effect of starvation continues during meals (not extinguished biosynthesis). Next comes recurrence of famine, but now longer in duration - 22-25 days.

Break 1,5-2 months. These terms are taken from the fact that there prolonged effect of starvation. Biosynthesis after hunger is high and gradually fades again. The process of decay lasts one and a half times longer than the hunger. Therefore, there is no need to starve before this period. Longer-term supply, of course, reduce this effect, and the next famine will have to start from scratch. During second course of fasting switch to internal power mode occurs rapidly, within 2-3 days. and finally, after recovery Power is appointed the third year of famine, which is held up full clarification of language that is in complete detoxification and elimination of all chronic diseases.

Usually, this hunger lasts from 10 to 20 days.

For people with low initial body weight the first fasting spend less on terms 15-17 days, but after a while reducing supply, they are gaining weight, the second lasts as all - 22-25 days.

Fractional method is good because it prevents fat people gain weight. Weight progressively decreases. as a result of obese people not only to normalize their weight, but also to shed its below normal by 2-3 kg. This is an unusually strongly activates organism, and subsequently the weight is not reached, and kept at a level, with extra fat body cells are dying - then eating them becomes smaller. Therefore, the regenerative power fat cells to let the recruit its contents, but they are fewer so people do not withers. Fat cells begin to be destroyed only after acidotic crisis. After conducting a full rate of fractional method in the body to normal quantity fat cells. They are becoming as much as it was in his youth, and the man looks fit and youthful. Destruction of fat cells can only hunger, all sorts of diets only drain fat cells, and once a person starts to eat

They quickly recovered, and the man again fullness. One major prerequisite for creating a method of dry fraction (Cyclic) starvation, of course, are the therapeutic results and feedback from my patients.

### **What is SFG?**

Pass immediately dry limotherapy period 10-12 days for modern man is very, very seriously need an enormous patience and will, and most importantly - a very good long-term training and preparation. So we decided to do a dry

starvation fractions (cycles). The first part of Hunger (cleared) is as much able to withstand a patient at this time allowed to swim under a waterfall and mountain streams to better rasshlakovki body. During his first hunger is the first acidotic crisis, a very good cleansing of the body, and the man understands what it is.

Then he goes out on a special program with the reception Altai herbs that have good energy charging organism. The second dry starvation (treatment) is the maximum, required to pass the most healing, the second acidotic crisis. The second hunger tolerated a lot easier the first and physically, and psychologically. But sometimes, if there is a very serious illness makes the third dry hunger (final). The most important thing here that each fasting is more rapid transition on endogenous nutrition and biosynthesis of very high quality. This pendular cycle of fasting allows each starvation, more and more to improve backup body's defenses. Due to which there is a strengthening effect in such a fractious starvation? An additional advantage this method is that after the first phase of the cleaning we gave opportunity to make a cage cleaning, restore the functionality and memory capacity, the energy potential of the cell, and then the second for a period of fasting, we give you the opportunity to accomplish the process - Clean, doshlifovat missed moments. Obtained his kind of inclusion of the principle supercompensation after clearing starvation. Trimmed all that was to some extent missed. It turns out that every time an organism is suitable for new Positive stress with increased combat readiness. in this Fasting is one method of how to raft on the other, and healing effect is amplified. I really like this technique, it and healing, and rejuvenation effects are very pronounced, and transferred much easier, and most importantly, practically no complications. That's the main difference from the dry fasting for LA Shchennikova, which meets once dry fasting with a maximum term 9-11 days.

Cascade fasting for VP Laurel - are held in the dry fasting period with the same hunger and output stages (one through one, two, two, five by five). This starvation is effectively, but to obtain a second medical acidotic crisis it must conduct a very long time, in our method, dry starvation has been increasing, the period of fasting increases with each cycle, so the second acidotic crisis occurs more quickly. Everything I wrote this I shared their experiences and ideas, and who - it may take quite different. Everyone should seek their own system of healing. I deliberately did not indicate the time of fasting and out, all they are unique.

**Comment.** One of the drawbacks of SFG is that it

takes much longer than for the full dry starvation, and the mandatory long-term high-quality training to this type of fasting.

### **SEMI-DRY Starvation**

Semidry starvation. It is conducted as follows: a person does not eat anything and refused for a short time (it all depends on the individual constitution and the degree of fitness to hunger) by drinking liquid inside - do not drink. During semi-starvation wetted with water, skin and mouth rinses. Wetting skin can be produced in different ways: pour, take a shower, bath or sponging to do wet wraps sheets, some do an enema of salt water.

**Comment.** The advantages of this type of fasting - in addition activates a number of mechanisms to facilitate rapid and quality cleaning.

Regular water treatments make at full capacity work on the absorption of the skin. This we achieve the opposite effect - instead of the usual current of the liquid from the bottom organism to the pores of the skin we are driven by the water of 96 million pores to the center of the body. as a result of change in the direction of the flow occurs clearing of the skin, and this leads to improved circulation in its protective energy, and better absorption of free electrons. The above mechanisms of the strongest fashion train the acupuncture system, clean it feeds through superconductivity and superfluidity, washed the whole body from the skin to the central part. as a result of this one the effect of helping others, summing up, produces a great job to improve the health of the body. So, as a result of increasing energy in the body, better flowing all the redox reaction, increases body temperature, all the unnecessary burns, right used again. The effect of superfluidity quickly and accurately removes the products of the oxidation process. as a result of the famine more pronounced and the subsequent rejuvenation. Such starvation can be done at home, it can easily be extended psychologically, a very good qualitative effect of purification, few complications.

**Disadvantages.** During semi-starvation sprinkling skin, mouth rinse, douche, enemas with saline water, though, and help the body activate a number of mechanisms, but should pay for everything. During a total (wet) fasting the body is completely rebuilt on the endogenous food, and if it's time to start to drink juice, eat an apple, etc. g, then this unique mechanism is completely broken, the same thing happens with dry fasting. Cells in our body begin to produce its own high-quality water from their internal reserves. The organism is completely reconstructed on

Anhydrous mode, it begins to take water from the air. Is makeup the best energy from nature, but in contact with water on the body or in the mouth, these mechanisms do not operate at full power. All my patients who have tried to rinse your mouth water and pour, they say that first becomes good, but then the dryness increases several times, and pass starvation becomes virtually impossible. As well as an enema of salt

- The effect of clearing any, but the thirst is provoked. Bathe and pour cold water sometimes, but it's better to do at the end of fasting. If hunger is tolerable and uniformly, better with water does not come into contact. So after douches and go swimming fully dry starvation and reach the second acidotic crisis is almost unlikely.

### **Combine Rowan Starvation**

Usually we use a combined starvation: 2-3 days of dry, then give water.

### **Comment.**

Advantage. Combined fasting gives you more health benefits than the total starvation (water), since already on the third day of absolute starvation occurs ketoatsidotichesky crisis, after which the patient feels much better, and there is the greatest therapeutic effect for the organism.

Fasting with water crisis is only after 7-16 days.

With this method within 1-3 days (according to the individual portability) patients are requested to refrain from taking food and water, cleansing enemas are not appointed. Beginning with 2-4-day patients resume taking water, restricting it to 10-12 mg / kg of body weight per day during the entire discharge period, and continue to complete starvation by the usual technique of RDT.

Several researchers noted that the use of combined fasting achieves an earlier onset of acidotic peak greater than the reduction of fat body mass. In the case of treatment of patients with hypertension normalization blood pressure occurs earlier, which reduces the time discharge period and, accordingly, the duration of the stationary treatment. Said technique is a method of choice for complications of underlying diseases of obesity and edema syndrome. In addition, the combination of dry and wet well of starvation tolerated, has a therapeutic effect in reducing total duration of RDT, optimizes the dates due to an earlier onset of acidotic crisis.

**Disadvantages.** Does not occur excretion of the dead heavy water, anti-inflammatory effect is less pronounced than under dry starvation, also weaker effect of purification. To obtain good quality therapeutic effect is necessary to pass long period of fasting, at least 30 days.

### **The advantage of dry fasting on wet types of fasting**

- In the dry fasting the body put in more stringent conditions, he has to move in such a way as to produce not only nutrients but also water. Tissues of the body are split more quickly, it happens in a short time. Stages of healing starvation in the application of the method of treatment of dry fasting, such same as in the wet, but the terms are significantly reduced. Thus, stage of alimentary excitation lasts less than a day, stage growing ketoacidosis - 1 to 3 days. Already on the third day dry starvation occurs ketoatsidotichesky crisis. Second, the Therapeutic acidotic crisis occurs at 9-11 days. The earlier acidotic crisis occurs, the faster it goes, the more time left to update and treatment of the body.

- During the wet fasting organism enters the exogenous water that is, the water outside. and that it is the main cleansing factor. By law, the biological feasibility of a cell in this If spending at least its own energy - and so it goes OK: all toxins, poisons, toxins are dissolved and, figuratively speaking, is leaching toxins from the cells from the intercellular space. And during the dry fasting is burned toxins, we can say in his own firing - each cell in the absence of water, runs inside a thermonuclear reaction. Each cell at the time turns into a mini - furnace, mini - reactor. But the water is very necessary, and the cells are deprived of this freebie, especially patients and changed. under these conditions the strongest survive, most healthy cells, and they are willy-nilly, to survive in such harsh, harsh conditions, it is necessary to intensify production own - very high quality of the endogenous water. And this endogenous water should be several times higher quality than the exogenous water Again, from the law of the biological feasibility. Energy because the cell spends a lot - hence the product, which obtained as a result, the quality should match the expended efforts. This is not the human mind, which may be mistaken. It is nature itself, predusmotrevshaya any scenario and do everything that life went on.

During dry fasting is replacing the old "dead Water for superkachestvennyu "living water", synthesized by organism.

- Many say that the dry fasting is transferred more easily fasting on water, primarily because of lack of hunger at the same time. This in general is not surprising. The fact that the water outside the body water and assimilated - it's a big difference. Molecule entering water body processes, cleans unnecessary information structures and turns in "her" with the properties of the organism. To do this, he as well as for digestion, it is necessary spend a certain amount of time and energy. Therefore, absolute starvation more fully, as it provides full

peace. If the body does not enter the food and "dead", heavy water, that our blood is not getting many harmful substances, and the blood is constantly to clean our bodies, in fact one and the same blood composition will be cleaned several times through the filter elements, ie blood will be almost perfectly clean. Blood on the SG is cleared of all unnecessary, and blood plasma becomes transparent as glass, everything comes into harmony, including clotting factors. Dry starvation in this regard, cleans the blood more completely, than by dialysis or hemosorption - Hardware blood purification. Consequently, all processes in the body associated with blood will be performed almost perfectly.

- Anti-inflammatory effect of dry starvation in some times more powerful than when wet starvation. The thing that inflammation can not exist without water. Any inflammation place swollen (swollen with water). Only enough water environment can breed microorganisms: bacteria and viruses. Deficit Water is extremely damaging to the inflammation. Due to dehydration the body begins to competition between the cells of the body and pathogens in water. Cells of the body in the position owner selected microorganisms in the water, but the organism can not only synthesize the endogenous water in the required number water in this period comes from the air by absorbing into the skin because the organism is in the process of SG does not work on the selection, and the suction. Healthy, strong cells receive additional energy and water, and the sick, the viruses and bacteria can not. Bacteria, viruses, worms without water perish instantly.

- In wet starvation to enhance detoxication effect The procedure applies: enema, colon hydrotherapy, bath, sauna, etc. The dry fasting the body for disposal poisons and toxins, including absolutely unique mechanisms that are neither at the mere sight of fasting. During dry fasting is the burning of toxins, we can say in their own furnace - every cell in the absence of water runs inside a fusion reaction. It turns out a kind of extreme Express - method destruction within the cells of all unnecessary, difficult, painful. Each cell at the time turns into a mini - furnace, mini - reactor. Is an increase in internal temperature of the body. This temperature can not register a thermometer, but it is felt people during the passage of dry fasting as an inner glow, "Fire" or chills. The most important thing in this state is that the temperature in itself - an important part of defensive reactions. By my own experience, we know that at all destroyed slag poisons, even cancer cells, and then fully suspend its livelihoods. This process speeds up the recovery. Reacting increase in body temperature, the organism causes a slowdown microorganisms. Immune system becomes easier to track down and kill all the alien and change.

### **- The effect of weight loss**

When the SG in the human body does not do any food or water, ie completely stop flow of energy from outside. Organism forced to produce energy and water endogenously, ie within themselves. Therefore, in the body begin to happen very different, unusual chemical reaction, ie altered metabolic processes. Lost less muscle relative to fat. During water fast loss of muscle and adipose tissue is almost equal proportions. In the dry fasting person is like a camel, and First of all the body maintains its vitality through fat stores. Adipose tissue is destroyed very efficiently and never does not recover its original volume, it is divided in 3-4 times faster than muscle, because fat tissue more than 90% consists of water and muscle tissue remained relatively intact. Organism from the same water deficit does not suffer, and his needs of the water comes out of adipose tissue. In the dry fasting adipose tissue burns in exactly 3 times faster than during fasting in the water. At the same time full recovery of adipose tissue never happens, and this It favorably differs from starvation in the water. Observed early onset and a more complete splitting deposited in fat than water fasting. If, after normal fasting happening fast enough complete restoration of adipose tissue (under the former regime power), then dry it occurs to a lesser extent. Unlike many of dry fasting for weight loss does not cost anything, and most importantly harmless. Transferred more easily than many debilitating starvation diets that do not bring nothing but harm. Food own stocks perfectly balanced. Organism takes from the reserves only that at the moment it is necessary, and not something that it artificially imposed from the outside.

### **- The rejuvenating effect**

Why the dry fasting is more powerful rejuvenating organism than when wet starvation? Extreme conditions do not stand with diseased cells, degenerate, weak. They die and decompose. What remains? Those who have good organization, workable and wise genetic engineering. Those are not panicked, stood up and are sustainable. Therefore, fasting helps cull worthless, weak, sick and harmful. This cell parasites. They do not perform their functions, work responsibilities. and better if get rid of them time, do not let them die a natural death. Because In this case, they manage to create for itself a similar offspring - such as dead and a broken wreck. Multiplying, the cells divide. Offspring can not beat the quality. Apple from the tree near rolls. But still, after starvation cells were strong, they have something in division and will improve in quality. Their offspring will have properties of the parent cells.

## **Indications and contraindications || JL | OF |**

### **DRY TREATMENT Fasting |**

1. Gynecological disorders: adnexitis; infertility (Arising on the basis of the transferred inflammatory diseases, adhesive processes), dizovarilnoe infertility ovarian cysts; mastopathy, myoma, uterine fibroids, uterine polyps, endometriosis; commissural, inflammation in the pelvis.
2. Diseases of the musculoskeletal system: rheumatoid arthritis, osteoarthritis deformans; ankylosing spondylitis; infectious polyarthritis, polyarthritis of the exchange-dystrophic character.
3. Bronchopulmonary diseases: bronchial asthma (receiving bronchial preparations to 5 years); obstructive bronchitis; pulmonary sarcoidosis stage I and II, chronic pneumonia; pollinosis.
4. Diseases of the cardiovascular system: hypertension disease stage I or II; neurocirculatory dystonia of hypertensive type; atherosclerosis of cerebral vessels.
5. Neurological diseases: osteochondrosis, protrusion and herniated disc spinal headache; consequences of head brain injury, neuralgia, lumbago, sciatica.
6. Diseases of the gastrointestinal tract: chronic gastritis and gastroduodenitis, chronic enteritis and colitis; biliary dyskinesia; syndrome irritable colon, stomach ulcer and duodenal cancer in remission, alimentary obesity, diencephalic and constitutional genesis drug or food polialergiya; insulin-dependent diabetes diabetes.
7. Skin diseases: atopic dermatitis, chronic urticaria; eczema, psoriasis, trophic ulcers.
8. Urological diseases: chronic pyelonephritis; cystitis, prostatitis, prostate adenoma.

#### **Contraindications:**

- Malignant tumors and hematological malignancies.
- Active tuberculosis of the lungs and other organs.
- Hyperthyroidism and other endocrine diseases.
- Cirrhosis of the liver.
- Pyo-inflammatory diseases of the respiratory and abdominal cavity.
- Circulatory failure II and III degrees.
- Persistent irregular heart rhythm and conduction.
- Pronounced underweight.
- Thrombophlebitis and thrombosis.
- During pregnancy and lactation.
- Early Childhood (14 years) and old (over 70) age.
- Failure to patient care of themselves independently.

## MYTHS ABOUT MEDICAL DRY

Starvation

### **The first myth.**

Without water a person can live 2-3 days. After 30-40 hours after last sip begins a wild dehydration, and all life processes are inhibited, by 50-60 hours the body starts wither away. Dying without water a person suffering from hallucinations, loses consciousness and goes crazy with terrible headaches. Here is one the most common horror stories about dry fasting,

I've found on the Internet.

Let's see what happens when the so-called dry or absolute starvation, when we stop not only to eat, and drink. Water makes up about 70% of body mass, comes with a drink and food composition, but other than that about 400 ml per day formed in the oxidation of mainly fat. In the dry fasting the number of metabolic water increases significantly and for some time satisfies needs of the body. He has also identified water stocks. in only one skin is deposited up to 2 liters of water. There are deposits water in some of the cavities of the body (serous cavities), some internal organs. The human body is able to comfort conditions (in the mountains, near waterfalls, near the river) to sustain 12-day fasting. from a physiological point of view of the body in complete starvation does not feel substantial deficit of the liquid, because for every kilogram of a split fat mass (or glycogen) is released per day up to 1 liter endogenous (metabolic) water. Loss of body fluids (On the skin-lung perspiratsiyu and diuresis) during normal the temperature is low, ranging from 1.5 to 2 liters per day. Thus, the water deficit does not exceed 0,5-1 liters daily, which the decline in basic metabolism is quite physiologically acceptable. Cells of adipose tissue, adipocytes, rich in fat and are living energy. during growth, with "well-fed life of their number increases. during fasting they become an internal power source, the adipocytes not only provide the body with energy and water they supply almost all the components necessary for life. One kilogram adipose tissue is sufficient for 2-3 days of dry fasting. Why Dry fasting need to be spent only on nature? Because our body during dry fasting works on suction, and moisture and the energy it needs to be taken only with environmentally friendly energy areas. Scientific studies have shown that from the comfort of a person can not drink for 10 - 12 days, and in extreme conditions even more. For example, is described the case when the 13th day after the earthquake (Mexico, 1985)

under the rubble found a boy who survived, despite the fact all that time spent without food and water. Yes, reserves life at all living is extremely high. A case with a dog that has fallen a blockage in an earthquake, she lived without food for one hundred and three days until it was released. All deaths from dehydration, described in the literature, mainly related to panic people or very extreme conditions.

### **The second myth.**

Many believe - since we're not doing special cleaning procedures: enema, colon hydrotherapy is not parimsya in the bath, where become of our exo - and endotoxins.

During the life of any living organism is constantly exposed to adverse factors - both external and internal. The result is intoxication -

Poisoning the body with harmful substances, coming as from the outside, and the power inside the body. Toxins from the outside coming into our body through breathing, skin, together with food and water. Inside the toxins produced by

as a byproduct of any life processes: cell divided, the old die, and if they do not show, will poison the organism, at any physical activity is destroyed

muscle fibers, and any stress, and any normal work

mind and imagination start in the body complex biochemical processes during the flow of waste material which is also

turns into toxins that must be withdrawn from

organism. Nature has endowed all living creatures remarkable mechanism, reported that the body needs to be cleaned

of toxins. With the accumulation of toxins in the body of human (and any living creature) includes drowsiness, fatigue sets in, and body signals that he needs sleep. It was during

sleep carried the main detoxification of the body - exemption

of toxins which have accumulated over time or enrolled in an organism,

For example, the reception of food poisoning or alcoholic beverages,

after which the dream can literally knock you. The same can

occur after taking certain medications that cause

drowsiness, or sleeping pills that cause is not harmless

sleep, and actually harass you, and a very sophisticated manner.

You have to understand that if after eating you feel very sleepy,

it means your food was unfit for consumption. Correct

Food should not cause drowsiness, but on the contrary, should bring

awake and energized. Sleep - is primarily small to date

dry starvation. After all, we sleep and drink, and do not eat. at this time

released in the body vital energy, which makes

their healing work.

Our bodies are very wise, a perfect system, while

passing dry hunger, it includes a more powerful reserves

and disposal system than in the wet starvation. Whatever

paradoxical as it may seem, but dry fasting transferred significantly easier than the wet, and at the same time give much greater effect. On subjective assessments of experienced golodalschikov, the effect of dry fasting is approximately three times the effect of the wet the same duration. Dry fasting deprives body cells of any kind of external power supply, because the water exactly the same nourishes the cells, as well as food. And because the processes of nutrition and purification are carried out alternately, then dry starvation and lack of water inflow from outside the cell are engaged only in self-cleaning, without spending time and energy for anything else. In the dry starvation, the body also burns far more active inside slag and toxins - in fact you did not "extinguish" his inner "fire" water. in humans during the passage of the SG up inside temperature, there is a fever. This causes acceleration of the flow metabolism and is a great advantage to the organism. If

More specifically, the rise in temperature accelerates the flow biochemical reactions, accelerates the decomposition and oxidation of toxins and slag, increases the bactericidal action of blood 10 times. Hence, it becomes 10 times more dangerous for any harmful microorganisms.

Decrease in the viability of microbes has been demonstrated.

As the temperature increases is accelerating detoxification of the body, that is, removal, elimination of toxins, poisonous substances. Chills and temperature - an amazing depth and cleaning effect process that included on the deep stages of cleaning. High temperature shows - break out not only the disease physical body, but also a subtle body, and eddy currents cleaned, so-called energy shells, in which going to negative information.

In the dry starvation in the shortest time achieved a more high concentrations of biologically active substances, hormones, immunocompetent cells and immunoglobulins in fluids organism. One of the mechanisms of destruction in the body endotoxins during starvation is the enzyme activity special cells - macrophages. Even at 24-36-hour dry starvation the activity of phagocytes can be increased threefold.

In addition, their activity varies throughout the year. Most activity of phagocytes in May and June, and the least - in November and February. They perform phagocytic (from the Greek words "eater cells") function. as a result of this process, the decay of unhealthy and damaged tissue - autolysis.

With the help of autolysis are absorbed and removed those substances are least needed to carry out vital functions organism. Autolysis under dry starvation begins to run from 2-3 - day of hunger, but reaches its peak with the 8 th to 10 th day.

I already wrote what has toxic properties, our tap water. When the body does not enter the food and "dead" poisoned water, then in fact our body gets the full

holiday. during the dry fasting is not no enema needed, since the absorption of toxins from the gut is absent for due to lack of water. Therefore, when this kind of fasting is not such intoxication, what happens in other types of fasting.

Accordingly, a dry hunger physically moved so much easier.

### **The third myth.**

In the dry fasting can cause problems in the kidneys, since they bear a great burden. One of the most dangerous methods of cleaning - dry starvation. When a person is on diet or undergoing a course of fasting, the number of liquid, by contrast, is increased. After all, the water output from body excess salt, toxins (toxins). Waiver of water - a dangerous stupidity. Comes dehydration and intoxication decay products, rather than cleansing.

Ordinary water from - the tap in the modern city brings catastrophic damage due to inadequate cleaning industrial waste. In addition, it is usually chlorinated. From such water is rapidly released free chlorine, chlorine dioxide and other compounds, oxidizing in the body much that oxidize does not need it. In addition, chlorine kills the beneficial bacteria synthesizing essential vitamins.

When boiling destroys bacteria, coagulated colloid particles of dirt, water softens evaporate volatile organic substances and of free chlorine. But the increase in the concentration of salts, heavy metals and pesticides. Chlorine is associated with organic matter, with heated, turns into a terrible poison - a powerful carcinogen dioxin. Dioxins are more toxic than cyanide - to 68 times.

We drink boiled water, but it is slowly killing us.

On standing water for at least three hours, reduced concentration free chlorine, but in practice does not remove iron ions, salt heavy metals, carcinogenic organochlorine compounds, radionuclides. Distilled water (vapor passed state) is unsuitable for permanent use, because it does not contain the trace elements necessary for an organism. Permanent its use leads to impaired immune system, heart rate, the process of digestion. Filtering Water also can not give the desired effect. To know what filter to buy (carbon, membrane, bactericidal, complex), we first need to have information about the composition of the water. Also requires regular replacement of filters, because after a certain time he begins to give back to the water accumulated pollution and breeding in their microflora. In the dry starvation the body does not need to recycle water to the extent to which this was done when eating and drinking during normal operation.

Obviously, the kidney and liver under dry starvation almost complete rest, which is not the fasting with water. When dry starvation of their recovery is much faster. Therefore,

the effectiveness disappears by itself, but there is still a concept as feasible. For example, some people can not afford dry fasting for many reasons, and starvation on water can sustain.

Having a 14-day fasting on water, I successfully went from starvation and began to eat normally. Then he felt the weight of in the kidney area. Besides, before I even knew they were there with me or no. and there is nothing surprising about the last 10 days of fasting I'm just starved for water, and the kidneys had to work hard. But other organs of the body is successfully carried out maintenance work.

When leaving after seven days of dry discomfort not observed. Try it yourself. After the dry fasting body more viable, more quickly restored, the better the results.

Average time of dry fasting can stand it, but it is necessary careful preparation and training.

Talking about the dangers of kidney dry fasting means not to understand processes that occur during fasting. Correct to

would ask, but do not cause a modern drinks and our water from

- Tap water harm the kidneys? kidneys in our body are one of the main organs of selection. And they can be called direct excretory organs - they filter the blood, display excess water, waste materials generated as a result of exchange processes in the cells of the body, unused material, resulting from digestion of food, medicines, etc. All this diluted with water, filtered from the blood plasma. Must remember that almost all the liquid entering the body, gets into our blood stream, goes through a series of transformations in the body (Purified, structured, is heated or cooled), which is spent a lot of energy, and only after that

transformed into the urine. Therefore, the quality of drinking water is very strongly affects our health. But our kidneys - is not a

a separate body, living an independent life, they are part of our body. and it is strong enough

body. To damage the kidney with a dry fasting, it is necessary to try very hard. Their injury - most often a consequence failure of other organs and systems, respectively, and the need to treat the whole body. To cure kidney disease

need to clean up the activity of the organism as a whole. One of the ways to restore lost health - dry starvation. It allows the body to self-correct all violations in its activities. It affects not only at a certain organ or system, and provides recreation impact directly on all organs and systems of our body.

In most renal diseases, dry fasting makes significant positive effect. If under normal medical treatments load on the kidneys does not decrease, but Conversely, increases due to the selection through their products

the collapse of drugs, the fasting load kidney is significantly reduced. So, if in the first days of fasting there are significant changes in urine even in healthy people at the exit from fasting observed persistent normalization of urine. Urine is a sick person comes quickly to normal state - disappears protein, erythrocytes, leukocytes, decreases amount of salts that are bred in the urine. Thus, the treatment glomerulonephritis in order to remove the aggravation, which is usually manifested higher amounts of protein, red blood cells, swelling, need long-term treatment of a variety of drugs. When application of fasting at 3-day 4 the patient decreases edema, normalization of output of fluid. At the exit from starvation of the urine is completely normal in a few days and then remained normal.

Very effectively dry starvation in inflammatory diseases of the kidneys and urinary tract. The effect occurs regardless of the causative agent. Thus, even in the old days dry fasting has been used successfully for treatment of sexually transmitted diseases. When pyelonephritis starvation quickly reduces inflammation, reduces violations urination (frequent or rare, painful), decrease and disappear back pain, lower abdomen, normal analysis urine (disappear leukocytes, increased protein, bacteria and salt).

It must be remembered that the kidneys are very closely related to the liver. Most often, kidney disease - is a consequence of liver failure properly perform its function. Therefore, it is particularly important hold cleaning procedures prior to starvation and diet after.

In most cases, properly conducted dry starvation gives good results in most renal diseases.

#### **Myth Four.**

Fasting - a very great stress to the body.

Throughout a person's life is accompanied by stress.

Stress - a special state body, which is characterized by enhanced "combat readiness" and increased resistance to all without exception damaging environmental factors.

All of our modern life - continuous stress, and how great stress for the organism is an operation, especially for young women, but most importantly - after such stress is the cause disease.

Yes, hunger - a stress for the organism. Just like the cold. But stress is not necessarily mean harm.

It's one thing when people go hungry because he has nothing to and gets a real threat of starvation. under such conditions can be seriously ill two days later. Something similar happens when persons lost or in separate experiments over itself in the form of compliance with trendy diets. It is quite another thing -

dry limotherapy when a person abstains from taking food and water under the supervision of physicians, receive assistance psychological support when he creates comfortable conditions, a large number of treatments.

Very, very important for any form of starvation - the emotional mental attitude and preparation. One must not force yourself otmuchitsya few days without your favorite treats, and positively configure itself, but in this case is guaranteed success. in this If the brain does not recognize the danger and sends hunger signals, does not produce stress hormones. About the third day of fasting begins active hormone serotonin, and with it there is a feeling of inner peace and contentment.

Abstinence from food (though voluntary) is for the living organism stress that mobilizes the body's defenses to overcome difficult situations by using, in the absence of exogenous supply its endogenous reserves. In this case, "according to the law of hierarchy" used (processed), all equally important to ensure

life - the products of inflammation, adipose tissue, etc.

When the body is experiencing physiological stress, ie a natural tension, in addition to other mechanisms of enhanced

More activity of endocrine glands, autonomic alive nervous system. A man unwittingly enters the state increased activity: it is necessary to seek food and water. Changes psychological background, removed the relevance of secondary problems. Triggers the mechanism of biochemical purification: stimulated decomposition of fat, liver glycogen, changes blood composition. An experienced doctor adjusts the process managed stress.

#### **Myth Five.**

Many nutritionists say that fasting is vitamin deficiency, the body does not get the protein in time, in addition to fat uses structural proteins own tissues, primarily muscles.

With regard to avitaminosis, they do not happen when medical starvation.

Belief in the opposite appeared in the study various defective pretentious diets (rice, glasses, Japan, the Kremlin, etc.) in print. But at the same time with the points kefir and other diets criticize, and complete abstinence from food and water (called the zero-diet). It is here that dietitians start talking about the possibility of vitamin deficiency in long-term starvation. And it is assumed as a result of a simple analogy: if, say, a diet with a lack of sufficient minerals micronutrients, vitamins, vitamin deficiency causes, the starvation in order more should lead to it.

However, in reality turns out otherwise. As shown

Numerous studies in limotherapy body does not waste energy on digestion, assimilation, separation. At the same time

significantly reduced the need for minerals, and their cash reserves of the body uses much more economical. Therefore, if avitaminosis and observed very often in mono-diet, when used refined, denatured foods, then fasting they arise.

Renowned American scholar de Vries wrote: "Can much longer to live on water alone, than on water and white flour, simply because the consumption of white flour increases the need for other substances that the body could digest digest and metabolize the meal. "

Our respected nutritionists say: "Not getting the protein into fasting, the body fat in addition to spending structural squirrel's own tissues, primarily muscle.

For acquisitions of evolution, raising the chances of animals survival in the absence of food, domestic food supply concerns.

This high-calorie lipids, dissolved in body fluids liver glycogen and muscle and the specialized cells - fatty tissue. Cells in this tissue, adipocytes, rich in fat and are living energy. during the growth period, when "well-fed life of their the number is increasing. during the period of starvation, they become internal power source. Living cells store - this is excellent solution of the food program! Think about how to try to keep food warm, long, full, and that does not cost much to! during fasting adipocytes not only provide the body with energy. They supply almost all the necessary components for life. have properly hungry there are no diseases of malnutrition. One kilogram adipose tissue is sufficient for 5-day nutrition!

Even people with ideal weight by 25% consist of adipose tissue.

Dry fasting, starvation or absolute (without water) has two very large positive momentum. Lost less muscle tissue relative to fat. During water fasting loss muscle and adipose tissue is almost equal proportions. When dry fasting adipose tissue breaks 3-4 times faster muscle, because fat tissue for more than 90% of water and muscle tissue remained relatively intact. One hundred years ago on the basis of long-depth research academician VV Pashutin found that during fasting of fabric pathological changes. It is the release of the organism from old, sick, dead, weak, flabby, disintegrating cells and tissues is determined by the powerful therapeutic effect in most various diseases. After all, healthy tissue is not only do not suffer, but as it updated, and this effect is called rejuvenation, which is celebrated by all investigators - as ancient, and modern. All the vital organs - heart, CNS, brain, the endocrine glands - in the process of healing starvation, no matter how long it may be, remain

status quo or even significantly improve its function. It is these factors explain such phenomena in limotherapy as the rise of creative abilities of employees intellectuals - writers, musicians, inventors, artists. they have immeasurably enhanced performance, clearer mind, improved quality of thinking: it becomes deeper, significantly expands the range of associations, memory improves long-term and short-term, etc. To criticize the method of fasting, reject it, we must first of all to be competent in this area. The main argument: starvation - it's a natural instinct stuffy nature in living matter that is required to improve it.

#### **Myth of the sixth.**

Our bodies can himself constantly updated, so to use any kind of fasting is not necessary. Yes, our bodies - is a unique biological system, which able to rebuild and renew its own structure, as says on track. We continually build your own body again, adapting to changing external conditions, ie are constant process of adaptation. Studies in recent years have confirmed that the cells and cellular systems have an amazing ability - they can find a worn and pathologically modified biostructures and replace them with new, functionally full. Scientists refer them to the mechanisms of autoregulation - internal self-regulation of the state structures of the body. When I am told that this mechanism works in all conditions - and unhealthy diet, and in a terrible environment, I ever, questions arise. Why do we get sick, old, die if our body can help autoregulation continuously update its own structures? Why are our mechanisms of autoregulation of the cellular composition is not operating at full Power? Why is the system responsible for their constructive self-renewal tissues are damaged, why the effectiveness of their falls? Why reduced adaptability of the body? Why these mechanisms remain untapped in full their capabilities? mainly on this, nobody is responsible. Our organism is oversaturated with poisons of modern civilization as a result of malnutrition and impaired environment, his whole life energy is spent on the removal of these toxins and maintain at would be minimal activity. Modern research show that the accumulation in the body of exo-and endotoxins reduces the possibility of its adaptation and autoregulation even in a healthy state. in such a situation it is not before the upgrade. by modern medical philosophy, we never learn control the forces of self-renewal. But with the help of one of the most natural, natural way - fasting - It is possible. Cleansing the body of toxins stimulates

internal reserves of health improvement and support system self-renewal.

Practice shows that it is in the process of dry therapeutic fasting renewal and rejuvenation of the body significantly amplified. When for some strictly calculated time stop the continuous flow of plastic material an opportunity to more effectively withdraw from the tissues dead cells, recycle obsolete, diseased tissue, clean system and organs of accumulated toxins, toxins.

Fasting can be called a temporary stop of the conveyor to preventive maintenance of the systems and mechanisms that can not be repaired until the pipeline is in a constant movement. in such preventive maintenance is absolutely needed all the machines so they can work effectively for a long time, without disruption. It is an axiom. Axiom can be considered and that the patient's body Rights can not be called a well oiled production.

and obesity for a patient is especially dangerous. But that's the strength of fasting, it was shown in most diseases, arising from poor nutrition and overeating. I accidentally found on the Internet is a very interesting and compelling story of one Girls of rejuvenation and renewal of the body after dry fasting. These fast she did slowly and correctly.

"Any educated person is aware that modern world has been living in stressful conditions, environmental failure on our planet. Air, water, food products, electromagnetic, radiation and other donated civilization harmful effects on the human body has long exceeded the permissible limits. Add to this the lack of basic ability to communicate with nature, due to lack of time, distance from places of rest, lack of money and sometimes their own physical strength. Nothing surprising that life expectancy, especially in metropolitan areas, drastically reduced, although the human the body can easily recover himself. Paradox? For me - Yes. Subject's own potential is always interested me.

Are the same processes of regeneration in places abrasions, cuts, burns, hence, if desired, you can not only save what you were given by nature, but also to return, seemingly lost forever.

A few years ago in my training program involved a girl who organize and conduct the so-called rate Beauty on the basis of dry fasting. Within 4 days of the course offered or lose weight or to strengthen failing health, or simply clean up your body, getting rid of toxins, or a rejuvenating effect. Since the health and weight I everything was in order, the information I had almost missed the past themselves. But the word "rejuvenation" I was hooked, because in fact, if look at the people of the same year of birth, which is not the first, yes

and the second decade meet new spring, then guess the age  
in appearance is not easy. Some people obviously look older than their years, others  
look at his age, but some - younger, and significantly  
younger. I do not take into account the difference obtained by  
plastic surgery. This result is good, but artificial.

How do some manage to keep a youth?

If something new in my life has attracted considerable interest, I try  
quickly pass it through itself to possess information not  
hearsay. in this case I also decided not to think long and took  
the very first invitation to join the group who wish to attend  
4-day hunger strike. Let me explain: dry fasting - fasting is  
without the ingestion of food and water. Frankly, it was scary, because  
there is a belief that a person dies without water on the third day. But here already  
Four days without a single gulp!

Imagine, I liked the process. I will say more: I am so  
imbued with this idea, which became one of the co-host, and six months later,  
when caught all the subtleties, was dry with a 7-day's rest,  
and in the "vow of silence."

What good is fasting? The results are impressive.

In other words - a game worth the candle. What have I got? Firstly,  
this stop my biological clock. There are age passport,  
have a biological age: my biological age is less than  
age of the passport. and if earlier it was only at the level  
sensations, but now, after 6 years, and this is confirmed visually.  
Secondly, I have ceased to be merzlyachkoy and loved to swim  
in the hole (she did not expect from myself). Third, it seemed to me that I  
his former nervous system simply thrown into landfill, and instead  
got a brand new, strong and unwavering. Further, I forgot  
What is chronic fatigue syndrome. Efficiency together  
with the creative activity is simple, go up, and the body,  
to recover after a hard day's work, rather 3-4 hours  
sleep. Such an effect (increased efficiency) I  
lasts 5-6 months after the fasting program of purification, all  
yet thoroughly technocratic society puts pressure on your system  
life. and yet - it's amazing, but I can easily without  
diets to lose 2-3 kilograms of weight if they podnakopit after  
any holidays. This I have done many times. One has only to  
frighten her body: or start a hunger strike, or to the Treaty  
... a good day - two kilograms and was gone, and I do  
its most spectacular dress.

They say that there is no prophet in his own country. I have the same situation  
reversed. My experience in supporting and restoring their own  
health system using dry fasting adopted  
closest to my heart people: my younger sister, mother and husband.  
Each of them put their purpose and, accordingly, received his  
own result. The human body is really easy  
repair itself, but he needs help to remember how it

done. and then in your arsenal will always remain the first personal perpetual motion machine - your own body. "

### **Myth of the seventh.**

Fasting is ineffective for weight loss, during the course of starvation extra pounds quickly go, but just as quickly returned to during the transition to habitual diet.

Of course, what the - the doctors - dietitians are right. The thing that after fasting in the body with the large reconstruction processes. Cells actively absorb nutrients, and if at this time do not limit yourself to eating, your weight quickly reaches the same standards, and is likely to exceed it by several kilos. Therefore, if the goal is only losing weight, but not complete behavioral change that brought you to obesity,

Fasting will not help you, rather it will increase your weight by a few pounds from the original. When I worked at the sanatorium on Lake Baikal, we were visited by Professor YS Nikolaev. Together with our the doctors asked him about the treatment of patients with excessive hunger body weight, he told an interesting story from his experience and even showed slides.

"Once at the entrance to the clinic nurse met me and said: " There you fat men waiting, two brothers and her father arrived. I thought - three overweight. But when I entered the lobby, he saw two young men incredible size but for their very broad backs - small, skinny man.

"Well, well - I thought - means that obesity is not hereditary, not genetically determined. "

But, alas, a third fat man was after all.

"Mother they have very thick, so people freak" - told little man, looking at their elephantine children with some fear.

As it turned out, there was a fourth round one - my grandmother. More should be lost.

T. Brothers were really phenomenal thickness: Senior, 22 years old, weighed 211 pounds, junior, 16 years - 174 kilos.

To weigh them, had to use a granary scales - health would not stand such a load. Both brothers because obesity had a disability group II.

We are engaged in them for long. Spent nine courses of fasting-dietary fractional therapy. as a result of older brother dropped 86 pounds, and junior - 70.

On admission, both were in a depressed state: they had all the growing apathy, lethargy, dullness, headache pain, sometimes appearing spleen. After treatment, all these symptoms disappeared, the young men were hilarious, moving, sociable.

Currently, the brothers observe dietary regimen and not gain weight. In these cases, we apply the so-called

"Fractional" method of fasting-diet therapy: after first fasting (10 - 15 days) begins the restoration of such same duration. Then the second fasting 10 - 30 days and the same duration of recovery, then a third course of holo-Denmark, etc. on up to 10 - 12 of alternations of hunger and nutrition, with a break of 3 - 4 months after 6 - 8 fractional courses. The duration of each course is individual and varies depending on the state health, weight, age and other indicators of the patient. This pendular cycle of fasting allows lower weight body for 80 - 100 pounds!

While reducing weight gain in patients who were treatment, significantly improved cardiovascular activity, Blood pressure drops to normal, shortness of breath disappeared, arrhythmia, heart tones became sonorous. Women restore the correct menstrual cycle, men - potency. patients with mental disorders fully disappeared psychopathology.

Follow-up care for patients up to 15 years showed that in case of compliance with recommended treatment nutrition weight patients stable at the level received as a result of treatment.

Even wet starvation when properly used and compliance all the recommendations gives excellent results, but dry fasting on many orders of magnitude more efficient.

It is known that adipose tissue readily deposited by water, but it difficult lipolysis. Application of the technique of dry hunger has antiexsudorific effect and thereby accelerate lipolysis. For people overweight dry starvation - the most effective way weight loss. This is the best fat burner. Weight after him, although again and increases, but does not return to its previous level. in contrast of numerous tools for losing weight, it does not cost anything and most importantly - is harmless. Transferred more easily than many debilitating starvation diets that do not bring anything, except harm. Nutrition own stocks perfectly balanced.

The body takes from the reserves only that at the moment it needed rather than what he was artificially imposed from the outside. what is the advantage over other methods of fasting, directed to reduce weight:

- During fasting there is a fast and safe loss weight;
- Man is much easier to tolerate starvation, as there is no constant feeling of hunger;
- If weight loss is not observed neither sagged nor flabby skin and tissues.
- Weight loss during fasting is accompanied by a rehabilitation the body and improving overall health (becoming free breathing, increases ease of movement, disappears

constant fatigue, decreased sense of fullness in the abdominal cavity and symptoms of indigestion, lowers blood pressure and total load on the heart).

- Fasting helps fight eating habits. and this, perhaps, its main merit

For the treatment of obesity we are basically a combination starvation,

Dry plus wet fasting, several rates of hunger in a row.

To achieve a stable outcome must be sustainable adhere to certain recommendations: lacto-vegetarian diet, thorough chewing method, weekly handling days, etc. (for details, and treatment of diseases of the head). But even a stable application of dry fasting weekly in combination with diet can work wonders.

A story about how I got rid of excess weight ...

At one time I had very serious problems with being overweight.

I am overweight, sat on various short-term diet, sometimes making some progress, but then again and again gained weight.

But when my weight exceeded 100 kg, I said myself: "Enough!"

I decided to approach the matter sensibly. Day by day I methodically studied Various books on weight loss, considered the most effective diet, consulted with nutritionists. I have gathered a huge number of methods and materials to reduce weight. Many of them clearly did not act - such, I immediately discarded. Constantly sought information on the Internet. How - that reading the information about medical fasting, got on a site about dry fasting. Called Sergei Ivanovich, he advised me four things: a method of careful chewing, fasting days, cleanse the liver and intestine and lacto-vegetarian diet. I became fanatical obstinacy implement all recommendations. Sometimes I called Sergei Ivanovich and consulted. And finally, I went on right track

- My weight started to decline.

And, remembering about my previous experience, this time

My body began to systematically get rid of excess weight is not short term, but forever. It has been five months since the beginning of my systematic work on weight loss, and that the scales have begun to show not 102 kg, as before, and 80. And my body has not been exhausted

"Fast" diets that allow you to quickly lose 10 -

15 kg, but just as fast then dial the same weight. No, I

felt great, there was no hint of danger again

gain the same weight. Less than a year, and I became a completely different man. My friends with whom I had not seen for a long time, and who then met in the street, they did not recognize me! I ascend on top of success! I started my new life ...

But this I was little. Now I knew I could weigh it

as much as I need, I can lose weight almost to each plate. My ultimate goal was a mark of 60 kilograms. Now, when I knew exactly what to do to effectively weight loss, lose 20 more pounds proved to be much easier than ever before. It took another four months, and I reached my goal!

Today my weight - 58 pounds, I could easily support him and I feel wonderful.

Now I live exactly the life that we dream about - life beautiful and confident woman!

### **Myth of the eighth.**

Many people believe that dry fasting can cure any incurable diseases and even cancer, the fourth stage.

Dry fasting is very effective treatment can cure a variety of disease, especially in the initial stages. But even this method has its indications, contraindications, and limit their opportunities.

Particularly well to this method in inflammatory processes.

Short dry fasting can be successfully used not only in the treatment of colds, but also in all when there is inflammation of any internal organ

(And outside too). Dry hunger successfully treats boils on skin, inner ear inflammation, inflammation of the periosteum, with injuries, bruises, fractures, concussions, suppuration, colds, infections.

Starvation can not heal broken bones, but the swelling and inflammation of water scarcity will be held as quickly as possible.

After a concussion should be mandatory preventive dry starvation. After a concussion is a brain edema tissue - from him and all the trouble. The quicker stops swelling, the faster the recovery will come. Prolonged dry

Hunger is very effective in such severe diseases as rheumatoid arthritis, ankylosing spondylitis, arthrosis deformans and many others. It is well absorbed ovarian cysts disappear benign tumors.

The most annoying that this method of appeal, when all modern methods of treatment have been exhausted. During his grasp, as drowning man a straw. The organism is fully poisoned chemistry, hormones and radiation. All natural defenses body completely overwhelmed and paralyzed and the sick person sense of hopelessness is beginning to pass the maximum period of fasting without prior purification and training of the body. That such cases necessarily be serious complications and death outcomes. Me in my practice had to deal with such cases. Yes, I have been cured of cancer cases in the initial stage, but these people took a few courses of dry fasting, left cities to live in nature and completely change your lifestyle, here they have good results. All other patients with an oncologist who

went chemotherapy, radiation, which starve yourself at home, could only prolong life and its quality. All needs to be done on time. Of course, during fasting may die, but not from starvation, but from the fact that our body is overfed to failure scored all sorts of filth, and they begin to move. During fasting may die terminally ill man, but he will die not from starvation, but from his illness. Similarly, he could die after a meal that is so hearty meal after tens of thousands die patients with heart disease. You can die from their own stupidity, if not to observe fasting method (a little bit, but still is there) and, especially when exiting from fasting (if horrible). But what is here then self-starvation? Starvation - that's life! But our stupidity and limited guaranteed to lead us to death.

#### **Myth of the ninth.**

Many people write that during the dry fasting should be done enema of salt water and rinse your mouth with water, it helps passage of dry starvation.

During a total (wet), fasting the body is completely reconstructed on endogenous food, and if it's time to start drink juice, eat an apple, etc., then this unique mechanism completely broken, the same thing happens with dry fasting.

During dry fasting the cells of our bodies begin to develop its own high-quality water from its own internal reserves, and in contact with water in the mouth or intestine, these mechanisms are broken. All of my patients who tried rinse your mouth with water, they say that first becomes so well but then increased dryness several times, and go through starvation virtually impossible. As well as an enema of salt, the effect no purification, but the thirst is provoked, and pass the full dry limotherapy virtually impossible. That swim and pour cold water at the end of fasting is sometimes possible. But if hunger is tolerable and evenly, then it is better not do.

Health - it is work, work - is patience, patience - this suffering, suffering - the cleansing and purification - it's great! "

## **DRY IN MEDICAL Starvation**

### **VARY SM Zabol Wani HI**

Undeniable effectiveness of different types of fasting, but in this chapter, I want to tell you about those diseases in which the most effectively dry starvation.

Disease - this is the way in which nature shows that your body is full of toxic substances and the internal poisons.

Our ancestors hundreds of years eating the same food until rapid technological advances of the twentieth century has not changed content products. Organism because of some half a century to reorganize not able to. Because he does not understand preservatives can be stored for long products, and food additives, that make it more tasty and sold. However, with regard to drugs: they are the active ingredient, relieves, about 10%, the rest - ballast substances that not digested and not wanted by the body somewhere, right to the intercellular substance, postponed. Whether it reacts something to this body? Of course - diseases. Typical disease in Europe is the flu. I too went to the side, if it became describe in detail the multiple causes of influenza. The fact is that nature uses heat to burn garbage that has accumulated in the body, using special secretions or by the formation of the Cathars. Disease called influenza, and a predisposition to it, there are people who eating too much and mostly food that promote formation of toxins, such as meat. Characteristically, the so-called good times, when the European population is well nourished, Pandemic flu is almost stopped, and during the lean years After the war, the disease has completely disappeared. in those years in the country, in which hunger has reached huge proportions and it lasted a very long raged among the weakened population, particularly in winter, various epidemics, whereas influenza has completely disappeared. This because people do not poison themselves with meat and too much quantity of food, and the process of withdrawal of poisons not represent a large problem for the organism. Despite the fact that populations of rare exception, held foggy, rainy, windy autumn and winter with a temperature close to zero, in unheated rooms, influenza was not! Thus, poor nutrition is less harmful than ample! Here's the explanation. The body is intoxicated, authorities struggling to cope with "garbage", the immunity falls - and in the body begin to breed germs and bacteria. Physio-Naturopath Chuprun argues that in this case is not blatantly microorganisms grab our body and the body itself as it "invites" them to itself. For what? To pathogenic microorganisms "ate" our Slags which the body does not know what to do. Then turn on the team, "temperature". and the body begins expel zasidevshihsyu "guests". The immune system throws in the course of secret weapon, such as macrophages. and a night or two body regaining the lost balance. If this process was applied with pills, then they will become additional slag, which are so and settle into not had time to cleanse the body. But people do so from year to year. At the immunity appears drug dependence, it becomes "Lazy", and should be - like a pack of hungry wolves. Hunger, you

help show the nature of the decay products and poisons that have accumulated in your body. It is known to every wild animal: when animals sick, they did not touch the food. Anyone notice that the disease is no appetite. So inherent nature.

The human body is surprisingly long cost small amount of food, switching primarily to food, air and water. On the other hand, the body seems unable to cope with the problem of withdrawal from the body in the normal way too much food, how it would not have tried. If we overeat then neustranyaemye poisons deposited in the body, and the body is forced to cleared by the Cathars and fever.

As a result of dry fasting is an active cleansing organism from its own internal waste - an organism like feeds on itself. Fasting - a universal and comprehensive method, that it has almost nothing to add. During the absolute fasting self-dissolution (autolysis) of dead cells and protein mass increases sharply, and in this case there is no need for assistance microbes and viruses. Therefore, they are removed by the body, which includes the mechanisms of immune protection.

## **Fasting DRY WITH ACUTE Zabol Vania**

First of all, clarify - what is the disease? Let's disease called a special temporary state of the organism, during which organism from a stable state (health) functioning transferred to another (painful), not peculiar to him. Bred disease of the body's balance of effort (and hence life force energy) to return to the home (healthy) state. Acute illness is the point in time when using the activation of vitality, energy losses the body tries to regain its former (healthy) state.

Signs of acute illness (such as temperature rise, lack of appetite, general weakness) indicate:

- The temperature rise - the life force is activated and work on exclusion of causative organism from the beginning as Diaphoresis;
- Lack of appetite - indicates that the economy is vital power by eliminating waste energy on digestion;
- Weakness - indicates that the economy is vital power by eliminating waste energy on the physical and secondary functional activity of the organism.

People recover fully in acute condition in if it has an adequate supply of life force, when he saves her refusal to accept food and keeps quiet. Medication, antipyretic drugs, etc.

This natural process has no place. They, on the contrary, tear it, suppress and harm. The true doctors of antiquity and modernity did All to help facilitate this natural process.

Do not think that fasting should only be used under severe disease that can continue to eat as long as it remains still ability to digest food. Conversely, to skip a few meals at the beginning of the disease is often enough to prevent serious illness. If the functional violations still weak, as indicated by the coated tongue, headache, malaise, and others like them are not important symptoms, short of starvation is sufficient to that the organism eliminated intoxication before the develop serious illness.

If the person at the first signs of disease take a famine in a calm atmosphere, in most cases acute illness has been mild and non-lasting.

State of discomfort for a person less pain less temperature does not rise high, the complications of the disease rare, weight loss is less, duration of illness significantly reduced than that of the same person who continues there is a diseased state.

Only one conclusion - as soon as you have symptoms of acute disease: lack of appetite and fever - once begin to starve, and you will quickly and without complications recover.

#### **Fasting in acute infections (ARI, influenza)**

Fasting during viral infection - it is the most usual and naturally. In fact, acute infection, which manifests itself inflammatory changes of the upper respiratory tract, runny nose, cough, sore throat and fever, a cathartic crises. with his help the body tries to free from excessive power to save overload stress and other negative factors. The effectiveness of dry fasting is extremely high. Any inflammatory disease is 2-3 times faster than conventional, water fasting. All The fact that inflammation can exist without water. Any sore place swells (swells with water). Just enough aquatic environment can breed microorganisms: bacteria and viruses. Water scarcity is extremely damaging to the inflammation. Organism person is able to withstand the 10 - day of water deprivation (low locomotor activity and high temperature). Microbes without water are killed instantly. Oddly enough, the body itself able to synthesize water. Oxygen, it takes from the air and hydrogen from adipose tissue. Therefore, during dry fasting weight loss can reach 3 kg per day, but only at the expense of water.

I must say that the body has also identified water stocks. in only one skin is deposited up to 2 liters of water. There are deposits water in some of the cavities of the body (serous cavities), some internal organs. Somehow, but even with the active motor mode, the body is always last for 5 days. As I have said, effectiveness of treatment using dry fasting is 2-3 times

higher than that of water. OCR can be cured in one day. Influenza in 2-3 days. Pneumonia within 4-5 days. Of course, subjective dry starvation tolerated rather difficult and is accompanied by weakness. However, I have met people who have it during the dry fasting weakness was completely absent, and even appeared mild euphoria. Sometimes we are placed in conditions where time for conventional treatments, and even normal fasting almost left. During flights or journeys with changes in complicated conditions where there is no opportunity even to clean the intestines, can be attempt to dry starvation without bowel cleansing.

Subjectively, a starvation diet will be transported much worse, but anti-inflammatory result will be exactly the same, and since self-treatment because of the high efficiency takes very little time, and the recovery period will also be small.

Short-term therapeutic fasting, as wet and dry can be successfully used not only in the treatment of colds diseases but also in all those cases where there is inflammation any internal organ (and outside too). Starvation with the same successfully treats boils on the skin and liver inflammation (hepatitis) inflammation of the inner ear and periostitis. Regardless the location of the inflammatory effect is always very good.

And how to cure ARI in the shortest time? I really do not know more effective than short-term fasting.

Sometimes, people started fasting, stepping on the plane, being a cold, and descending the ladder is fully healthy. all due to short-term starvation.

Malfunction - is by and large not the most head injury, which brings us cold. on average 25 years of life rob us of nothing but cold. Most frequent complication of influenza is pneumonia, and, as Typically, a secondary bacterial infection. More rarely meets the combined infection (viral and bacterial pneumonia). Primary viral pneumonia - a rare complication characterized by high mortality. It arises in the case if the flu is caused by a virus the highest virulence. At the same time develop fulminant fatal hemorrhagic pneumonia last no longer than 3-4 days. True primary influenza

Pneumonia may occur particularly in patients with chronic heart or lung disease, accompanied by stagnant in the lungs.

Other secondary bacterial infections that often occur after influenza - rhinitis, sinusitis, bronchitis, otitis media. Flu and SARS ranks first in frequency and number of cases in the world, and accounts for 95% of all infectious diseases. Annually in the world ill up to 500 million, 2 million of whom die. registered annually in Russia from 27.3 to 41.2 million cases influenza and other acute respiratory viral infections.

So, you have not had a cold time. Let's be realistic and immediately try to determine their capabilities, as it is in no small depends on the shape of a cold. If this is a simple OCR, then you to cure enough for 1-2 days. If the flu, then the case is serious, less than a 3 - day you do not get off. If, God forbid, inflammation light, I saw only one man who managed with such disease in only 4 days of fasting. There is more than 140 ARI pathogens and only a few viruses (although different strains). How to distinguish acute respiratory flu? ARI usually occurs with a temperature of less than 38 °. This is usually the temperature of the order of 37,5 ° - 37,8. ° C, not more. and lasts for a disease without treatment is not more 2 - weeks. Influenza - something more serious. Influenza is difficult infectious disease. It occurs at temperatures above 38 ° C and lasts much longer than 3 - weeks. The diagnosis of pneumonia you can put a doctor. Already a specific pattern respiratory sounds and murmurs on auscultation (listening to) thorax.

If you suddenly feel unwell, sore throat and nose, then fasting should begin immediately, without delay even for an hour. Viruses - a very tricky matter. Once they had cellular structure, but then during the evolution of acquired structure is simpler than a cell. Virus - it's just a chain of DNA (there are also RNA-containing viruses), surrounded by a shell. So it is much easier to live. The virus allocates special enzymes that dissolve the nasal mucosa, and enters into the mucosa. Penetrated into the mucosa, the virus integrates its DNA into the DNA of the mucous obolochkoi. as a result of the previously normal cell instead of its own DNA begins to synthesize DNA virus (no more, no less!) and as a result dies, and viruses a huge amount of ejected out and invade other cells. Avalanche-like reaction develops very quickly. Therefore, to start treatment should not hesitate even for an hour, rather than something that day. Dead cells secrete biologically active substances or abbreviated as BAS. Together with viral toxins cause BAS inflammation, which loosens the cell membrane and promotes Further more rapid spread of viruses. Following lesion of the nasal cavity, the development of such unpleasant phenomena as a runny nose and sneezing, affected the trachea and bronchi with the development of symptoms such as cough, chest pain, etc. Initially, inflammation is viral in nature, but then in the inflamed tissue begin breed bacteria, which under normal conditions are unable to to parasitism within the body and are therefore called conditionally pathogens, in this case, being a weakened virus tissue, they, like viruses, growing at a rapid livelihoods. Microbial inflammation at some point starts dominate the virus and continues long after the virus has disappeared from the body.

ARI is in the body such severe stress that even after full recovery in the brain remain mikrokrovoizliyania. That's what innocuous at first glance, ARI. An invaluable aid in healing, there will, of course, dry starvation. The combination of fasting with acute infection helps the body more quickly make the necessary cleaning and the rest from the damaging effects of external factors. Best option

- Start fast at the first sign of disease. If you feel even the slightest signs of discomfort, immediately abstain from food and water. Under this option to get rid of disease lacking fasting period 1-3 days. But in practice is few people who could so closely relate to their organism. Therefore more likely to be hungry when deployed manifestations of respiratory infections. and is so short terms is not enough. Have to starve for at least 5-7 days ie, to starvation before the crisis. Better not to overwork, not use water treatments, enemas, do not take drugs drugs. The best option - bed rest with gradual extension with the improvement of health. Sam crisis in acute Infection occurs more quickly - often on the 2-3rd day, but to starve to until symptoms of the disease, or possibly a prolonged flow. The temperature is usually held in the first two days of illness. Instead of antipyretic drugs can be used cold water compresses on the head, trunk vessels (groin area, armpits), wet wraps.

I tried the Internet to find examples of ordinary people who were treated with the flu, acute respiratory disease and their complications dry starvation.

"Over the past 15 years after that my body is not just the disease "Trying to" get sick. and also had a temperature of 40 degrees, weakness, wheezing in the lungs - the same pneumonia, severe lobar pneumonia. But the disease lasted longer 60 days, and only 3-4 days. Because I behaved quite differently.

My wife was in a panic, a doctor after all.

- I tell you! We run! Dozakalyalsya! Now we do injections.

- No shots! - I somehow knew that the reason is not cooling, it just an excuse. No more. The reason for overeating, in the wrong nutrition. There was a feast, and then another holiday cakes with cream cheese, sour cream. Dumplings with cottage cheese, sour cream, pile - another dry wine. Sardines in oil - as the same day! in general mishmash decent. All this is very tasty, but unprofitable, and at my age unacceptable. I'm was a dozen years older than when earned first severe inflammation of the lungs. And ran less than it should be. If I was running miles at 12 to 20, and such mishmash slipped past would painlessly. And here shalish: two or three kilometers per day - a little. Get a disease, remember traveled, learn anew if rusty lessons.

And I get on very strict "no water, no food!".

The wife just does not cry, Mama, too, insists: "Well, at least a cup of tea with raspberry jam! "" No! "" Honey? "" No! "" Well, at least banks or mustard! "" No, no. " To pour cold water, despite heat, lay down on the prepared sheet, soaked in cold water, his wife wraps me in this sheet then dry under which the beds mat made of polyethylene. Top flannel, then a quilt, then featherbed. Lying and trembling all over half an hour, I can not get warm. Then gradually warmed and begin to sweat. and it lasts three or four hours. For me though let the ships, I feel like all bleed afterwards. This pohlesche steam rooms, saunas. Called - healthy wrap.

Two weeks of wraps - and how to hand! Almost all diseases can be reduced eventually lead to the contamination of the body slags, toxins.

Kutani and all kinds of insulation only exacerbate the situation.

I have two or three days I do not drink at night and do wrap. and a gram meal. On the second day the temperature is not 40, and 39. Give her a stick, let burn too much, let the antibodies themselves out there to straighten out with viruses, I will only help, not hinder. eventually in a cold and many other diseases that whatever we do,

Whatever we drugs and drug or ingested, the body heals himself. This Zalmanov talked to him, clearly and unambiguously. We can only impede its work or help. If we refuse

food, the body tends to fight the disease. "If a person walking on their feet, yet fell ill from exhaustion, he always has stock in 40 days of fasting "- so says the expert treatment of starvation

Alex Suvorin who wrote several volumes on Nutrition and starvation. Starved himself many times and long periods of time, up to 63 days. Knew the details of this method. How then can daily fear of abstinence from food?

On the third day of starting to drink water. At the 4-day temperature is normal.

You can gently begin to eat. Beware - it's small portions, very carefully chew each spoonful of food, eat less animal proteins, to avoid a hodge-podge. "

"Again, in May began to swim in a cold shower ... just chill ... then he was on vacation ... and once went to work, catch a cold from AC ... began to cough heavily ... it was August ... in September went to Taganrog, and worked in the Beacons all night in a large cold indoors, 100 meters from the Sea of ??Azov ... very strongly was frozen.

I became ill dorsi ... chill ... and the day went to bathe, and only soaped himself - immediately cut off the hot water, and dokupyvalsy in cold water ... I do after that day was a bad feeling ...

Everything is one to one ... eventually I went on coughing and coughing ... In late September he went to the doctor ... She listened to my lungs and said, I have a wheezing ... I made a parallel X-ray (X-ray showed - an inflammation of the upper parts of the lungs) ... In general, the doctor prescribed I tsefran antibiotic. Appointed a course of treatment - 5 days ... I drank,

and I felt better ... and my doctor she got sick, went to the doctor - was another woman - and she said she does not hear the rattles ... I'm glad ... but a week later began coughing .. Here - here, I felt that I in a trap ... and work a lot and get sick once ... So I began to conduct 3 - day dry hunger ... The first time I spent dry fasting ... I was very pleased ... During fasting - I, as luck would have worked a lot, and even water leaks at entry into the house, and I dug a ditch on the street than the addition itself zastuzhal. In general, after 3 days I felt fine ... and stopped the hunger strike ... Again weeks after 2 was cough ... (Due to kanavokopaniya). Just in case went to the hospital ... The doctor listened to me - and said that no wheezing ... Sent to X-ray. When looked at X-ray - the doctor said - That the image of me as a healthy person ... It inspired me ... and just in case I was directed to TB prophylactic center ... and here's how I seen enough to tubikom patients, the entire hospital, I was shocked ... and this same day, I was really feeling like I got to get better ... I has become a real spitting ... and ended up ... I'm not TB prophylactic center went because there is no need ... CONCLUSION: The lung inflammation is also cured ... Enough for 3 days of dry fasting, and within 2 weeks, all become the norm ... I'm happy ... "

At one time, when I just started to do a dry starvation while fishing on Lake Baikal, I fell through the ice. Frost was a degree thirty, I had to go on the bike about twenty kilometers. After such a bath, I began the hellish pain in the forehead. After the shots, it was clear that I have acute sinusitis. I winced with pain even could not drop his head down, the temperature was 38 degrees. Clearly, appetite that I did not have, but I understand that water - it is always swelling and inflammation, and refused water. After the third day temperature returned to normal, by the fifth day the pain disappeared completely in the forehead, on the sixth day I went out fast. After this my front more does not bother me, but for any flu or ARI, I always spent dry starvation. I have ten years is not sick or flu or cold. Previously, when I was sick once sat on a dry starvation, two or three days, until, until all the symptoms will disease, but usually these deadlines missed. Perhaps the immune system so trained, that if any epidemic, I do not get ill. As well as and my patients, who have passed, the rate of dry fasting do not suffer from colds.

Very effectively dry fasting during exacerbation of peptic stomach and duodenum, chronic pancreatitis, cholecystitis, colitis, etc.

What caused this therapeutic effect?

- Inflammation can not exist without water. Any inflammation place swollen (swollen with water). Only enough water environment can breed microorganisms: bacteria and viruses. Deficit Water is very damaging to the inflammation. It may be recalled that, in current data, the cause of ulcers - infectious.

- Naturally, the biggest holiday during starvation gets gastro-intestinal tract. As they say, no food no problem. No need to allocate the digestive juices do not need to push food for all divisions of the intestine, there is no need to spend enormous amount of energy on dragging, turning, neutralization and elimination of substances that act us with food. Now all the forces can be directed to your own recovery, including the restoration of organs, involved in digestion.
- During fasting there is a normalization and rehabilitation gastric and 12 duodenal ulcer. This is manifested reduction and complete disappearance of pain, nausea, heartburn, vomiting. Scarring occurs fresh ulcers and resorption scarring the walls of the stomach and duodenum 12. As mentioned above, experts from the Institute of Gastroenterology Moscow found that patients as a result of they have 28 days RTD in the stomach, new cells with light protoplasm, which, after completion of the course gradually RTD converted for 20-30 days in additional cells. These cells secrete mucus, a substance designed to protect the stomach from damage. After repeated courses of RTD even gastroenterological stomachs of patients are "tinned", the ability to digest any food.
- Fasting improves the excellent work of the liver. It causes mild cholagogic effect, restores the liver cells. Sick cholelithiasis instinctively resorting to starvation, which removes pain and normalizes liver function and gall bladder. There is a natural cleansing of the liver - removal of waste products, the dissolution of stones.
- Good results were observed in the treatment of such terrible diseases such as acute pancreatitis: "In the clinic it. Spasokukotsky headed by Academician AN Bakulev treated with starvation 275 patients with acute pancreatitis. All of them were discharged in satisfactory condition. Based on this experience made conclusion about the feasibility of using starvation in the treatment of pancreatitis, our method is now widely used in acute and chronic forms of the disease. To get a good therapeutic effect is usually 10-15 days is enough Wet fasting or 4-5 days dry. The basic principle of treatment with pancreatitis - a painful withdrawal syndrome, the elimination of shock collapse, ensuring a functional resting pancreatic gland, the removal of intoxication."
- In starvation there is no single method, under which complete no load on the digestive organs. Therefore, and no wonder he is so effective at various disruptions in the gastrointestinal tract. One can only wonder our ignorance of Medicine,

which, instead of an effective, quick, cheap treatments uses expensive drugs, long-term survey surgery, which not only lead to cure the patient, but also make him chronicle of living inadequate life and forever tied to the services of physicians. Therefore take responsibility for their health into their own hand, begin to starve, and you return a lost appetite excellent and good digestion, regular chair.

In my practice, of course, there were few patients with diabetes diabetes because diabetes is the second type helps good wet starvation. Here, he writes about this one Luminaries fasting Dr. GA Voitovich: "Because diabetes - a disease of the nervous and endocrine nature, treatment dosed fasting, of course, be here to give positive results - that was our conclusion. In addition, we knew from foreign sources, that the doctors in the West, Japan and especially in India have long included diabetes in the number of diseases, shown to the treatment of starvation.

However, in practice, our department, we rarely meet with this disease. Only after the All-Union Symposium on the RTD when doctors from Armenia, Odessa and other places reported on the successful cure even severe forms of diabetes-dose fasting we have become more closely examine the issue. We are particularly interested in the technique, in Yerevan, where patients with severe form of diabetes, with more overweight, with a gangrenous ulcers on the legs were treated quite successfully by several courses RTD for 11 days while maintaining hormonal preparations, but reducing the number of 5-10.

In the first stage we had only a few people, mild diabetic patients who did not use insulin. in treatment dose fasting blood sugar they have decreased, and during the recovery period, it again increased, but did not go far beyond the norm. General condition patients get better: were weakness, itching, thirst, increased appetite disappeared.

One patient initial diabetes completely cured, relapse is not observed here for over 25 years.

Physician G. Sargsyan from the clinic of endocrine diseases in Yerevan spent two-and three-time courses for 10-11 days of fasting for ill. One patient threatened to amputation of the leg in connection with gangrene of the foot. After two courses of 11 days, all diabetic indicators (the sugar in the urine, blood, etc.) have improved dramatically, gangrenous inflammation ceased completely, the need for amputation of his leg has disappeared, the patient was free to go. "

Examples from practice:

"Almost ten years I have suffered duodenal ulcer bulbs intestine. There were sharp pains, especially at night. Sometimes it would even

on the wall to climb. with medication unsuccessfully tried to cure ulcer. I just have not tried. One of my friends come to you the Altai to treat asthma, but it has cured and chronic gastritis.

Without hesitation, immediately went to the Altai. Passed dry fractional starvation. On the third day of the first dry hunger pains are gone.

On the next course of hunger - 7 days - no pain at all anymore disturbed. The output of Sergey Ivanovitch advised poprinimat

Biysk sea buckthorn oil for a month and mummies. Two months did FGS. as a result of two gastrofibroskopicheskikh studies of the stomach revealed that the stomach and 12 duodenal intestine have abnormal scarring, deformities, that before fasting were determined for over 10 years. "

"I have been suffering from a stomach ulcer. In 2005 plague much worsened, the pain was very strong, feces became black. I started drinking medicines, herbs, sea buckthorn oil. Cal has ceased to be black, but pain remained. I was told to do the surgery. in 2006

the advice of friends went to the Altai, SFG was the first dry hunger five days, the second - seven days. After the first hunger pains are gone.

For two years now I feel fine. But try to stick diet and do dry fasting days a week. Thank you for good treatment. "

"... I am sick with chronic colitis in childhood. Me all the time tormented constipation, for - great walking with difficulty, sometimes a chair five times days. in stool was mucus and blood from hemorrhoids. From - for this was bad mood, and even did not want to live. recently my health has deteriorated significantly, the intestine without any enemas stopped working, there were terrible headaches. in 2000 read a book Malakhov, where there were recommendations for treatment.

Cleaning the bowel was in regular enemas with 3-5 quarts water. Also clean the liver, joints and other organs. At first I was easier, and I regularly repeated cleaning as advised Malakhov. But Then she stopped to help, and - more I could walk only after the enema. In September 2004, I found information on the web about dry fasting, called Sergei Ivanovich, and went on Altai. After the first year of the intestine that I normally did not work, but after the second 8 - days fasting, I went the toilet on the second day of release. Now I go regularly. Upon arrival home aggravated hemorrhoids, do hirudotherapy, hunger, and then all gone. She feels fine, just want to live ... "

Once I got a call from the lake, my very good friend fisherman. After a good fishing they are well it noted, a snack Of course fat, Baikal omul and all specialties. Sumptuous reception fat, protein-rich food with the simultaneous use of significant amounts of alcohol lead to enhanced development of pancreas substances (enzymes), which should act on its duct into the intestine and to participate in the digestion

food. If the pancreas is functioning enough then it can get clogged ducts by protein plugs, and enzymes nothing remains as to penetrate the gland tissue, damaging it, causing inflammation. Damages the gland and the alcohol itself, and especially its breakdown product of acetaldehyde, coming to her with blood.

Develops acute alcoholic pancreatitis. His concern intense pain in the upper abdomen, radiating to the back, nausea, vomiting, anorexia, abdominal distension. To the nearest hospital 150 km, but there was a blizzard and it was impossible to pass. I Nothing to do but advise him to dry starvation and cold on the abdomen. Only by the fifth day all the symptoms of the disease disappeared. Exit I advised him to sparse cereals. It has been two , the pancreas does not disturb. For any inflammation is always there is edema, which is the main source of pain, plus Pancreas got a good rest, which is why very effectively in such cases, dry starvation.

## **DRY AT Starvation chronic SKIH Zabol Wani HI**

Chronic illness - it is nothing but a violation of program of self-encoded nature. Consequently, heal the sick - it means to restore the natural process self-regulation body. And it can be done only when the system approach to the process of life support. Assimilating this truth, it is easy understand that the local impact on one or the other authority or subsystem only exacerbates the process of holistic misalignment organism. That is why, in my opinion, a modern classic medicine for all the seeming logic of judgments about the benefits of symptomatic treatment remains on the metaphysical position.

Now try to understand in detail what is chronic disease. If the vital force is not enough to fully the return of the body to its previous (healthy) stable state, the body stabilizes their work in some intermediate state between illness and health. This is intermediate state is called smoldering or chronic disease. A chronic disease characterized by that the pathogenic origin, remains in the body, seeks consolidate and develop it, and the body, in turn, tends back to the original - a healthy state. As in the first, and in the second case, the body must expend the vital force, to adapt to "the world on the brink of war." This leads to that included some compensatory mechanisms and the organism chronically ill person continues to exist in more or tolerably well able to until enough vitality for maintenance. Once the body is not able to serve compensatory mechanisms that constrain the disease occurs new aggravation of the disease and she "wins" his extra living space. Organism, in turn, is struggling with this

formation of new compensatory mechanisms aimed at their service even more vitality.

As a result of redistribution of body vitality disables a number of secondary biological functions for survival of the organism. first off most energetically wasteful function - sexual, reduced overall tone of the body, develop an early age and its attendant disease is sharply reduced life expectancy continue.

Based on the foregoing, the healing work restoration of the body will be phased. By energy-saving tools and techniques will first be restored, Lebanese level of vitality, which will translate the body with a compensatory level to another, until the last - A truly healthy. Moving from one level to the compensatory another will signify acute conditions - Peaking related chronic diseases, which in the end disappear. Anyone can completely get rid of any chronic disease, only by passing through a series of exacerbations these diseases. After each such aggravation you will have to appear before the lost function. Initially appear cheerful, then go away signs of premature aging, then susceptibility becomes sexual function.

We have considered in general that such a chronic disease, but from experience I like the hypothesis of doctors - naturopaths.

One of the causes of many chronic diseases is endogenous intoxication of the body, resulting in violations normal operation of the digestive tract and liver. Common source of toxins - gastro-intestinal tract. Due to either over-eating, or maldigestion food decomposes in the stomach and intestines, and part of the resulting toxins absorbed into the bloodstream. under normal conditions, the liver breaks down these toxins, and gut and the kidneys remove them. But if the functions of these bodies violated, then the toxins enter the blood in such quantities that overload these organs and the body is forced to seek some other way and method getting rid of them.

You wonder why blood from the gastrointestinal tract must first pass through the liver, and only then spread throughout the body? Why not just suck in the blood of food substances are spread throughout the body? And because they are alien the body and immediately cause an allergic reaction. in liver going to "remake" of others in their "own". Only in this case the body can use nutrients. Naturally, the it requires an energy of the body. Therefore, any violations gastrointestinal and liver diseases, even if occurring hidden inevitably to some extent will affect the efficiency barrier function of the gastrointestinal tract. It is clear that these changes will lead to increased delivery of toxins from the gut

thereby enhancing endogenous intoxication. Accordingly, each person has a weak link in the body, so the entire flow endotoxin will rush it there. There and start all pathological processes that cause the disease. Let us examine this with an example atherosclerosis and hypertension.

### **Atherosclerosis - a consequence of patient intestinal**

After 40 years of age-related changes is increasing intestinal reduced barrier function, increased permeability of the wall intestine, and in human blood begins to flow more toxins than ever before.

Against this background, apparently one of the ways to combat the growing endotoxemia body elects the mechanism of deposit toxins. The participants of this deposit can become circulating in the blood of the basic components of biological membranes (lipoproteins).

Lipoproteins are able to carry a variety of fat-soluble toxins to the liver, where S THE Ongoing their "processing" and "disposal". Lipoproteins "capture" and is dissolved in itself Current Sina - so they link them and make safe for the body.

But the amount of toxins that can metabolize the liver, not infinite. When the organic nism appears powerful and permanent hotbed of endotoxemia (and exactly what happens if a violation barrier function of the intestine), liver longer cope with their problems - it just does not have time to process all that needed. due to changes in lipoproteins, "stuffed" toxins that circulate in the blood until they penetrate the artery wall.

It starts with the formation of atherosclerotic plaque. A because to them involved macrophages, we can assume that are toxigenic change their structure. Of course, this still only a hypothesis. Although she already has a pilot confirmation. For example, animal experiments have shown that even two-, three-fold introduction of intestinal bacterial toxins flora into the peritoneum accompanied by the appearance of the arteries sklerozopodobnyh formations. This allows us to somehow understand logic, the biological significance of atherosclerosis. Although still remain huge gaps in understanding the mechanisms development of this disease. Why is deposited in the arterial wall, and the veins never hurts? Why does the body do not increase detoxification process, rather than go through this impasse?

In general, studying certain processes in living organisms, we again and again confronted with the immediate nyatnoy while for us to logic adaptation and adaptation of organs and body systems to order or other circumstances, apparently reaching his or her detriment.

### **Endointoksikatsiya and hypertension**

Not only atherosclerosis, but also hypertension, possibly associated with processes endointoksikatsii. When we spoke with you

the development of atherosclerosis, it was about toxins that may soluble only in fats. However, the image and there in the body and water-soluble endotoxin. Generally, water is the main component of our liquid transport media (plasma, lymph, cerebrospinal fluid, tissue fluid).

Water-soluble endotoxins in the first place will be removed kidney. Indeed, what is easier to transport them here in free or bound form, and after filtration through specialized kidney membranes to remove the urine.

Apparently, so is in a healthy body.

This mechanism of elimination of various endotoxins confirm Clinical observations on recent years. Increasing the number of middle molecules in the urine of patients with mild or moderate endogenous intoxication against various diseases prevents or reduces the processes of their accumulation in the blood. However, it was noted that a significant increase in the number of endotoxins in the blood leads to the fact that the intensity of their excretion by the kidneys in the urine is reduced. Initially, these data cause of some perplexity. Why does the body refuses to from such an effective means of detoxification?

Further experiments and observations have allowed some shed light on the sequence of emerging events.

Permanent or a sharp increase in education in the body various endotoxins leads to their on-accumulation in the structures secretory apparatus of the kidneys. and the authority to toxins, he becomes their target. Toxins have a devastating effect in the kidneys start failures - reduced the intensity of excretion of toxins.

One manifestation of violation of detoxification function of the kidneys, the In our opinion, may be a rise in blood pressure.

We explain the situation.

As a specialized organ of detoxification of the body, kidney structure with an increase in endogenous intoxication intensify the process of trapping the toxins that may be partially collected as a filtration membrane, and accumulate in the epithelium of the tubules.

Membrane filtration kidney is working almost the principle of a simple filter. One of the important conditions for effective of the renal filter is the presence on its surface negative charge. This charge is partly "discouraged" from seepage through the filter of a molecule of blood plasma as carrier negative charge. to these molecules belong to the first relatively low molecular weight blood proteins, such as albumin.

This prevents unnecessary loss of protein organism in the mechanism of formation of urine.

It is interesting that in the normal state of the molecule necessary human blood in the main are presented negatively charged

particles. When a large number of endotoxins-new, especially the average molecular weight substances, which are positive charge, filters, portable radio begins to increase. However, as the number of output toxins positively charged particles are all in larger quantities to meet on the surface of filtration of the membrane, thereby reducing filtration efficiency. Another mechanism for removing toxins through the kidneys is a secretory mechanism based on the active trapping toxins surface cells (Epithelium), kidney tubules and their subsequent transfer of the in flowing through the tubules of ultrafiltrate.

As in the first mechanism of renal elimination pathway of toxins, and in second election at-accumulation of toxins in the cellular structures filtration and renal secretory apparatus inevitably leads to kidney damage. Kidney simply can not cope with their problems - there is a relative renal insufficiency.

The appearance of lesions usually requires serious medical care. Noted that when effective treatment of patients with different pathologies start improvement in their state accompanied by an increase of endotoxin in urine that evidence of rehabilitation detoxification function kidneys.

But what is this blood pressure, you may ask. All The fact that the decrease in efficiency of detoxifying kidneys causes the body to search for additional reserves. After the need to remove the toxins is not reduced, but on the contrary, grows. and then, apparently, include a mechanism to increase the filtration pressure.

Filtration pressure - a pressure difference between intravascular space and the cavity, where the filtered primary urine. Depends on this difference including the level of blood pressure.

Thus, in order to somehow compensate for the renal failure on a background of continuing to endogenous intoxication, the body increases blood pressure.

There is hyper-Purton. If in such cases does not hold diligence, and focus only on basic symptoms, you can put an incorrect diagnosis - hypertension disease. Indeed, increased blood pressure in this case - only a consequence and cause of the other - in an ongoing endogenous intoxication. Lowering blood pressure only vasodilating necessary medication will be address symptoms rather than causes of the disease.

### **Why dry fasting helps in the fight against chronic Disease**

- Naturally, the biggest holiday during starvation gets Gastrointestinal tract. Now all the powers of the body sends to restore

protective and neutralizing the function of liver and gastrointestinal tract.

- Fasting improves the excellent work of the liver. It causes mild cholagogic effect, restores the liver cells.

- The dry fasting the body does not do any water or food.

During dry fasting is replacing the old "dead water" on the water of life, synthesized by the body.

If the body does not enter the food and "dead" heavy water, then in fact our blood does not get many harmful substances, Blood is constantly clean our bodies, that is actually the same composition of the blood will be cleaned several times through filter elements, that is, blood will be almost perfectly net. Consequently, all processes in our body-related with blood, will be performed almost perfectly. Simple as that, therefore, our immune system gets a good holiday.

- As we already know, during the dry fasting is incineration toxins, we can say in his own firing - each cell in the absence of water, runs inside a fusion reaction. This process speeds up the recovery. Reacting increase in body temperature, the organism causes a slowdown microorganisms. Immune system becomes easier to track down and kill all the alien and change.

- When the SG achieved higher concentrations of biologically active substances, hormones, immune cells and immunoglobulins in body fluids. I have repeatedly wrote that any infection is very difficult to adapt to live without water.

- Second acidotic crisis - and autolysis occurs more deadlines. If at the beginning of starvation autolysis tissues was the sole source of nutrition, during the second acidotic crisis autolysis longer performs the function of Natural surgeon.

- Extreme conditions can not stand diseased cells, degenerate, weak. They die and decompose. So way, fasting helps reject unwanted, weak, painful and harmful. The most important feature of starvation in chronic diseases is the rapid elimination of waste, the rapid relieve the body of accumulated toxins - cause disease, and further correct way of life helps to bring energy and health.

Mistakenly assume that one fasting, even for a long, can completely clear the body of accumulated toxins.

Toxins that have accumulated over many years can not be removed immediately a few days or weeks. In chronic diseases required to spend three or more courses of fasting in order to achieve measurable improvements in every case individually. It all depends from the neglect of the process, and more - from the very obstinacy patient in achieving stable therapeutic effect. Binding

condition for such persistence is a repetition of preventive course of starvation every year, and if necessary, and a series of fasting (Fractional) for several consecutive years to achieve final healing. There are many striking examples of how, seemingly doomed to death patients who persevere repeated prolonged courses of fasting, after a few years become healthy individuals.

The most effective dry fasting for cystic tumors in the body. Here, the body operates better any surgeon, and eliminating the cause and effect. When the body does not enter the water, in such circumstances he can not afford to find it pathological fluid formations, whatever, wherever they may be.

Ovarian cyst - the pathological formation of ovarian tissue, consisting of a cavity bounded by a capsule and filled with fluid. depending on the contents of the cysts are divided into: follicular, corpus luteum cyst, mucinous, endometrioidnye, dermoid.

"I always wanted to have children, but doctors have told me that without surgery I can not get pregnant, so it all started. As far as myself remember, always ached colds. Cost freeze little knees or feet, urinary system inflammation instantaneously, and without the antibiotics will not do it. Immunity simply zero. When I was examined by a gynecologist and made Ultrasound, the results were abysmal: the tubes were impassable the entire length of practice, were soldered to the uterus, in right ovary liquid formation with clear smooth contours, homogeneous content. I realized that if nothing changed, and not do for your body, then I'll be for life is barren. Also I had a lot of problems with the gastrointestinal tract.

Gastritis, cholecystitis, chronic colitis (terrible constipation, bowel did not work). I realized that everything in the body is connected, and treat their gynecological problems without treatment, the gastrointestinal tract is meaningless. Began to search for information online, and stumbled upon a site Sergei Ivanovich about dry fasting, I really liked the saying:

"The most effective dry fasting for cystic tumors in the body, here the body operates better any surgeon, and eliminating the cause and effect. " I switched on lacto-vegetarian diet, completely abandoned meat, cleaned the liver, intestines. Then he made a seven-day Wet starvation on Arakelyan, began to train the body to dry starvation at home. First day after week two, week three. Even what I did, gave I huge improvement, I have earned a good gut, ceased to disturb the stomach, there was a lot of energy. But when examination, the gynecologist, my cyst is unchanged. In June I came to the Altai. Went dry fractional fasting, the first

starvation for five days (bore too heavy), the second-nine days (Took a lot easier). On the eighth day I had a huge fever, body pains and was sick underbelly. Sergei Ivanovich told me it is a real classical second acidotic crisis. On morning of the ninth day, I felt a strong relief.

After the arrival of Altai, I immediately became pregnant. In a study on U.S.: ovaries were normal. Of course, I did not tell the doctor that treated Hunger.

Dear Sergey, how are you? I hope that all the procedure and the patients you are not too tired.

And I have good news: I'm pregnant. However, not twins, but it does not matter. For more than four months (ie, I became pregnant almost immediately after returning from the Altai).

My cyst has decreased, but not gone, I hope that after childbirth and breastfeeding will resolve completely. But this is, in general, are not very important. Do not know yet, boy or girl probably know in January.

Thank you again so much for everything! Convey greetings Vale and Andrew, as well as your mom.

Happy New Year to you and Merry Christmas!  
Tatiana.

It is very difficult, of course, our bodies treat that - it separately. Organism - is a unified whole. to us, of course, mostly coming treated girls and women with problems in gynecology. My observing them for many years, a detailed study medical literature, study cases cure patients

limotherapy allow me to draw the following conclusions.

Causes of mastitis, uterine fibromatosis, endometriosis, cysts and other benign diseases are long-term and long-standing chronic diseases in the body, chronic foci of infection and sources of intoxication. Not less than 90% of all cases of such diseases are chronic colitis. As a rule, colitis no cures, but they - the reason disruption in the work of all organs and systems. Somewhat less cause is thyroid problems.

I like the method of fasting so that cures all hunger organism, and most important - and eliminates the cause and effect disease. During fasting the body directs its efforts for a cure on the principle of priority. It heals on its wise laws, contrary to our logic, all the forces of the body directed to the most important organs and functions. I have been many occasions when I come to treat asthma or psoriasis, with these illnesses get better, but women got rid of infertility. Then I realized - childbearing is for the body of one of the most significant, and during starvation (of any), he first tries to restore this paramount feature.

When I wrote this book, accidentally found on the Internet is interesting, amazing story of a girl, proving I was right about the enormous significance of genital function during treatment starvation. I cite this story in full.

"For many years, Ira was dreaming about the children. Went to the doctor and healers, resorted to the procedure of artificial insemination - and to no avail. The absence of the left kidney, polycystic ovarian cancer thyroid: a "bunch" of disease, it seemed, did not leave chance to become a mother ...

When a woman first realizes that may never experience joy of motherhood, she experienced a shock. As a rule, the diagnosis followed years of surveys, analysis and painful experiences. unfortunately, not always, this saga ends with the birth Child. Someone persists in looking for ways to cure, and somebody then takes the baby from the orphanage.

Ira and her husband were ready for such a serious step as adoption. But the desire to go through all the stages of parenthood has been too spicy, so she decided to do everything possible to become pregnant and give birth. A few years walking on doctors not unsuccessful. and then I'll try ... starvation. Result shocked everyone: today, a young mother grows ten-son Philip and his parents dream that a few years in their family will be replenished.

A hopeless diagnosis.

"The first time I got on the operating table in 17 years - recalls Irina. - During a routine medical exam revealed that the left kidney is not viable and should be removed. When opened abdominal cavity, it turned out that in addition to the kidney patient, I a large cyst in the ovary and the inflammatory process that led to the formation of many adhesions in the pelvic area. Cyst was removed, and ultrasound study after surgery revealed

More and double uterus.

Urologists and gynecologists in unison I predicted a big problem with childbirth: enmeshed spikes ovaries hardly release outside the egg, the pipes can be impassable, so and the uterus of this form does not cope with intra-uterine. Not to mention potential load on the kidney ... in general, the continuous obstacles.

Gradually, I put up with this idea: after all, a new body to me no do not give, sickness and disease will not disappear, and hence and hope for motherhood is useless ...

When I met her future husband, frankly warned him that the children I probably will not. He was not afraid: most importantly, that we are together, we can always take the kid from the orphanage. On For five years we have not really thought about it, but then child was my sister. That's when I realized how much I want to become a mother. and decided to do everything possible to my dream realized.

The failure of failure. Deciding to try to become parents, we  
My husband and I came to the family planning clinic. After hearing about  
my numerous diagnoses, I was invited to do IVF  
(IVF), during which

injected sperm into the egg, and formed as a result of embryo  
carefully tended, planted in the uterus.

In preparation for IVF found that I had pathologically  
formed egg. They were too fragile  
and most of them just popped before fertilization.  
with great difficulty was to select healthy cells and their  
fertilize.

Two-implantation embryos have failed: neither one of them  
not stuck. The third time the doctor suggested that I enter into the uterus two  
Donor eggs, mixing them with mine. I understand that if  
Success will be born baby, who is biologically a child of my  
husband and another woman. Kids really like it and I gave her consent.  
However, when mixed and my donor cells, hesitated.

Of course, I would love this child unconditionally. But I think the whole  
Life would like to see someone is actually the baby ... maybe  
be because of my doubts third replanting embryos also did not  
failed. My husband and I decided to stop trying - too hard  
had to wait until the end of the month and end up getting nothing.

I accidentally found ... cancer. Realizing that even such an advanced  
method such as artificial insemination, not in a position to me  
help, I decided to independently take care of your health. There was no  
the special confidence of a successful outcome, but did not want to think  
I'm absolutely hopeless. online read that the state  
female sex hormones directly affect the thyroid  
cancer. I had a slightly lower body temperature - I wrote off  
is at a lower thyroid function and agreed to be surveyed.

in the Diagnostic Centre passed the tests for hormones and enrolled in a  
Ultrasound. The study revealed a small nodule in the left side of the gland,  
which initially did not attach significance. But getting results  
biopsy, I learned that I had ... the first stage of the cancer!

Already four days later I was lying on the operating table. Thyroid  
gland surgeons excised completely, partially remove the lymph nodes,  
affected by metastases. Until now, a mystery to me that it was  
prompted me to examine if thyroid - because such  
Malignant tumors do not give pain and absolutely no  
concerned. It was literally a miracle! The first thing that happened  
in my life, and, fortunately, not the last.

Hunger - the best medicine. When I woke up a bit  
after removal of the thyroid gland, again addressed in one of the clinics  
family planning. I refused IVF because pregnancy  
may trigger the growth of neoplastic processes. No risk  
did not want. I cried and decided not to seek help from doctors.  
Went to healers and healers, hereditary sorceress

on ads from newspapers, contact centers devoted to eastern culture. I was prescribed expensive vitamins and dietary supplements, conducted psycho-correction. Once I saw a TV show dedicated to wellness starvation. Led her doctor Voroshilov, who talked about benefits of food pauses to normalize hormonal levels and as a consequence, the elimination of women's issues. I immediately telephoned and make an appointment.

The doctor promised that I will certainly become a mother soon, because in his practice, pregnancy is even the most hopeless patients, because fasting cleanses the body and harmonization of organs and systems. I recommend refuse food for 5 days in the first month, and then 3 days per month. at a point in the auricles and are responsible for saturation, placed special needles.

Thanks to acupuncture I did not want to have (I even could be present at the feast).

Tests are normal! The first cycle of starvation dalsya uneasy - the body was too intoxicated, I was sick and wanted it all stop. But even then, I firmly decided: Walk all the way to the end, because I've got a great goal! Subsequent cycles I had a very easily and soon regular refusal of food was for me literally a necessity. After the first strike I passed

analysis for hormones. It turned out that after some five days of clearing my hormones completely leveled!

Soon the breast fibroadenoma resorbed, but not from mastitis disappeared. Moreover - in the ovaries were mature full follicles with eggs! I was delighted with what miracles occurring in my body! and the belief that I could get pregnant, strengthened in me even more.

Prayer for motherhood. When I finished the seventh time in fasting, we have at work, organized a trip to Pochaev monastery.

There is the font of St. Anna, an assistant in childbirth.

The water temperature in this font 4 C °. To be glimpsed as at least thrice. When immersed in cold water I had such a sensation as if blood run cold and your heart stops. But I believed that bathing will help me conceive. Returning from trip, went to the ultrasound. It was found in ovarian follicles grown size 18 mm, which was supposed to explode any day, releasing egg! This cell and gave my son life.

In the labor saved by a miracle. Throughout pregnancy, contrary to the predictions professionals, I was flying as if on wings. with my doctor we discussed natural childbirth, until I let slip that was waiting for her baby 6 years. Hearing this, he said: "Only Caesar, I will not take risks."

But I wanted to give birth to yourself!

July 9, I moved the water. When the obstetrician arrived, cervix is ??fully opened - it would seem, before the birth of a son

remained a matter of minutes. From idea to Caesar immediately refused

- No need to.

But not everything went according to plan. in vain attempts I was 4 hours (on average This period takes about 30-40 minutes). The head of the child is displayed, then disappeared. eventually, with full disclosure I still have cesarean.

During the operation, it became clear that I have bicornuate uterus is not as spoke on ultrasound, but with a partition. and this partition "tighten" child back. If I had not been operated on, and stimulated contractions, partition could tear - and opened to obstetrical bleeding. Save in such a situation can be few. That is so second time in my life was literally hanging by a thread, but, fortunately, ended well. Happened to me yet another miracle!

I hope to become a mother again and again. After birth, I quickly recovered. Unfortunately, I was not allowed to breastfeed (Lactation, maternal body too hard). But when I found that breastfeeding can hurt me, not the child, decided - and nursed her son for three months.

My synochku for ten months. Philippe - strong and healthy boy. I am very happy that she decided to go all the way and gave him life. and really hope that I have yet to be children - let even now, several years later. I'm ready to wait! ". All the time I convinced that there is no limit of human capabilities, it will and patience.

Infertility - the inability to conceive a child. medical literature also frequently uses the term "sterile marriage ", implying the absence of pregnancy in women reproductive age in three years of regular sexual

Life without using any contraceptives.

Approximately 25% of women in Russia suffer from infertility. In the West This figure approaches the terrifying figure of the imagination - 44%. It therefore, there is such demand for surrogate mothers, and doors sperm banks are open round the clock - the nation approached the problem which is called does not sterile, and survival.

Modern medicine still can not completely solve this problem. Medical centers are concentrated in the treatment consequences of infertility, when you need to find its cause and work with it. Often, physicians are limited to only attempt to artificial conception and remediation courses, but and such methods are not always effective.

Come to us people who have tried most methods infertility treatment, which offers modern medicine.

### **The main modern infertility**

- Lack of Ovulation: the egg does not have time to ripen, so sperm do not fertilize it.

- Hormonal failure: may be missing not only a qualitative ovulation, and menstruation.

- Untimely menopause: early menopause is rare, mainly of women suffer from congenital underdevelopment ovaries or to their absence.
- Ovarian dysfunction: with ovarian dysfunction is broken hormones in the hypothalamus-pituitary gland. As a consequence egg loses its vitality.
- Polycystic ovary: polycystic ovary is characterized by appearance of cysts, the ovaries increase in half and coated their white envelope. Due to illness violated an exchange of hormones, appear immature follicles, mature cells are absent.
- Problems in the cervical canal: cervical mucus so thick that the sperm get there, dying.
- Erosion of the cervix.
- Damage to or obstruction of the fallopian tubes.
- Scars on the ovaries: may be the result of operations. Scarring hinder the development of follicles and ovulation.
- Unexploded follicle: oocyte remains in the ovary and is not involved in fertilization.
- Endometriosis: a disease disrupts the maturation of the egg its fertilization or attachment of the mature and fertilized cells to the uterine wall.
- Violation of the structure of the uterus: for this reason that the egg can not attach to the endometrium, the inner layer of the uterus. If there are no birth defects, and the absolute sterility then dry limotherapy very effectively removes many causes of infertility.

During dry fasting is:

- Normalization of hormonal levels and eliminate dysfunction ovaries. came to us a woman, she was 42 years old, she passed surgery and chemotherapy for breast cancer, after she had early menopause. She underwent a course of treatment of dry fasting, and She has fully recovered normal monthly cycle. Another came to be treated with uterine she was 46 years old, she took two courses dry starvation. When, after which she returned to the survey to the gynecologist, she told her that her ovaries, as a young girl and she can safely give birth.
- All chronic infectious foci are destroyed, dissolve adhesions, scars disappear erosion occurs restoration of normal vaginal microflora content.
- Normalize the work of the gastrointestinal tract, crashes in which - one of the reasons of pathology of gynecologic Disease
- A huge number of free forms of hormones, flooding the blood during fasting leads to a sharp rise in sexuality. Contrary to popular opinion, hunger is not suppresses sexuality, but instead exacerbates it.

Rarely what a woman suffers an absolute sterility infertility is largely the result and consequence of any diseases.

To many women the ability to get pregnant back together to restore health, and hunger, as they themselves have seen, provides invaluable assistance to it in the destruction results and effects of diseases leading to their infertility.

It may be noted that those women who get pregnant easily, but have abortions because of the inability to inform the child may fully restore health through fasting, to give birth normal children. The disappearance of the toxic state and further improved nutrition allow them to avoid abortions.

I have in my practice have been no cases of habitual abortion, but here he writes about it, Herbert Shelton:

"The most striking case of this kind in my practice occurred to women who have had 28 involuntary abortion-miscarriages. After a 10-day period of fasting and improved and normalized power, she became pregnant and gave birth to the term healthy baby boy. The birth went fine. "

Term starvation in cases of infertility varies the state of women. I recall a case which has occurred with a relatively young woman who was married 10 years and all could not get pregnant, though not applied No relief funds. She suffered greatly during the menstruation every month, laid her in bed, and facilitate pain drugs. Ten-day fasting was enough to put an end to this suffering, and shortly after fasting she became pregnant for the first time and gave birth to a healthy baby boy. Other woman, the weaker and bolevshaya for several years, conducted Several short fasts, before she got pregnant. During its infertility and was 10 years. And Professor YS Nikolaev. emphasized how effectively starving in habitual abortion. Thus, the repeated use of short courses of starvation (3-5 days) allowed women with recurrent abortion, a pregnancy to term and to bring it to normal, safe childbirth.

I was very young couples often ask the same questions.

Helpful if fasting before conceiving a child and whether to starve in during pregnancy?

When I went to Professor YS Nikolaev. to school, he told me telling interesting facts from his own experience. If starvation is a man, it is most often a girl is born, if a woman then the boys. As in nature - if the young leader of the pack, then the law biological expediency he did not have many competitors, and more females are born, if the old leader, he needed a replacement. Why it is very useful to fast prior to conception of the child both parents? Does this improve on the genes? Our modern ecology

and food terrible. The first punishment for it - a lot of diseases and rapidly growing feebleness, passing into deep degeneracy. many tribes have ancient custom - all men before conception children are receiving starvation.

Often latent viral infection is intracellular, substituting nucleic acid in a cell on their own, non-standard, is considerable strain on the genetic apparatus, immune system for the destruction of unconventional protein structures, disrupts the immuno-genetic barrier. Viral infection, penetrating through the placenta, the most commonly affects the structure of the brain brain, respiratory, cardiovascular and urogenital systems virtually impossible to modern drug therapy.

An important aspect that determines the sine qua non development of chronic diseases, is the so-called failure immune barrier. Expressed in this breakdown is mainly the loss of body's ability to fully and timely correction the immune system to destroy all non-standard unusual for this particular person. That is in the human body loses focus on preservation physiological cells and destroy abnormal tissue or improper for him to protein structures. Inadequate and non-redeemable immune response in this case become pathological, harmful to the body. as a result of healthy cells of various organs and systems are destroyed and eventually to premature destruction. at the same time pathological tissue can survive, propagate and prosper. " This chaos in immunogenetic apparatus can be fixed by inheritance, that is transmitted in the form defective genes to future generations of people. Naturally, children or grandchildren of these chronic diseases can be manifested at a younger age and occur most malignant.

Carrying out the same prophylactic course of dry or even just Wet starvation future mother and father in the period before conceiving a child provides reproductive health, birth healthy child and mother's ability to breastfeed Up to 2 years. Dosed fasting qualitatively and quantitatively restores immunogenetic apparatus, strengthens barriers of cells, organs and systems, simply put, remove immunodeficiency state of the body, and revives the depot, improves the function of the hypothalamus (a control panel of the endocrine and nervous systems, directly connected with the work immunogenetic unit), providing long-term health preventive effect on the body. Due to renovation genetic apparatus of cells during starvation formation of new stem cells, and in some organs appear extensions. of removing old, damaged cells and the appearance of New stem tissues and organs of the body become much

younger. Man, as it undergoes major repair, each body, every molecule, every atom of the body become more strong and harmonious.

Pregnancy - is a normal biological process, this process must be accompanied by pain, discomfort and an abnormal condition. Observed that wild animals in this position does not suffer from nausea and vomiting. It is also known that these unpleasant symptoms are unfamiliar to so-called primitive women, but more than half the women of the civilized world suffer from this. in gynecology is a condition called toxicosis pregnant. Toxicosis of pregnancy - mnogosimptomnye state which occur when the processes of adaptation women in pregnancy. At the same time may experience significant changes in metabolism, the functions of the endocrine glands, cardiovascular and other systems, the content of electrolytes, hormones. Predispose to the emergence of various toxicoses disease, carried before pregnancy or during her malnutrition, nervous stress, overwork, lack of sleep. Nausea, morning sickness and vomiting are not naturally during pregnancy. But if they are, in some cases are rapidly disappearing in other, more lengthy, often lead to the artificial termination of pregnancy in order to save the life of the mother. and the reason for all this - still a matter of many disputes. If we understand that the malaise - a condition for pregnant unnatural, it is possible to further conclude that, at the beginning of pregnancy, women absolutely needed to be brought full-order your own body and physiology. Nature has no pets and special relationship to someone else. If a woman suffering from nausea and vomiting during pregnancy, then she itself to provoke them to read his life, laid the foundation her suffering. This suffering is not explained by the fact of pregnancy, and the fact of poisoning her body. in efforts to prolong life, in an effort to reward any new form of life the best qualities of nature tries to give every newborn child health. Nature, therefore, deeply concerned prenatal child's environment and especially its food. Unborn child eats substances supplied to him the body of the mother. and if the blood of pregnant physiologically satisfies the best interests of the embryo, the pregnancy and will proceed calmly and even pleasant. If it is poisoned, something should happen the process for creating best source of nourishment for the embryo. Physiological environment of the child, that is, the mother should be put in order, to the embryo could have clean, healthy and well-balanced conditions during fetal existence.

This means that not only the womb must be acceptable to

Development of a new life, but the whole body of the mother. If there is no general order, then there can be local.

We see the general metabolism of pregnant women accelerates, its glands, dormant until now, wake up to new activity, and if the image of the mother's life in general healthy, the woman's health is improving. Symptoms from which She has long suffered, disappeared, giving way to a good being. Nausea and vomiting are nothing more than part of an overall recovery.

Intoxicated woman is not suitable for the birth of a new life. Toxins, arrested and deposited in her body, are poisons in their composition and must be removed. This requires a radical cleansing process, and it can be implemented a temporary cessation of food intake.

Stomach and the body of poisoned women protesting, they reject the food, the liver increases its excretory function.

Much bile spewed into the stomach and removed through vomiting.

May even develop a physical aversion to food - such requirement of the body to carry out cleaning. If we have once understood that nature does everything for the preparation of a clean and healthy "Home" for the emergence of a new life, we would understand the need help her in these efforts and does not stick to stick in the wheel of life.

Suppression of vomiting with medication does not benefit, and worsens the general condition and extends the period of vomiting and nausea.

Expectant mother, clinging to the false idea of ??the need a large number of good nutritious food, which continues So even if one type, the smell and the thought of food makes her nausea, only strengthens their painful condition

and prolongs the suffering. It has been said that all of these complaints illness and nausea may cause only a few countries,

At first glance, the requirement - to stop eating, because it the only way the process of cleansing the body of accumulated toxins. The ignorant will continue to have, despite the obvious requirement of the body not to eat, but nature will take its, in the end it just throws all the way through vomiting. Whether it's breakfast, lunch or dinner - all undesirable.

Once a pregnant woman feels weak approximation nausea and vomiting, she should immediately voluntarily terminate there. Of course, dry starvation in such cases, the conduct in no way If you can not. It is best done on wet starvation

Arakelyan, preferably for a period of 3-7 days, with taking anti-stress, choleric herbs. It will not hurt her or the baby. Long fasting can be harmful, a few days of abstinence in the early pregnancy (which is especially recommended for women with morning malaise) necessarily pomozhut.

A woman should go to bed and rest in a warm, discarding all fears, and mentally relax. Do not take any medicine.

Experience shows: fasting from 3 to 7 days is enough to cause organism in order and save a woman from nausea and vomiting on rest during pregnancy.

After fasting for several days should eat fruits and raw vegetables, and only then move on to normal nutrition. Under the normal course, I do not mean conventional diet. A pregnant woman is prone to overeating, especially proteins. She really needs a very high-quality protein, but in small quantities. Her biggest need - a fresh non-starchy fruits and vegetables.

In ordinary cases of morning sickness for 3 to 4 days of fasting sufficient to restore normal health, so that later a woman eats without indirect surface.

There is no reason to give up fast in this state and in such cases. Indeed, what will attain a meal with nausea, vomiting and complete lack of desire to eat when the body immediately throws out everything that eats? Starvation here - the only logical path to the well-being.

One of the causes of infertility is endometriosis. now Endometriosis time attached great importance to obstetrician-gynecologists. It is found in almost every third woman and can be cause of such terrible diseases such as infertility.

Endometriosis - one of the most common diseases, where in the wall of the uterus and other internal organs appear cells characteristic of the internal (mucosal) layer of the uterus.

The frequency of endometriosis is increasing year by year. In addition, there is now a rejuvenation of the disease. So, if previously suffered from endometriosis, mostly women after 35 years it is now increasingly common among young women 20 - year age.

Causes of endometriosis. Monthly from the uterus must go endometrium with menstrual discharge. But sometimes menstrual separated parts of the endometrium is not in the direction, which is allotted to him by nature - in the direction of the vagina and the environment, and the fallopian tubes, the ovaries, and sometimes even in other distant organs - the lungs, for example, or in okolopryamokishechnoe or okolopuzyrnoe space. Disease manifests itself for 2-3 days prior to menstruation - feeling cramps, often pain, extending to the perineum, rectum, copious blood. Endometriosis is often a long time practically does not manifest itself, and the woman learns about it only when you visit a gynecologist, a reason to visit is no longer a wanted pregnancy (infertility - the most frequent manifestation of the disease).

What is the cause of endometriosis? There is more than 40 hypotheses origin of the disease, but none of them did not received 100 percent support of scientists and physicians. Authentically

we only know that many women are affected more often than other ones who use intrauterine devices (coils, for example), those who suffered a pelvic operation plan - abortion, dilatation and curettage of the uterine cavity, coagulation cervical erosion, etc. Moreover, any operations on the organs abdomen (appendectomy, for example), pelvis (say, removal of bladder stones) can lead to endometriosis.

Certainly, the disease can cause neurohormonal disorders (diseases of the pituitary, other gormonprodutsiruyuschi bodies), the deterioration of the immune system (as a result the impact of, say, the negative factors - toxic nature of the radioactive exposure, exposure to microwave - field etc.). Some scientists believe that there is also genetic predisposition.

Obviously, once a lot of theories, the real cause of endometriosis and unknown. Therefore, I think it is better to give his healing powers and wisdom of the body, their internal doctor who better than any of professors and academics know how to We heal.

"I want to tell their story - to give hope for recovery those who need it. In 2003 I had the following results research: Ultrasound - diagnosis of pelvic organs. Conclusion: - echo signs of endometriosis uterus, hyperplasia endometrium, endometrial polyp, kistoizmenenny right ovary, adhesions. My girlfriend went to the Altai, with almost the same problems, was dry fasting, and she has excellent results. I immediately telephoned Sergei Ivanovich, and never doubting went to the Altai. Preparing for fasting is ideal, fully switched to raw food, cleaned the intestines, liver, hungry for dry up to three days at home. Took two courses dry starvation, the first five days, the second nine. Hunger bore relatively easy, though, during the second starvation greatly suffered from the sacrum and was very intense heat throughout the body. At the exit of starvation was hirudotherapy and cutting grass Altai. After starvation in two months did an ultrasound. Ultrasonography after treatment: the uterus - Outlines a clear, ehoplotnost normal, homogeneous structure.

The right-wing appendages, ovary - sizes 27-13-12, echostructure normal attitude to spare the uterus, the left epididymis, ovary - Sizes 26-13-11, echostructure normal, the ratio of the uterus free. Echo signs of polyposis, hyperplasia of the endometrium is not found. The doctor said I was healthy. You're not even imagine can, as I was happy! In general, I think, here much of the credit it is fast.

As I wrote, dry fasting is particularly effective when cystic neoplasms, wherever they are.

Patient M., age 35 years, ultrasound of thyroid gland. Conclusion: in the left lobe cyst the size of 1,5 mm in the middle lobe.

Went dry fasting for eight days. Downstream - hirudotherapy, herbal medicine, two months later did the control Ultrasound. Conclusion Ultrasound: A cyst in the left lobe is not lotsiruetsya.

**Benign tumors. Main curative factor in treatment of benign tumors in dry starvation are three mechanisms.**

- In hard extreme conditions without food and water to survive only the most healthy, strong cells and tissues with a perfect mechanism for adaptation. It is clear that any pathological structure of the mechanisms of adaptation to harsh conditions than perfect, and several orders of magnitude weaker.

- Destruction of the pathological rather than healthy cells when therapeutic dry fasting is also associated with release limfoepitelialnyh cells of the digestive tract.

Several days refusing to take food and water creates the conditions for removal with advanced gastrointestinal positions are very powerful Army B-lymphocytes. They pulled together from all lymph collectors, and sites of the extended digestive track. But especially a lot of them come from the small intestine. Passed over the reserve army of B-lymphocytes used for its intended purpose. They kill and suppress all the pathological tissue and cells. The immune system gets stronger in a few times.

- One of the main mechanisms for the dispersal of benign tumors - is autolysis (samoperevarivanie). I have already described in chapter "Therapeutic mechanisms", this remarkable process. I will try once more briefly and simply tell them about it. When I describe about the mechanism for their patients, I give the simplest and a vivid example of nature, an ordinary bow. Normal Onion contains within itself a new plant, surrounded by food, sufficient to survive a period of rest, during which he does not take food from the soil and air. Onions can grow in a bucket or bag, where it is stored. It produces seeds, and soon almost all of the onion turns into green shoots. Itself onion gradually becomes soft, and, finally, it is simply shell, as the growing plant digests escape and uses the contents of the bulb. That is old is used to growth of the new. Take an ordinary boil, perhaps, each of we are faced with this disease. First, we see swelling, redness, but time passes and with the help of enzymes and cells immune system boil disappears. So it is with benign tumors of the dry fasting, during passing the second acidotic crisis. Here autolysis works as a natural surgeon. Neither the operation does not eliminate the causes of disease, starvation and the eliminates the cause and effect. Uterine fibroids - a tumor entity that is formed out of the muscle layer of the uterus. Common in women aged 30 years. There is some evidence of increasing the number

patients and rejuvenation of uterine fibroids.

Among the main causes of uterine fibroids - dishormonal disorders, abortion, family history, bad ecology, adenomyosis. In addition, great importance in the development of this disease play an inflammatory disease of the sexual sphere of different genesis, the use of IUDs, obstructed labor.

Uterine myoma - a benign process, which usually develops in the muscle layer of the uterus. According to statistics, More than 28% of women suffer from this disease.

I found the Internet an interesting story about a woman who alone was dry lasted ten fasting on method LA Shchennikova. and got very good results.

"I am 57 years old. Injected at two to three papers, plus a house. Life - Continuous stress. The moment came when I was physically, and emotionally fall apart. The question arose: how fast "rise from the ruins, and most importantly - without material cost. Acquired brochure describing the method of dry abstinence. Took leave and 11 days spent in complete abstinence from any food or liquids.

The result exceeded all my expectations! Healed of all ills, gone stones from the gallbladder, the sand from the kidney, uterine fibroids disappeared cancer, improved eyesight. I am born again, younger age at

15. Since that approval, they say, if without food a person can live month, then no water will not last, and five days - nonsense! During the dry fast, without taking a single drop of liquid through the mouth, the body receives moisture through breathing and skin. I walked at night from 3-4 am when the dew falls, the hour for 2-3 barefoot in the dewy grass. Now preparing for the new achievement - I want to spend without liquid 21 day, and then, like the biblical prophets - and 40 days. "

Olga. Kislovodsk.

Of course, such starvation is very risky to go independently and at home, I still advocate of a more soft gradual, coaching fasting.

A woman called me from Yekaterinburg, she said to me: "I was diagnosed: a precancerous condition dysplasia cervix, uterus. Can you help me, I am very afraid do the operation. I advised her to prepare well as I have written on the site, and to come. In June, she came to us in Altai.

Dry starvation she endured a very difficult, since the growth of 148 cm and weighed 98 kg. The most important thing - she did not clean the liver, so her best friend, a doctor told her that the cleaning of the liver total stupid and very harmful to the liver. The first course of fasting was only 4 days, the output had to make her colon hydrotherapy (Monitor purgation), a second famine occurred 10 days

Of course, it's easier the first, but too hard. Of course, helped to pass hunger her powerful mental attitude and a desire to be cured.

At the exit from starvation, I advised her to drink anticancer Altai grass and do dry fasting days twice a week.

Two months later she called me and said: "I again felt heaviness in the abdomen, once appeared a negative thought, I wonder hungry and I have nothing passed. " I advised her to do an ultrasound. She dared and went to the ultrasound, the conclusion - dysplasia and uterine no. Most interestingly, her weight was 72 kg, and she disappeared tinnitus and heel spurs.

I think most of it helped that she was making

Dry fasting days and has been on a vegetarian diet. I had many cases where during the famine did not pass a lipoma, but later two - three months after fasting in observance of the recommendations they reabsorbed.

### **Disease of the breast**

Breast disease - a benign breast tissue changes cancer in women. Breast occurs in women of all ages, but most often it affects women between the ages of 25 to 45 years. By Statistics show that, 60-80% of women.

### **Causes of mastitis**

The main cause of mastitis in violations in the hormonal system of women. Under normal functioning of the female body monthly hormonal changes lead to cyclical changes in the dairy glands. Violations in the hormonal cycle may cause to the emergence of mastitis. Risk factors, whose presence increases the likelihood of mastitis:

inflammation of the uterus, transferred the patient; hereditary factor - the presence of breast diseases with relatives on the maternal side; thyroid disease; liver and gall bladder; diabetes, obesity, cardiovascular disorders; lack of iodine in the body; stress, depression, irregular sexual life; abortion trauma of breast cancer, alcohol, smoking, radiation; absence or late first pregnancy, short period breastfeeding; early onset of menstruation, and later their termination.

Of all types of benign tumors (except for cystic formations), breast is best is curable.

First chest very quickly involved in the process of starvation, on average, it loses weight by 10-15 grams daily. Second, the tumor You can always palpate and find out whether it has disappeared. thirdly, to tumor can always just put the leeches on the exit from the famine that gives a huge potentiating effect. in the saliva of leeches contains enzymes that can dissolve the protective capsule of the tumor that facilitates the work of the immune system but a leech can act in two ways: they enhance the normal immune system, and the weak can suppress even stronger, that could trigger tumor growth.

During the famine immunity always increases, and the tumor in such conditions will never be able to grow, it turns out that girudoterapija enhances the therapeutic effect, duration of fasting when combined girudoterapii with much shorter.

"I have always treated these worm (leeches), disgust and distrust, and when, after eight days of dry fasting, Output Sergei gave me on my tumor (I nodal mastopathy: 42 X 32) leeches, I reacted to this skeptical. But the next day I came out a lot of mucous thick blood clots. On the chest remained small purple triangular scar, which then passed. But the most pleasant I was waiting ahead when, after survey, I have not found mastopathy. Now I love them very much and twice a year doing obscheozdoravlivayuschie prevention courses.

Many, of course, will wonder why I have so much in the chapter devoted attention to gynecological problems. First, in recent time for us a lot of young girls coming from a very serious gynecological patients who want to give birth to healthy children.

Secondly, at the time, when I just started to carry out dry starvation, a woman came to us from Surgut, she had adhesive disease. in twenty years it has been found an ovarian cyst, she spayed, but due to the complications she had to remove uterus and the second ovary. as a result of this operation, it remained at life barren and has not developed a personal life, and now because of adhesions from her very badly operates intestine. She said to me: "Why about you I have learned only through third parties, why do not you give truthful information about dry fasting, because so many now ill young girls and many of them repeat my story. People should have the information that they have always had a choice. "

In the third place. Very often in his letters to women are asked how also helps medical starvation, due to what mechanisms?

Fourth, the instinct of motherhood, I think one of the most sacred in nature, and if a man can have a great desire and attitude then why not help this natural way with the help of their Hidden vast opportunities that are revealed during starvation.

### **Prostatitis and prostate adenoma**

Prostate adenoma. The term "benign prostatic hyperplasia" means that in the prostate formed a small nodule (or nodules) that grows and gradually compresses the urethra. If urethra does not pass through the prostate gland, the disease generally does not manifest like. And so as in patients with BPH men disturbed urination, it is and is the main manifestation of the disease. BPH has a benign growth that is does not give metastases (not

spreads to other organs). This fundamental difference adenoma of prostate cancer.

According to statistics, every second man over 50 years of appeals a doctor about prostate adenoma. It is believed that the disease eventually develops in 85% of men. These figures confirm the fact that prostate adenoma - the most common urologic diseases.

What happens to the prostate gland in the development of its adenomas?

### **Causes of disease**

Causes of prostate adenoma today day is not fully understood. It is believed that prostate adenoma Cancer is a manifestation of male menopause. So way sick BPH risk profile of each elderly man. Found no significant correlation between the occurrence of adenoma of the prostate and sexual activity, sexual orientation, use of tobacco and alcohol, migrated inflammatory and sexually transmitted diseases genital mutilation. Prostatitis - an inflammation of the prostate (prostate).

Chronic prostatitis is the most common urological disease in men younger than 50 years and the third frequency of urological diagnosis in men older than 50 years (after benign prostatic hyperplasia and prostate cancer), accounting for 8% outpatient visits to the urologist. The frequency of prostatitis increases with age and reaches 30-73%. Impact of the disease the quality of life comparable with myocardial infarction, angina pectoris, Crohn's disease, which causes also a significant psychological and social problems in patients with prostatitis men of working age.

The development of prostatitis is associated with the penetration of infection sexually transmitted diseases, aided by anatomic location of the prostate (prostate cancer). Pathogens infectious form of prostatitis are bacteria, viruses, Mycoplasma, Ureaplasma, Chlamydia, Trichomonas, fungus. Infection, mainly transmitted infections from urinary bladder, urethra, rectum, through the blood and lymphatic vessels pelvis get into the prostate gland (prostatitis). Prostatitis may be non-infectious nature.

Prostatitis is an acute or chronic. Chronic considered One of the most common inflammatory urinary tract: prostatitis affects about 73% of men. I had a lot of men with chronic prostatitis and BPH prostate. Of course, someone completely cured their disease, others it reached only improve. The most important thing in this disease should be take several courses of dry fasting, making weekly waterless dry hunger strike, once a year prophylactic course starvation and comply with all the doctor's recommendations. To my great 201

Unfortunately, not everyone wants it, this explains the return recurrence of disease after the famine. It is very hard to help those men, who have been the most powerful antibiotics. Here is obtained paradoxical situation - an infection only trains, survive only the strongest bacteria, and immunity decreases, cell immune system fail to fulfill their direct duties, Why fight the infection, if for you it is someone who does.

Of course, in such cases can be helped only a few rates of starvation. The first hunger cleanses the body, and above all of antibiotics raises the immunity. The second hunger begins treated well, and the third - trailing. I would like to tell you about most interesting cases of cure of prostatitis and adenoma of its practice.

When I worked in Tyumen, in which only began to apply the methodology dry starvation me to the consultation came a man of about fifty. he had chronic prostatitis, prostate adenoma and viral hepatitis with (he was entered at the time of infection dental procedures). Of course, he mainly wanted to get rid of the adenoma. He was very strong-willed and stubborn. Dry starvation endured very well, every day, walked the 5 km forest. Passed two courses of SG to 7 days. Most interestingly, he not only got rid of the adenoma, but also to cure hepatitis C. This was the only case in my practice, when such a serious disease has been cured in such a short period. I think a big role in this played, it's that he was involved in sports, quarterly, brushed liver did fasting days and never took medication therapy. But most importantly - he recently became infected with hepatitis and the virus had not yet started their destructive activities.

Every year he comes to us in Altai, makes semerochku dry hunger. When a medical examination at work, he was the healthiest of their peers.

I always tell my patients that dry fasting is ideally treats the initial stages of any disease.

The second case. This was a young athletic guy (CCM Judo), he already had seven years' seniority "prostatitis violation of the potency, frequent pain, especially after eating alcohol and cold, with aching pain in the lumbar spine, in the joints, which appeared to have allergy to antibiotics, which it regularly "stuff" and ... with lost hope.

been lost, because all these years was observed in many ways, number of recommended specialists and drank all rely tablets and getting different procedures, tried to be treated by the healers psychics, as well as acupuncture and so on and so forth. and all were treated his prostate, but no one was treating the cause, the organism as a whole. When This urologists somehow not interested in the problems with the gastrointestinal intestinal tract, periodontal disease and progressive loss of hair.

The usual approach is all co-morbidities, and

They have other doctors. with the same point system associated  
Disease does not exist, this is only partial external investigation  
underlying systemic disorders in the body. 16 years he never missed  
single girls and never protect themselves, earning a whole bunch of  
sexually transmitted diseases. My friend has a doctor on the ultrasound said that  
it is very rarely seen such a horrible, ugly prostate  
iron at such a young age, she was covered in spikes and  
calcifications. Passed three courses SG, two of seven and one nine. When  
we went with him to do ultrasound, I would probably worry more than he.  
When he came into office, then after a while called me

Doctor: "Look, Sergei, I was first in my life I see  
resorbed to such spikes. Now this guy has already had two children,  
once a year, making seven-day IG for prevention.

I phoned a man from Krasnoyarsk, asked to know, you can  
Does help with fat hepatosis, I asked the age, he replied  
- 67 years. I have been in the practice of such cases, I told him to  
He was well prepared and came. When he came to us at  
Altai, it appeared that he had not only hepatosis, but chronic  
prostatitis and prostate adenoma, he told me: "I believe that  
These problems have every man in my age, they all  
still incurable, that talk about it. " Yet it turned out that  
younger than his wife of twenty years. He took two courses of fasting  
relatively normal. Generally, the older the person, the  
better he is fasting, probably for the entire life of the organism  
trains to all, and, of course, the purification process during the  
starvation are not as strong as a young body.

Exactly two months later he called me, said he did ultrasound  
Liver fine. A month later I was on a business trip  
in Ekaterinburg, he invited me to visit. When we sat  
at the table, he called me on the balcony, put his arm around on - a friendly,  
and said: "Thanks for all the potency, Sergei I  
Now, as the young. " I have always been convinced that one of the great  
the benefits and advantages of fasting is a natural  
extension of the quality of life, no Viagra here even hold a candle  
no good.

Pursuing the treatment of prostatitis, I discovered for myself interesting  
phenomenon after the passage of the dry fraction of starvation;  
the body is completely freed from pathogenic microorganisms,  
but if the spouse is a gynecological problems  
with infection, during sexual intercourse with the spouse can get  
and will aggravation, which will take place gradually. It turns out that  
together with living people, even in the family, there is a constant exchange  
microflora, it is they have done overall. And, if one family member,  
left for some time, changing conditions, partially freed  
from pathogenic organisms, then at his new appearance in the family is  
new infection. Next immunity prevails, and all normal.

The body, neutralizing the bacteria, lives with them in partnership,

strangling them. This phenomenon should know. But ideally, a better place limotherapy together.

The second interesting phenomenon - that limotherapy except tonic effect of bringing positive changes in the sexual sphere, both men and women have.

In men, increased sex drive in the opposite sex, better erection, a qualitative change of the seed fluid. No wonder many people, a man before conception took place course of starvation for a strong and healthy offspring.

In women, increased desire, intensifies sensitivity erogenous zones (and often identifies new ones), faster growing excitation at caresses, hasten the onset of orgasm. Except addition, the course of starvation, many women saw the emergence of the first orgasm of life. Possible normalization of the impaired menstrual cycle, the disappearance of menopausal symptoms, improving fertility and conception.

These changes are primarily associated with health the influence of fasting on all organs and systems. After all, our sexual health depends on the overall state of the organism, and any deterioration in the genital area associated primarily with disabilities in its activities. During fasting is cleansing of all organs and systems, improving nutrition of every cell, biosynthesis moves to a new level. Improves activity of the endocrine glands, hormonal changes background rights. Rejuvenation occurs. More experiments SA Arakelyan showed an improvement of reproductive function in animals during dosed fasting. The same changes occur in humans.

Fasting brings your body to the state of a young man a distinguishing feature of youth as a time and is strongly sexual attraction to the opposite sex. Here's how to describe GP Malakhov. In his book "Fasting and Health enhancement of potency and energy after the passage of semi-starvation.

I starved dry summer. Water did not drink at all, and took baths regularly. with each passing day it became harder and harder. I was lying half asleep - and suddenly I was inside the flash. Not enough, I think, okay, and suddenly I heard a voice: "Do you want stronger try it? "I thoughts turn to the voice:" Come for the whole coil. Once I thought within me a whole shied lightning. If I did not lie, you probably would have knocked off his feet.

By the end of hunger dreaming. Comes up to me an elderly man and says: "Why do you suffer?" Take my body turns it inside out and hangs on a rope. I see with my body stream flows Variable cloudiness. After that I started out of hunger.

The effect of this hunger was overwhelming. Energy beat fountain. within six months the women were from me no mind. I was enough to put a hand on her stomach, so they were good, not to say nothing of the rest. Then it all disappeared.

## **Bronchopulmonary diseases**

Bronchial asthma - a disease in which the narrowed airways the way as increased sensitivity to some factors cause their inflammation, reversible airway constriction. The disease is becoming more common. from 1982 to 1992 year, the number of patients with asthma increased by 42%, mortality - by 35%. Disease is more difficult, increasingly requires hospitalization. Bronchial asthma affects about 10 million Americans. in Russia, the incidence of asthma also increases and amounts to not less than 5-6% of the adult population. However, despite the touted achievements and intensive research, today suffers from asthma More people than ever before. Over 20 years (from 1975 to 1995 year) the number of deaths from asthma among blacks United States increased almost threefold, from 1.5 to more 4 per 100,000 deaths. Mortality from asthma among whites and Asians in the same period has doubled. in a special report, dated 23 February 1998, the newspaper New York Daily News stressed that asthma affects 500,000 people in New York and called the disease "silent killer". In bronchial asthma, the airways narrow in response to the impact of factors that the respiratory tract of healthy people not affected. Narrowing can be caused by pollen, mites house dust, animal dander, smoke, cold air and physical activity. During an attack of bronchial smooth muscle spazmiruyutsya and tissues lining the airways swell due to inflammation and produce excessive amounts of mucus. The diameter of the airways is decreased (a condition is called bronchospasm), and a person needs more effort to inhale and exhale. Some cells in the respiratory tract, especially the so-called mast cells play a direct role in the development restrictions respiratory tract. Mast cells secrete histamine bronchial and leukotrienes - substances that cause contraction of smooth muscles, increased mucus production and migration of some species leukocytes. Mast cells can produce these substances, response to foreign agents (allergens) such as pollen, house dust mites or animal fur. However, bronchial Asthma occurs in a rather severe form, many people do not allergies. When a patient with asthma performs the physical work or inhale cold air, it appears similar reaction. Stress and anxiety can also provoke mast cells release histamine and leukotrienes. Eosinophils - a different type of cells that appear in the airways people with asthma - also secrete substances that including leukotrienes and others contributing to narrowing respiratory tract.

Most of the effective action of fasting I have encountered in treating patients with asthma when he worked at the resort "Goryachinsk" Lake Baikal. Back when I was on the study with Professor YS Nikolayev, he said to me: to begin treatment with bronchial Asthma, the most important - not hormone-dependent, and rack up experience, and good treatment results you see.

To me at the reception came to a mother and daughter. My daughter was very thin, stooped, looked about eleven, when in fact it was fourteen years old, she has continuously kept in the hands of an inhaler. Of course, by this time I've had enough

patients with asthma, but these young and skinny I was not there, and I certainly doubt in his heart, to take or not take. But when the mother in tears she told the story: "My daughter went a disco in the school with her friends, and there she had a stroke asthma. I am on this day for some reason could not find a place for the soul as it was restless and anxious, and I'm off work and run home. When I opened the apartment, she saw her little girl hanging on the clothesline. Thank God everything worked out and were rescued. "

When I asked the girl why she did it, she told me: "And Why me such a life, because I'm even afraid to leave the apartment. "

The mother said to me: "As soon as we heard that we had to resort "Goryachinsk" treat asthma starvation, we will not hesitate to come to you. " Of course, hearing this story, I could not refuse.

The girl was very strong-willed and patient, in general, I noticed that almost all patients with asthma are very strong-willed and have a great desire to recover, perhaps the disease itself, and attacks of breathlessness, give the impression of death, have an impact on

traits of their character. Took her first wet famine 14 days weight after fasting was 36 kg and I decided to remove it from the starvation. After the first fasting, it is not completely abandoned inhaler, but asthma attacks were much less frequent and lighter.

She consistently made fasting days and a year later came back to starvation. After the second year of starvation, it is completely healed from asthma, she had gone all gynecological problems, she scored normal weight, she had two children. I met with her on

All-Russian Conference on fasting passing in Ulan-Ude. I did not recognize her at first - in front of me was pretty, feminine girl. When I asked her how things were going, she told me that had forgotten what asthma.

My friend the patient told me that with me to the consultation wants to come to his friend with asthma. Came to me

"Grandfather" in their 1964 look almost 80 years - twisted, hunched, tortured by severe attacks of breathlessness. But how Once they have passed it, panting and gasping, began glibly talk about her illness: "He attacks it with me, damn.

Especially in spring when the work is necessary, - the gardener because I'm a she begins to strangle me, so right in the garden and valyus. For more than

35 years of torment. True, must die. No matter how much treated me - nothing helps. " Most importantly, it is time for never taking hormones. Hence, the chances he has, I thought to myself. I told him about our method of treatment and how to prepare. Exactly a month later he came to us in Altai. Most interestingly, that during training (he was sitting on a vegetarian diet and cleaning liver), he lost 10 kg. Previously, he ate meat three times a day, and when declined it, he was very much to decrease the weight. Dry hunger he very well tolerated, even at 4-day dropped the inhaler. Of course, We in the Altai Mountains unique therapeutic microclimate, which is very greatly enhances the effect of fasting. Every day he walked for five kilometers (first passed this distance in the last twenty years), admiring our nature. Every morning he would get up early and walked through the dew. The second hunger he was 9 days. When he left, We somehow found his inhaler, which lay behind the couch. But I feared most of all - come now in its polluting city, and asthma will be back. Exactly one year later, we met with him, he said to me at the meeting came to a complete package of inhalers out of habit and received in a pharmacy. "There must be at the flea market go and sell "- he said in jest.

Late one evening I called my patient's constant, who said that her brother found an abscess in the lung and was offered operation. Lung abscess - a purulent fusion of the lung tissue, demarcated capsule from the surrounding tissue. The reason for his is the microbial flora, most staph. Given the powerful anti-inflammatory effect of SG and that the body can not at this time afford the presence of any abnormal fluid

I agreed to do it. He immediately took nine days, a relatively easily, with such intoxication he did not want to eat. and that surprised me was that all the nine days he quietly read a book Although almost all patients say that there is no desire read books and watch TV. After the fifth day of the SG in his left low-grade fever and symptoms of intoxication. When he came home and took x-rays, and then went to the reception to the surgeon, he carefully studied the picture and said: "What a fool You sent for surgery, you have a light there is nothing. "

Recently, we have to come from the former Soviet Union. Came from Moldavia, Belarus and Ukraine. I phoned a man with an Oriental accent from Azerbaijan. He told me an interesting story. Ill with bronchial asthma for 8 years. Accidentally found my site went completely on the vegetarian diet, cleaned the liver and intestines and gradually at home has reached five days of dry fasting. Told me, as he threw an inhaler after fasting: "After the dry fasting I felt much better, but I intuitively feel that pulls me to him is purely psychological. I was thinking all night and decided - I now know what to do, dry hunger now I do not care

help, all I have to tomorrow's more to it not touch or  
I'm no longer a peasant. Sausages me five days, cool, scrap,  
bronchi are compressed, but I said to myself - and if I do not inhaler  
or was I lost it, is somewhere in the woods. All this, of course,  
really helped me, and then every day became  
it gets easier and easier. " He came to us without using an inhaler, but  
with a great desire to recover fully. Hunger, he held  
on the east rested. After the last of the nine dry  
fasting, I said to him: "Enough shlangovat, it's time the young cells  
accustomed to the cold. Now every day you have to swim in our  
icy pond. Our pond - it's just staged a dam on a mountain  
rivulet, water ledyanuschaya. For eight years this man was afraid of drafts  
and during that time had never bathed. He is probably tuned minutes  
thirty, but then plunged to the runway. You should have seen his eyes full of  
joy and happiness. Now every day he went swimming several times  
per day. About inhaler he did forget, and most interestingly, he  
fully recovered sense of smell, which was not within  
five years. Going to come to us after a year on prevention.

Why limotherapy effective in the treatment of  
respiratory pathology?

Asthma attack - a toxic storm that

occurs when the mechanism of selection is no longer corresponds to the  
entrusted to him the burden.

- The liver is one of the problem of patients  
bronchial asthma. When we put in front of starving leeches  
on the liver area, I never saw that blood was good  
quality. All patients who were cleaning the liver to starvation,  
always amazed that out of them while cleaning. Starvation  
very effectively cleans your main filter. Blood during fasting  
cleared of all unnecessary, and blood plasma becomes transparent,  
as glass, everything comes into harmony, including factors  
coagulation. Limotherapy in this area cleans up  
blood more completely than any hemosorbtion or hemodialysis.

- As we know, one of the basic pathological mechanisms in  
Asthma is a swelling of the bronchi as a result of an allergic  
inflammation in the absence of water swelling and inflammation of the bronchi disappears  
On the third day of dry fasting. Then, gradually returning to normal  
function of the adrenal cortex, which secretes hormones (cortisol).  
Around the 5 th day of SG increased function of the adrenal cortex  
reaches its highest point. three times more than usual  
of glucocorticoids, flooding the blood, has a strong  
anti-inflammatory effect, suppressing all available  
in the body inflammation. After all, we know that the glucocorticoid  
hormones - the most powerful anti-inflammatory agent of the body.  
in the action of free forms of glucocorticoids laid another  
powerful therapeutic mechanism of action of starvation on the inflammatory  
disease.

In this case, during the famine of the endocrine glands, even some hypertrophy. The greatest increase in volume metered-dose fasting reaches parathyroid responsible for immunity (thymus). During dry fasting eliminated the last pockets of viral and bacterial lesions infection. All this creates a comprehensive therapeutic effect in patients bronchial asthma.

What is the negative impact of inhalers and why it is so difficult help patients with asthma, if they take hormone therapy for more than five years?

On allergic inflammation in the bronchopulmonary apparatus appears range of pathological reactions, always delaying the exhalation. in the blood due to this developing respiratory acidosis, which recovers, and then amplifies the process of assimilation by cells CO<sub>2</sub>, that is, even for a short time comes the attack bronchial asthma, but still you can include mechanisms protection from attack. Due to bronchospasm neutralized mediators allergic inflammation. At the height of the attack actually in the blood can not find a single mediator of allergy. Simultaneously, he bronchial asthma attack activates the hypothalamus, pituitary, who through their own channels and ultimately improve the effect of neutralize the allergy. Such complex effects, in-

First, it solves the issue of restoration of patency of the bronchial tree and then removes the attack of asthma at times without interference. Second, their actions bronchospasm largely restores the general adaptive reaction of the body and neutralize the allergic inflammation. So , the effect of protection from allergic inflammation continues persist long after the attack. That is why at the beginning disease with bronchial asthma, even with regular contact allergen with the organism asthma are rare, 1-2 once a year. and if not actively treated with modern medicines, it is possible to suffer from asthma attacks, but to live long. So it was earlier in the good for asthmatics old pre-war times, when from this disease patients almost died, lived to old age. But in the postwar years in the U.S., England and then in our country have been introduced two versions of medical treatment. This hormone glucocorticoid therapy and treatment mainly in the inhaler by means of acting on nerves (adrenergic receptors in the efferent cells). and resulted in many seriously ill patients who threatened death. And then there were also deaths.

Now it is commonplace. It turned out that the drugs, they are called sympathomimetic direct action through the nerve endings (Cell walls) is rapidly intensifying nucleotides cAMP and the most immediately cropped bronchospasm. However, these chemical compounds in the membranes with the enzyme (chemoreceptors) form

disagreeable (custom) for body protein, which in this moment gradually gubitsya own immune system. Thus, weakened by illness of a nerve cell receptor under the influence of modern medicine further exacerbates their functionality, and then ceases to operate. In addition, often at the same time, the reverse effect, where This chemoreceptor is not activated, and vice versa - is blocked intermediates in the collapse of chemotherapy. Receptors quickly, within 2-3 years and even more likely, fail. Already on early stages of asthma patients have more often and in increasing quantities to breathe these or similar medications to take these harmful to the nerve endings tools - Become addicted to such drugs. Finally comes the period when the drugs act paradoxically - exacerbate bronchospasm. Developing life-threatening asthmatic state in which death can occur if not taken glucocorticoid hormone drugs (hormone of the cortex adrenal glands), which can cause operational These nerve endings. But it imposed from outside the body hormones destroy completely the work of immunogenetic apparatus, and creates even more vicious circle. At the same time going atrophy own hormonal system. If at onset of bronchial asthma, the disease can be truncated various yogic techniques, acupuncture, segmental massage treatment in the mines, the variants of conventional hardening, that when a patient depending on the sympathomimetic direct action (inhalers), and hormones can escape from this vicious circle by only dosed fasting. Yes and then if the hormonal experience no more than five years.

### **Diseases of the cardiovascular system: hypertension and atherosclerosis**

After 5-7 days of fasting positive dynamics electrocardiogram, reflects an improvement in coronary circulation is completely stopped angina. Blood pressure is usually normal to 10.7 days of fasting (After acidotic crisis) and remains within the normal fly period of fasting. this is not surprising. in life our heart is experiencing tremendous burden. This is different stress, physical stress, fatigue. But we often do not imagine that the food load heart better than even a fairly decent physical exercise. It is no coincidence most of the heart attacks, myocardial infarction is observed after hearty meal. Fasting we give heart holiday, in which it so requires. He did not need to pump a huge amount blood in order to provide the digestion process, and in the heart muscle begins the process of self-healing. After all the heart in fasting almost does not lose its weight. Improves

circulation of the heart muscle, increasing the amount of glycogen in it. During fasting is not seen no heart attacks, necrosis and inflammation of the heart muscle. Restored heart rhythm, is becoming more rare heart rate reductions.

After fasting remains fairly stable effect on long time, especially if you continue to eat right.

Fasting removes the heart from overload, which it carries, and gives him to rest. Heart to heart rate 80 beats

per minute for 24 hours making 115,200 of these strokes. Soon after the start starvation reduced the number of strokes, and although their number may be on time fall much below 60 beats per minute, ultimately it

set at 60 strokes and remains so throughout

the period of fasting. And this is 86,400 strokes per 24 hours at 28,800 strokes lower than before fasting, which will make the reduction of load

on the heart by 25%. Savings of cardiac activity is visible not only

in reducing the number of strokes of pulse, but also in power pulse. All this generally leads to relaxation of the heart, during which it repairs

their damaged structures and restore the tissue. Starvation

provides the heart necessary to break free of

accumulated toxins. After elimination of toxemia recovery

cardiac tissue is faster and better. Irritation of the heart

toxins is terminated, and it makes a striking "inverse

return. "

All of the above applies to most cardiac

diseases. However, there are some exceptions. Occasionally during fasting, we are seeing cases where activity of the heart suppressed, this state requires an end to starvation, since

continued fasting can be a real hazard. All

cases of heart disease, which employ fasting,

should be conducted under the direct and personal supervision of a physician,

having the experience of fasting. Under such conditions can not be

to resort to unnecessary risk.

Hypertensive heart disease - one of the most common

cardiovascular system, which is accompanied by

transitory or persistent high blood pressure.

The disease is narrowing of arterioles due to

strengthening tonic function of arterial smooth muscle

walls and changes in cardiac output. Hypertension

most often affects people with a family history

to the disease.

In the origin and development of hypertension Soviet

scientists leading role is assigned to a violation of

nervous system, biochemical processes in metabolism,

predisposing factors - hereditary, age,

atherosclerosis and to previous kidney disease. I

already wrote about my understanding of the mechanism of hypertension

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and atherosclerosis.

It should be noted that the increase in blood pressure contributes to overweight. Scientists have found that blood flow every 500 grams of fat cells need about 2 miles of capillaries.

Therefore, if a person gains weight 1 kg and its vascular network increased by 4 km. by increasing the total length

vascular system, which an adult is

approximately 100 000 km, increasing the load on the heart, as it should be stronger and more reduced to under great pressure push blood through all the organs and tissues. Stable increased cardiac activity leads to a persistent increase blood pressure.

Civilized way of life led to what is 39,2% of men and 41,4% women in our country have elevated levels of blood pressure. At the same time unaware of their disease respectively 37.1 and 58% are treated - only 21.6 and 45.7%, and treated effective - only 5,7 and 17,5%. This suggests that there is no adequate control of disease.

Me to the consultation came a woman, she was very full.

On the third floor where my office was, it rose forty minutes. She looked tired and somewhat depressed, she complained of intermittent high blood pressure, overweight, tiredness, fatigue, decreased mood, in the eyes there was some sadness. She strongly doubted in need of therapeutic fasting and would undergo treatment with herbs. I still thought to myself, what then grass, then hunger and starvation have not known how many courses, the more weight it was 135 kg with an increase in 165 cm pressure was 190/120 at the time of inspection. I gave her popular explained that with the slags of the body, the grass it does not help here need more radical treatment. Had

she recalled one Tibetan Commandments: "Before the body untreated, it must be clean, and if you do not, then other methods treatment, of course, can help, but above all they priglushat and pounding inside your illness. We had to develop individual rehabilitation program. First of all, this change of diet

(Vegetarian diet), purgation, liver, and a gradual

Wet starvation, with the transition to dry fasting days. When she cleaning the liver, one evening I called and said, as she is bad, her sick and vomit, I advised her what to do. Exactly one week after the cleansing, she came to me at the reception. Of course, this was a completely different woman, refreshed, thinner, rejuvenated. in the eyes of a hope and a cheerful disposition to recovery. Exactly two months later she came to us in Altai.

All of two months, she clearly complied with all recommendations. Weight on arrival was more than 110 kg, the pressure 150/100. Of course, for those patients perfect place combined starvation. A number of researchers notes that the use of combined fasting

achieves an earlier onset of acidotic peak  
greater reduction of fat body mass. in the case of treatment of patients  
hypertensive blood pressure normalization  
sooner, which reduces the discharge time period and  
respectively, the duration of hospitalization of patients.  
Said technique is a method of choice for complications  
underlying disease and obesity, edema syndrome. Except  
addition, the combination of wet and dry fasting is well tolerated  
sick, has a therapeutic effect in reducing the overall  
duration of starvation and optimize its timing  
due to an earlier onset of acidotic crisis. She  
held five days of dry fasting and ten days of wet hunger.  
She was away from us with the pressure of 120/80, weight 90 kg. Each year  
comes to us for prevention courses, at the moment weight  
is 82 kg. I even have no doubt that it will achieve its  
purposes.

Atherosclerosis - the main reason for breaking the blood supply  
tissues and organs. Atherosclerosis (and diseases caused by them) - is  
killer men's number one!

There is an understanding of atherosclerosis as a sign of old age.  
Sometimes atherosclerosis is associated with distraction or forgetfulness.  
both are wrong. Atherosclerosis can occur in young people  
and absent in old age. This is the first. Secondly,  
signs of the disease is much more diverse, because it can  
affect the body literally from head to toe.

Sclerosis in literal translation means "seal." He is able to  
develop in the lung tissue, then it pneumosclerosis, in the muscle  
Heart - kardiosklerosis in the kidneys - nephrosclerosis and even bones -  
osteosclerosis, and finally, a special form of destruction of large arteries  
- Atherosclerosis.

Atherosclerosis - it is a violation of exchange at which the blood  
content increases fat-like substance - cholesterol.

Also increases the formation of the compound - lipoprotein  
(Fat + protein), penetrating the wall of the arteries. In this case, it  
accumulated cholesterol, followed by either liming  
plaques, or ulceration of them. Risk and development  
atherosclerosis increases with age.

Dear Sergey!  
My husband is 52 years old. Two years ago he was diagnosed:  
atherosclerosis of the lower extremities. After discharge  
from the hospital saved the pain when walking, coldness, tingling,  
burning sensation in the fingertips. Can you help him?  
I've had in my practice, cases of successful treatment of such  
diseases. I wrote them how to prepare better for dry  
starvation. Three months later, they arrived with his wife. When  
examination of the right leg was pale and cold to the touch. He could walk  
less than a kilometer, and it occurred intermittent claudication.

A man has been configured for treatment every day, morning and evening doing a walk, go fishing. Around the seventh day dry hunger he came very pleased and said that the pain anymore he was not worried. After the second year of starvation foot acquired natural color, became warm to the touch. In addition, he pressure has stabilized, he was very much younger and freshened.

I promised to implement all the recommendations and a year later to attend the prevention.

Fasting has a strong influence on the state circulation. With an empty stomach and intestines in the abdominal cavity does not create any obstacles to the circulation of blood and its composition improves. Congestion in the abdominal cavity and liver eliminated. Hunger contributes to the restoration of functional properties of capillary circulation in patients with hypertension disease. During fasting blood vessels become more elastic.

Decreases blood cholesterol, and it reduces the threat new atherosclerotic deposits. Saving in a subsequent strict lacto-vegetarian diet with restriction of sodium

Salt helps to keep the results obtained during Course fasting.

Hypertension hunger immediately act on its main symptom - blood pressure. It falls from the first days and even

Persistent long-term morbidity reaches a normal level after the 5-7th days of dry fasting.

In most cases, the end of the fasting blood pressure drops below normal levels. during the recovery period it rises, reaching the norm. To preserve the positive therapeutic effect is recommended to regularly short-term courses of dry fasting - 1 day per week, 3 days month, 7 days a year.

Neurological diseases: osteochondrosis, protrusion, herniation Disc spinal headache.

"The three doctors' opinions of four" - proverb says, let alone when it comes to this disease, as osteochondrosis, the score is at ten. Any doctor to question the patient about cause disease osteochondrosis of the move will call a dozen, but Unfortunately, it is unlikely you will get a distinct and specific answer, why have you and it is on this site backbone developed as aforesaid disease. There is even an opinion of osteochondrosis of the disease as "polietiologic, but monopatogeneticeskom. Beautiful, but simply means: "one and one same process caused by different reasons. " It should be noted that disease osteochondrosis in principle occur among animal of our planet only in the species *Homo sapiens*. in the literature, however, common assertion that such a dubious fortune were dressed more saber-toothed tigers. I do not know - have not tested it, but certainly in the population of the human distribution of osteochondrosis

indeed globally - 99 (9)%.

Osteochondrosis - the most common diseases of the musculoskeletal system that affects people of all ages. Term osteochondrosis is formed from two Greek words meaning "bone" and cartilage. This is a disease of cartilage surface of the bone support-musculoskeletal system, primarily the spine, as well as hip and knee joints.

The main causes of degenerative disc disease - zashlakovka organism and immobility. These two factors are changing the structure intervertebral disc.

Due to the uneven vertical axial load ligamentous vertebral unit (especially in the lumbar region) as stretched it to one or the other side - because standing is constantly "My legs." As a result, the displacement of the vertebrae, which bears name spondylolisthesis spine, and gradually develops degeneration of the intervertebral disc with loss of elasticity nucleus pulposus. The disc loses its ability to perform the functions hydraulic shock absorbers, axle load is transferred to them in the direction of acting force. After a while outer shell of the disk cracks and the formation of hernia diverticulum. They compress the blood vessels (which leads to swelling and disturbance of spinal blood flow) or roots spinal cord, and in rare cases, the spinal cord itself. Except that arise and grow in the degenerative changes of cartilaginous surfaces of the vertebrae, accompanied by the formation of hernia disc, vertebral body.

At one time, when I first started to engage in treatment fasting, I thought that fasting is ineffective in treating neurological disorders, there are more effective massage manual therapy, girudoterapiya, acupuncture. But when I was to study under Professor JN, in his office fasting I met with a man who was treated for starvation after a heavy accident. Spinal problems he had set. He told me said that already went through all - and manual therapy, and in China went took acupuncture, but the best has helped me and starvation. That makes each year by 21 days of fasting and began to feel man.

I want to tell an interesting case from his practice. Rang me in March, my friend from the Tyumen region, his work involves with the laying of gas pipelines. He tells me: "I have a hernia thoracic spine, for the past two months, as I am concerned about horrible pain in the thoracic spine with radiation in the solar plexus. All anesthetic injections only time relieve the pain. It has been two months since I did not sleep from the pain, to live very reluctant. " Usually in March we did not spend the dry fasting, because at this time, dry starvation poorly tolerated. But given this particular case, I had to go. Brought his cousin,

All the way he was lying and took painkillers. Only  
On the seventh day dry hunger in his pain disappeared. Hungry, he  
nine days. Of course, we did it a soft hood and at the exit  
from fasting leeches. That's three years have passed, he calls me constantly  
rings, the spine is greater than he is not worried.  
Like - it was a visit to his patient. My husband says: "How come  
from you, but just talk about the Altai and its unique nature.  
But I would never have been able to starve if I do not eat meat, then I do not  
man, it really can cure my hunger problem. " He had  
vertebrobasilar syndrome - a functional neurovascular  
violation of the vertebral artery in osteochondrosis of the cervical spine  
spine. He was worried about the headaches in the occipital region,  
dizziness during rapid head rotation, tinnitus,  
reduced vision. I've already forgotten about those conversations, but called  
wife and said that he went to work and lost consciousness. Now  
discharged from the hospital, wants to come to your medical treatment with hunger.  
Dry fasting well tolerated, passed two courses, we do it  
massage, leeches. After fasting feels good on paper  
all marveled at how he looks good. Occasionally, there are headaches  
pain, but the dizziness and loss of consciousness was no more.  
The main therapeutic mechanism in this condition - it is  
Of course, the removal of edema, peeling muscles, ligaments and joints of salt  
deposits, improved nutrition drives. I was always amazed at how  
fasting improves mobility and flexibility of the spine.  
Migraines (in French migraine - the pain in half  
head) - repetitive paroxysmal headaches, usually  
unilateral, due to the periodic contraction and expansion  
cerebral arteries. Women suffer from migraines 2-3 times more often  
men. Perhaps this is due to the phenomenon of frequent occurrence  
migraine attacks during the premenstrual period. But men  
attacks are usually more intense and prolonged.  
Causes of migraine are: stress,  
nervous and physical stress, excessive alcohol  
alcohol, smoking, staying in a stuffy room, the lack of  
or excess of sleep, fatigue, intoxication, a change of weather or  
climatic conditions, hormonal naruscheniya etc. As I wrote,  
women suffer from migraine is 2-3 times more often, but most interesting is that  
to us with this problem came in the male-dominated. Probably  
because they have it flows more painful. come to visit us  
young guy, he had such severe headaches that he  
constantly had to twice a month to call an ambulance,  
to remove the pain. He told me that when preparing  
to starvation and cleaning the liver, he has been vomiting bile  
but then the headaches became much easier. Yes, indeed  
important organ of the liver, and what significant role it plays in  
any disease. Famine he went relatively easy, but  
most interesting is that on his seventh day was very high fever

in the head. He had to resolve pour cold ice-cold water, but it helped him endure the heat. After eighth day of fever was gone and he felt great relief, head was clear and easy. That's almost three years, as it is more do not bother headaches. He consistently comes to us on prophylactic course of fasting and complies with all recommendations. Now I want to talk about "incurable diseases", from the viewpoint of modern medicine: rheumatoid arthritis, ankylosing spondylitis deformans Osteoarthritis, infectious polyarthritis.

The first case is remarkable healing told me Professor YS Nikolaev. When he learned that his illness is incurable, hero of our story announced ... hunger strike. After some time he felt completely healthy. have passed since then many years, and the example of Sergei Alexandrovich BORODIN healed thousands of patients. Here is his story.

The history of the disease. Up to 36 years, I was very healthy. It all started, I had in July 1972 became ill knees. Physicians for a long time I have enjoyed from the Meningitis, until, finally, do not understand what he nothing to do with, and then referred to a rheumatologist.

Physician-rheumatologist, surveying me and asked: "And you do not spin does it hurt? Well, soon sore ...». "So what's my diagnosis?" "You will complete immobility, " - she said and began to cry. It turned out I spondylitis - the same disease who are bedridden, and then brought to the grave of Nikolai Ostrovsky. Only he, after the first pain was a desperate supine position after six and a half years, and I - just four months.

The doctors tried very hard to help me, but the disease did not notice their efforts, I was getting worse and worse. Compared with Ostrovsky I had a big advantage: all of his education - one course in college, and I am by the time the disease has already Fifteen years was the inventor and ten years - a PhD.

But the principles of experimental science is everywhere, including in medicine are the same: to change the conditions of the experiment and get entirely different result. Setting aside the literature on its specialty, I began to study the medical, but soon realized

I hope that does not matter what. One professor in a specialized Medical Journal candidly wrote that drug treatment for a disease like mine, is completely useless.

A small ray of hope shone when my hands were very scarce materials then fasting. Lose it nothing: in the worst case die a few months earlier - shortening their suffering, at best - going back a full-fledged man. and I, lying in a hospital, completely gave up drugs and from food. Only so many drinking water infusion of rose, which I brought from home. Doctors entire consilium persuaded me to give it a disgrace. Meanwhile, medical

the effect was astounding, bordering on a miracle: by the end of first day of fasting temperature became normal, attacks of pain became shorter. On the sixth day I ran race with a well-fed, and soon, when I was released from hospital besides warming up, as in ancient times, heavy weights, enjoying its extraordinary vigor and muscular joy.

That first course of fasting lasted 27 days, and almost all of it time, to my surprise, I felt a huge burst of energy.

None of the doctors did not believe that I am, so to speak, ran away from his

disease. They told me: "Do not you first begin to feed, and you have it

resumes. But this, fortunately, did not happen. Relapse

in future cases, but I shot them short, for twenty to forty

hours, rates of fasting, while he at the time analyzed,

that must be corrected in the method or way of life. Before me

revealed that the same technique can heal others

illness and when with someone from my family or friends happened

trouble is, naturally, I could not remain indifferent. Just in those years

my mom caught between life and death: she was lying with stroke

and non-healing fractures of both legs. Very long, about three months,

I had to persuade her to starve. Now her 93rd year, and she

I appreciate that I've added it to at least a quarter century of healthy

and active life. The second case I told Professor AN

Coco, when I re-passed a specialization in RTD.

In 1961, the life of the famous physicist and journalist Vladimir

Leshkovtseva divided as if in two parts. in the first life he

loved to eat, drink, walk with friends. Played football,

interested in literature, physics, astronomy - all except

health, and the second ... However, all in order.

### **Fatal figure**

Leshkovtsev Volodya was born in an ordinary working family. in 8 years, he

lost his father, who died at the age of 37 years. Very small

in an accident lost his right arm. However, it is not

prevented him from graduating with honors from one of the best schools in Moscow

Malaya Bronnaya. Later he also studied the physical

Faculty and the Faculty of Philosophy IFLI. By the way, he

and could not make the final choice between the natural

and humanities, and became a physicist in the humanities. Until

his former classmates created the atomic and hydrogen bombs,

He created the journal "Kvant", which grew more than one generation

gifted children.

Alas, life is not spoiled, Vladimir Alekseevich. the age of 37

dying of cancer, his beautiful wife. in 37 years - again 37 - dies

in a car accident a son, whom he had after his wife's death

educated one.

He was not yet forty, when the flu suffered by the legs,

he developed severe deforming polyarthritis. Completely

refused only hand. Leshkovtsev was then the scientific secretary

Department of Physics and Astronomy of the USSR, and it advised best doctors. and they all spoke in one voice: in this case medicine is powerless, the patient is doomed. Ahead of him are not waiting for anything except impending immobility tormenting pain and heavy end ...

- Why just me or tried to treat: from physiotherapy to hormones, but I was getting worse and worse. And how many recipes traditional medicine has tried! I even sent from China some kind of medication - tincture on the bones of the tiger: a terrible thick oily 96-degree poison. Maybe, chronic artritnikam

It helps, but I drank a half liter without any result.

In this case, all the doctors confirmed that food is necessary: is in fact that if you do not eat, will not be forces to fight the disease. And I, like any illness, did not have any appetite.

For two months conventional treatment I lost 10 kilograms, although daily forced myself to eat.

A few years before the disease Leshkovtsev accidentally hit on the lecture Dr. Nicholas Norbekova "Treatment of Hunger", who had

small department of 25 beds in the loft of the Institute of Health Resort.

Remember that the doctor brought with him cured by fasting from severe asthma USSR People's Artist Ruben Simon and Suren Kacharyana.

- When pripeklo myself, I decided to find Norbekova. and then it turned out that his department broke up in 1953, and the Doctor died in 1956 in Kharkov. I managed to learn that in Moscow remained one of his students - a nutritionist Arkhipova. After listening to me, Taisa G. said that my disease will never hunger treated. But she remembered that of the 226 patients treated in their department chronically ill elderly none during the fasting did not complain of pain in the joints. So why do not we try - all the same after losing nothing.

January 9, 1961 Vladimir Leshkovtsev supper at the last times.

- The hardest part was the 20-day - was vomiting. I am even willing to quit fasting, but Arkhipov said: all right, take warm water with soda and drink as you can. Fits in 12 glasses.

After that I came from a huge amount of green stringy mass, many years "lived" in the stomach, and I felt with anything incomparable ease.

A 21-day fasting first straightened up and began to act hand. And the finish was still 24 days, but then on Leshkovtsev did not know this: any time he had planned.

In total, he fasted 45 days. On 46 th day of his first had a dream: he sits in his favorite restaurant on the square Mayakovsky, in front of him in aspic sturgeon with horseradish, team meat halophyte, pork chop ...

- Our bodies - amazing brain. Reworking all reversible

and excess, he gave the signal that it's time to stop fasting, returning appetite, and disappearances in the first days of fasting spittle. this time I lost 22 kilograms.

Hunger

- Within 45 days of fasting you are rid of the paralysis of the joints. Almost fantastic! No less fantastic, all that time you spent on one of only water.

- Not a gram of any food. Only water. Best of all - alkaline. I drank Borjomi.

- It is hard, perhaps, was it? Especially the first time?

- The first time, the appetite famously reminded us of ourselves. But continued it is not long, about a week. Going outside, I could not bear pass itself zanyuhannoy product tent. All long inspected and sniffed - very canine scent work out.

Cheese, sausage, fish - which smells divine! I sniffed and thought What if scrambled, all-all-all pereprobuyu.

- Can all starve or have any contraindications?

- First, and this I want to emphasize especially, can starve only under medical supervision, with a doctor who owns it method. Such specialists in our country quite a bit - approximately 200 people. mostly students who died two years ago, Professor Osipov Nikolayev, who wrote wonderful book "Fasting for the sake of health." Secondly, it is impossible hungry people suffering blood diseases, endocrine system, some mental illnesses, cancer patients.

- How much are you now?

- Eighty-second year.

- Over 43 years have passed since your recovery, relapse was not?

- The disease is very taught me a lot. first of all, I realized that our body has enormous reserves, which not only we, but most of our doctors do not know anything. Coped with the disease, I started looking and studying these reserves. ultimately created his own system of healing that saves me Throughout all these years.

All these stories show that against the will of man and his a great desire to recover any powerless, even "incurable disease.

Rheumatoid arthritis - an inflammatory disease of the joints, characterized by a chronic progressive course.

Is one of the most common joint diseases. Women there are 2-3 times more often than men. Causes of Rheumatoid arthritis is not installed. Much importance is attached immunological disorders, including autoimmune process characterized by the elaboration of lymphocytes and antibodies against its own tissues.

If you simply say that some kind of infection or chemical connections so alter the normal structure of the tissue that own immune system begins to perceive it as alien and destroys it. In the dry fasting is a global purification, the burning of an alien, the destruction of infections. SG in the first place qualitatively and quantitatively restores most important of rights - immunogenetic system, reinforces barriers to cells, organs and systems, and revives the depot (Microcirculatory bed) and, equally importantly, provides long-term (prolonged), therapeutic and preventive effects on the body.

When I first started dry fasting, the very first My patient was a man with rheumatoid arthritis. Fingers hands and feet were deformed, all the joints were pain, he without pills and injections could not even stand up. Pass technique of dry starvation, he agreed immediately. Prior to meeting with me he went through all the traditional treatments: herbalists, psychics, acupuncture etc. "Sergei Ivanovich, I have no way surprised, I think not be worse, but I instinctively feel that there is a chance. " When I he said that during the passage of dry fasting can be insomnia, he said: "I was not surprised by this, I'm so eight years did not sleep from the pain. " He was a former athlete, he had the will awesome. Starvation is well tolerated. When I was doing medical bypassing it, or read or listened to music. It took seven days, shifts No, all the symptoms of the disease at the same level. On the eighth day, I thought to myself that here will be the night, I'll put out starvation, perhaps all this is useless, and his illness is cured impossible. True, in the evening he became very lit joints. When the morning of the ninth day I went to see him, I saw how he wrung from the floor, and his eyes were tears. The first time in eight years, he could be wrung out without pain. He was hungry for eleven days, pain all the joints are gone, reduced deformation, increased volume movement and even a few resorbed rheumatic nodules. Here for the past seven years, he had no exacerbations, it was removed with a disability, as he stopped attending the clinic works driver. Each year, comes to us in Altai on preventive courses. I always think to myself, but if I stopped the famine. Most big difference from wet dry fasting, that the most therapeutic - Second acidotic crisis. Begins with 8 po11-day, and sometimes what a night it can solve all the truth and psychologically during this period the most difficult.

We passed a lot of patients with rheumatoid arthritis, of course, Not all such good results, someone we will not be able to help. Reasons for failure - it's not all can pass the necessary healing period of fasting and a very big experience hormonal therapy when all the natural healing forces of the body just crushed chemistry.

The case has brought me to a woman who I've been searching for. When we meet her, she was with Kostylkov and very strongly limping on his right leg. She had a deforming osteoarthritis right hip, and she very much did not want to do operation. with pleasure, she went to our Altai, passed two rate of dry hunger for seven days. from the fifth day she had a strong glow in the hip joints. After fasting from her pain disappeared and she stopped limping. The output of our entire group went to a cafe, all marveled at how she danced beautifully. Unfortunately, it lacked This course of fasting for five years. Sometimes after a good result after fasting people cease to comply with all recommendations arrange fasting days, and preventive courses of hunger, then disease inevitably returns.

When we met her five years later it became clear that she

- Still had the surgery. She told me: "How do you Sergey Ivanovich left, I lost the support and incentive. "

I often write and ask if you can help starving with this incurable and insidious disease, as scattered sclerosis?

Multiple sclerosis, a chronic disease of the central nervous system with an unpredictable, often with progressive flow. Multiple sclerosis affects the brain, optic nerves, the spinal cord that leads to disruption respective functions. The disease is characterized by formation of randomly scattered foci of demyelination - loss of myelin, a white fatty substance that covers the axons (Nerve fibers).

Morbidity. Multiple sclerosis usually begins in his youth, but can occur in any period of 15 to 60 years.

Women are more susceptible than men. Most

high incidence - among Caucasians living in the temperate climates. The disease is not inherited. U.S. diffused

MS suffers no less than 300 thousand people. in the list of reasons

total disability in the productive years of life scattered

sclerosis ranks third - after the injury and rheumatology

diseases. the world is ill with multiple sclerosis about 3,000,000

people. The prevalence of the disease depends on geographic

zones, being the lowest in the equatorial region and increasing

to the north and south. in Russia falls ill with multiple sclerosis 10 to 70 per 100 000 population.

Cause of multiple sclerosis is unknown. It is believed that

disease may be associated with viral infection, transferred

in early childhood, and autoimmune processes in the central

nervous system. During acute exacerbation occur

inflammatory foci with swelling of the myelin sheath. Through

several weeks or months of a local inflammation and edema

subside, leaving behind scars or multiple foci

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lesions, called plaques. In this case, axons usually remain intact. This course explains the process, why patients sometimes observed a partial or almost full recovery. However, if the old lesions adds a new neighborhood, then the recovery will have less complete.

Treatment. There is no single method of treatment or prevention, effectiveness of which would be proved. Here is an interesting the story of the fight against this insidious disease.

"I want to tell you how I managed so far not only survive and continue, not only for scientific activities, but and creative daily work on the transfer of their life experience, techniques and advice on fighting with our infirmities and sores in old, old age and to date store alertness and sobriety of mind, keep on - this healthy lifestyle (HLS) in these difficult times. Finally, do not be on the side of their years, a burden and concern for the lives of their relatives, reside or are close to me and to us all, the same as I do, people with MS.

My uninterrupted service (April 2005) is more than 42 years, I started work 16 years and continues to this day. and now, since December 1996, after the dismissal of redundancies and assigning VTEK me 1-gr. Disability I as much as their physical capabilities and continue to provide service to his institution, which my colleagues and I helped become one of the head of defense research institutions industry. I also continue to share their everyday experience in dealing with our sores through the media (means media) on the pages of information released newsletters of our society, of which I am from days of his grounds and registration in 1995, and to communicate with the funds of and abroad of Russia on the computer e-mail. It's all a brief background of me, and now we go to describe my experience of survival in the diagnosis of diffuse sclerosis. (All on the following tips, tricks, techniques, etc. etc. are only my personal, subjective and are not for you, dear readers, the official medical, legally justified postulates, the recommendations! All this (The written) is represented only from my personal experience).

1. First, you need to install an accurate diagnosis by consulting physician and / or permanently installed your panel of doctors, specialists in writing, certified round seal hospital, hospital, counseling center.
2. Second, all patients diagnosed with MS (multiple sclerosis or disseminated encephalomyelitis) must be known and understood: modern domestic and foreign medicine popularly stated in the media in 2000: "Multiple sclerosis is incurable!".

Official Russian "zurabovskaya" Medicine is time can only provide people with MS medication drugs, and rehabilitation and recovery procedures and reducing annual relapse rates of exacerbation percolation disease and / or removal of pain syndromes in cases of aggravation!

3. Third, do not contact you at his untested in the treatment of MS physicians doctor and traditional healers, no matter how famous and famous, ostopenennymi and certified diplomas Russia as they are and do not use it EVER! Here you examples from my misguided practice: in the late 80's, early 90's years I have tried to recover with the help of psychic sessions B. Kashpirovsky and Alan Chumak, good I was able to go out with them on the personal touch. as a result got only energy psychic cleansing with temporary relief, but and the subsequent course of the disease!

In the early 90's in Moscow City Clinical Hospital ? 88, I, like many disabilities in Moscow and Moscow region, people with MS, believed in official reports in the media and took part in the specially selected group in the paid Half course "Guaranteed", as reported in the official press, full (!) treatment of multiple sclerosis using acupuncture (Acupuncture), a physician-acupuncturist from the Chechen Mozdok Zosya AA ultimately on this one-dvuhkursovogo (10 daily sessions) of treatment no positive effect Neither I nor my sogruppni not have spent more money on payment held AA Zosya sessions with us.

Three more negative examples from my practice. in October 1986 I read in the press about the folk healer, NP Gutchik reached with his wife to the village of Nova Oberezha in Beltsevskom region of Moldova, where lived and tselitelstvovala Nadezhda Pavlovna Gutchik, achieved three sessions and the reception she received as a result of a short-term weakening of cervical osteochondrosis and disorders of pelvic bodies, but no improvement in their underlying disease.

Throughout 1987, after a personal consultation with VI Dikul I was at his most intense recreational method sessions on a home wall simulator "Health" bought for his daily exercise, and as a result got inguinal hernia! There is a huge difference in the use of physical exercises for the disabled spinalnikov the effects of spinal injuries and for patients diagnosed with multiple sclerosis. in July 1988 on its own the car I got from Moscow to the city of Poltava region Kobelyaki in Ukraine, where practiced, in his Manual Therapy Center known and publicized in the media doctor-chiropractor AA Kasian, was his diagnosis and manual massage sessions spine and legs, and the result - zero (as he told me after of these sessions, paid me well: the positive

results have not been, because I have not a physical injury backbone, as a purely neurological (neuroinfektsionnoe disease). Well, unless he could not tell me this before, immediately after diagnosis, without spending any of their healing, or my tangible (money) money!

4. Well, now some of my personal tips and tricks all patients with MS, how to extend to you my seemingly stable (at moment) the physical condition without the help of official Medicine, tested for this, my more than 22 years of experience, proved to my colleagues on the disease and the diagnosis of MS: "When occurrence of acute illness (I have these periods were at the beginning spring and late autumn every year) spend (at least (!) week (seven day) strike with the reception in those periods only up to 1.5 liters of structured water (this is usually filtered tap water, frozen in the freezer refrigerator and then thawed) in every day of hunger strike. As a rule, in the first three days of MS patients appear (each in its own way): headaches, bad breath, loss of coordination motion, etc. But in subsequent days you will feel the rush forces and the cleansing of the body (preferably in those days to refuse severe physical and mental work, taking any medications and patients suffering from constipation, you need to put on a daily basis bedtime cleansing enemas with tincture of senna, or celandine chamomile). Terms of hunger determines his every man, as written physician in resuscitation Oleg Zemsky, in his article "Dry Cascade starvation in the latest issue of site publishers Herald HLS. " Upon its completion in the hunger strike for three to four days to take "Chancroid-prakshalanu": daily on an empty stomach to drink five to ten 200-gram cups of salt with warm tap water (Better to use sea salt) to conduct yoga Assa-exercises to rid the stomach and intestines (such exercises painted in any yogic literature), followed by emptying of the bladder and intestines. Also recommend Urine-kerosene-therapy: acceptance of their morning urine (the average jet from 50 to 100 ml.), and / or reception of purified, distillirirovannogo kerosene (10-30 mL), washed down by a strong cup of sweetened tea. These are my tips are recommended only to advanced and morally ill prepared! I very much helped by recurrent exacerbation of the disease receiving daily home Zalmanov (Turpentine "white") bath for 10-30 minutes: in lukewarm water from 36 to 40 degrees with a stir in her 25-150 ml of the suspension, prepared from 0.5 liters of pure turpentine, three grams of aspirin, 20 ml of alcohol camphor, 30 g planed on a grater baby soaps and 30 Mr. aluminum-or zhelisto-potassium alum, as well as radikulitnyh pain in the lumbar spine, rubbing of this place bedtime bischofite or Finalgon and imposing on all night on the waist belt of the dog (I'm his wife knitted from yarn down-

Fur our home a poodle). It is advisable for people with MS (Regardless of the dates and times of illness) annually or biennially year to take courses of plasmapheresis (gomosorbitsii) - purification circulatory and vascular systems. It is necessary to carry out in inpatient facilities.

Quite a recommendation to the Orthodox baptismal, walking MS patients at least once a quarter, dropping in at a nearby temple church for Holy Communion (this is necessary and desirable in the days of your birthday, the day before your date of birth and preferably in place of your birth or baptism). I am personally very helpful ride in his car in August 1989 with my personal home psychic in Pereslavl-Zaleski with Communion in a country ancient temple-monastery, overnight in tents y Pleshcheeva lake near the monastery and the holding of early morning (on recommendations father, the abbot of the monastery, I was participate) ESP, meditation, purification treatment on the Blue stone. So called, a huge holy boulder-stone, at the very edge of the lake (about the history of this ancient holy stone, who helped more than one generation of Orthodox Christians in treating their disease has repeatedly been written and reported in the media in 70-80 respectively).

You, readers, can not believe me, but here are (listed above), formal and home-grown methods and techniques for getting rid from disease, plus and optimistic, sociable nature let me somehow, but to move independently at this time, and not become a permanent wheelchair or bed-paralyzed sklerotikom, forgive me for this comparison counterparts because of illness, bedridden regime! I'm for all the time the disease has learned one immutable rule for patients with MS: "Giving advice to others - a very troublesome and unjust occupation! Need all the official medical and home-grown methods and ways to treat MS, anywhere you hear or read, pass through itself, check for yourself! There is no panacea for this disease nor the doctors nor the patients themselves! How many patients - many and treatments (!), and each seems that this is his method - the reliable. But the most versatile and efficient is the motto all physicians since Hippocrates in the treatment of: "Do no harm!" And one more thing my observation, instruction for all MS patients. Dear my colleagues in the disease, especially in my appeal For men, people with MS. How many of you, colleagues, men-sklerotiki, with varying degrees of disease and with different terms disease, had not experienced marital problems? I'll tell you all from my own experience: the best tool for MS patients - is retain or acquire a normal relationship in our family life! Tell me please, colleagues, and how many you know the surviving family after one of the MS disease their members? In my (purely subjective) opinion, more than two

thirds (66%) families with sick family members of MS - splits! Therefore, I believe the most important thing for a sick man RS at any age, except for medicines and treatment, maintaining normal family relationships with family and friends or people you the acquisition of such relations with the new (s) of spouse (m) at your active optimism and maintaining (if possible) of its physical and especially mental activity. On this, let I really needed to finish (in my opinion) to all of us with the phrase: Save us, all believers, the Lord, and atheists and nonbelievers - Ecumenical mind! On my own I want all patients with multiple sclerosis wish at least some, but the stability of your state! and another admonition: "No one except us, will not help us gain mental and spiritual peace and happiness! ".

A case of successful treatment of multiple sclerosis dry starvation told me a professor of folk medicine, one of the main experts and practitioners SG (now he calls his method of healing abstinence from fluids and food), LG Shchennikov. Vladimir D. from the city Podolsk, come to the consultation on the CD in for me and my colleagues In early September 2000.

He was accompanied by her husband. She and found in the media media guidelines for the method in C and brought her husband, explaining that this is their last hope. He asked her to time to get out of the office and began his story, in which through pain and despair. Middle-aged man turned out to be ex-athlete, a boxer.

Diagnosis - Multiple Sclerosis, delivered by doctors, interrupted sporting career and deprived of hope for a fulfilling life. "I healthy man. Understand, Leonid Aleksandrovich, on my plow You can, but here ... It all started when I began to stumble as say, on level ground. Began to drop things, touch the corners. That is - I do not understand, like arms and legs refused to obey me.

I started to worry, my wife and I went to the doctor. After examination diagnosed - with multiple sclerosis, offered treatment. But later it got worse. I had to sit in a wheel-stroller. I have two children, family, favorite activity - boxing, career, life ahead, and I can not bring a spoon to his mouth. Began to feel a burden, who am I looking for? Even myself I was not needed.

I've always been a strong, healthy, active life of the party, but here - reckon it's all over ... Sometimes we do not want to live, when I think that this perhaps forever. Wife loves me, supports, and I have to she nor the family can not do anything useful. Dali retirement disability.

According to Volodin person tears flowed. Motor coordination significantly broken, the nerves on edge. The man on the verge of desperation, sees no out of the situation.

"I am ready to do anything to get out of wheelchairs, to do anything independently. Can you help me? "

"To help you imagine yourself, for this you have to willpower and desire "- I replied.

"This is my only desire, and willpower I had enough - I former athlete and a man. What should I do? "

Volodya entered spouse. I elaborated on the essence of the method, offered through 11-day healing rate of abstinence from food and water. To this Vladimir and Elena responded that in Podolsk their children are waiting and they need to go back. I supplied them Manuals on CD in and said that Vladimir will be able to conduct the first full CE course at home, especially with the support of relatives. Gave their recommendations, and after two hours of talk time spent. They thanked and promised to call during and after the course and strictly comply with all regulations. I then thought that they actually found hope for recovery. A month later, I again I saw Vladimir and his wife. They came to Moscow specifically to meet with me.

In Volodya himself entered the apartment without the support of his wife. with them came their eldest son. We went into the room and sat down. Volodya began to tell how to take the course C. V., like everyone else, including children, are supported him. The wife was with him 7 days of abstinence. The results were evident. Volodya began to move independently, co-ordination movements improved markedly, said he gradually begins to engage in work at home - making tables, chairs, carving on wood. I am sure that this lesson will help him fight the disease. Appeared purpose in life.

The next course (11 days) to improve and consolidate results of Lena and Vladimir decided to go together. Helen became thank my husband, but I told her that he found power to help themselves, and sincerely rejoiced over the fact that they have such wonderful, friendly family.

Currently, Vladimir took several courses in C, settled in Podolsk to work.

All of these wonderful cases of healing, I believe, depended exclusively from the people themselves who tried to fight for their life and chose the method of healing abstinence.

They did not stop the imaginary barriers and prejudices. Fortitude and will, worthy of imitation, have helped them in the fight against disease.

I note that in the early stages of the disease organism naturally amenable to heal more quickly and treatment is efficiently, so I want to sincerely advise to take up their health as soon as possible and try not to run the illness to it does not cause severe illness ...

Here he writes about the treatment of multiple sclerosis big advocate and practitioner of therapeutic fasting Herbert Shelton:

"I remember one surveyor, whose condition is so deteriorated, he was forced to quit work and transferred to other their job. within a few years he had been under surveillance

the best neurologists in the West. They had been warned from the very First, that his condition quickly deteriorated, and honestly, that they have no cure for multiple sclerosis.

They told him the truth, however, after 7 weeks, conducted by Institute of Hygiene, he came out, returned home and resumed his work.

This does not mean that he is fully recovered after 7-week treatment. But he felt so much better that he found it possible leave from the Institute of Hygiene. That was a mistake, especially if take into account the seriousness of his illness, but unfortunately, this error commit many patients suffering from multiple sclerosis.

They experience the satisfaction of the disappearance of most distressing symptoms that are often unwilling to make more efforts to restore their health, thinking: now they can take care of themselves. Already at an initial improvement, they believe that they can continue treatment on themselves no worse than under professional supervision. Sometimes they are lucky, more often - No. Under the control and supervision of the results of fasting may lead to better results.

The word "sclerosis" means a coarsening, or cure. It is associated with hardening certain parts of the body as a result of inflammation. in the nervous system of multiple sclerosis - is the excessive, indiscriminate growth connective tissue (hyperplasia of connective tissue) nerve cells.

Multiple sclerosis, also known as diffuse or Charcot's disease, is characterized by hardening (sclerosis), affects individual sites - areas that are scattered in the brain, the brain or spinal cord, or both. These hardened areas size from a pinhead to bean randomly scattered around the brain and spinal cord.

At autopsy found that the insulating sheath of nerve cell-cell and damaged nerve cells fused with the fibers.

I stress that these data - the result of the autopsy, revealed that the cause of the disease is manifested not in sclerosis - hardening and in inflammation. Man dies from the torment of the scattered sclerosis 15 years or 20. Performed an autopsy. Very carefully study the state of the brain and nervous system and found that the disease process is reversible. the patient may appear strange tingling, tingling, ringing in the ears, tremors, fever, stupor, numbness, numbness of the limbs of different and body.

Later in the development of the disease may be weakness in the legs and difficulty in walking, tremor and involuntary sharp leg movements, difficulty of speech; hands become clumsy, tremor in the hands of amplified when attempting to take or pick something up. Suffers constipation, difficult urination.

Cases, these symptoms are poorly manifested throughout

a long time and may even disappear completely, and not renewed over the years. It is this weakening of the symptoms and suggests reversible processes in the early stages of the disease. About half such patients are able to work after 25 years of illness - a fact indicating how slow sometimes develops multiple sclerosis. All it provides enough time for his constructive cure.

I have previously pointed out that no two cases, neither with respect to symptoms, nor with respect to the development of disease, but it the same is true for multiple sclerosis, as well as for any other disease.

Was not found bacteria or viruses, are responsible for disease sclerosis. Had to admit the cause is unknown, assuming however, that nature might contagious.

No treatment was effective. How can in fact be a successful treatment of the disease, the cause of which Unknown? Usually in medical books about the disease write: "The reason it is absolutely unknown ... there is no specific or really satisfactory treatment ... always a very protracted disease ... full recovery is very doubtful ... "

Of course, we can not expect a full recovery from unexplained illness. In addition, we consistently failed to recognize that the roots of the disease should be sought in an unhealthy life and in the vicious environment patient, which are the real reasons for organic and functional changes wear and tear of the body.

We can say that the quest for specific causes of disease exhausted. The time has come when we must finally admit that it is in the wrong lifestyle and bad habits, causing disorder of the body and disease progression. When this would be understood and corrected, will be able to heal thousands is now considered hopelessly incurable patients.

I have never had the opportunity to engage in scattered sclerosis in its early stages, so I can only assume that, getting these patients to the treatment of hygienists in the early disease, the percentage of recovered would be great.

The fact that I was able to regain some of the patients who are completely helpless, for life and disability, powerful evidence in favor of programs for dental hygienists reconstruction of tissues and body functions.

Let's take a look at the overall picture of the relation of fasting to sclerosis. The first fasting gives a noticeable improvement in the overall of patients, often chained to the bed before patients stand and can move. Improvement and further progress take place when a carefully designed diet, regular exercises, and solar cells in the post-starvation. The second starvation further enhances control over limbs. I usually

applied in these cases, the 3-year fasting, each of which improves the condition of the limbs and control over them. After fasting I will leave the patient rest in bed add a one-day or Half Light exercises such type that requires increasing the ease and agility for their implementation. The purpose of these exercises is not so much an increase in size and muscle strength, as in the acquisition of skill. I'm sure that even daytime sunbathing are especially useful in the future to restore the nervous system. The diet should consist of fresh fruits and vegetables with very limited fat, sugars, proteins and starches. I prefer give vegetable protein - nuts and sunflower seeds. It is important to remember that the Disease is not the initial stage disease. In the early stages of the disease is much easier to cure subject to failure from poor lifestyle choices and unhealthy habits, as well as cleaning the blood and flesh of the patient from the toxic cargo. It is at the initial stage of the disease can be completely cure, and not at later stages, when it occurred irreversible changes in neural structure. It is important not to miss! Found on the Internet interesting research by Italian scientists.

### **Multiple Sclerosis defends hunger**

Fasting relieves the symptoms of multiple sclerosis and other autoimmune diseases. Mice with a condition similar to multiple sclerosis, which at 48 hours, deprived of food during this time received much less damage to the brain and have shown themselves better in tests of balance, movement, and symptoms of weakness and paralysis they were considerably smaller. The author of the work of Giuseppe Matareze University of Naples, is hoping that a combination of diet drugs will in the future to stop multiple sclerosis.

Now patients with multiple sclerosis recommend eating heartily, and nobody is going to prescribe to patients fasting. Matareze hopes to identify the components of the diet, providing the strongest effect on autoimmune diseases.

Multiple sclerosis is not yet able to treat (modern means it can only slow down). Nevertheless, scientists There are some new items. One of them - the hormone leptin, secreted by fat cells after a meal to kill your appetite. Matareze found that immediately prior to the development of disease leptin in mice was doubled. But those individuals who do not ate 48 hours (similar to 10.7 days for men) - the level of leptin approaching normal. Matareze also found that neurons in the damaged brain tissue also produces leptin.

Unfortunately, I was basically calling patients who can not arrive or serve yourself. So I have no experience in treating such diseases. I once wrote a letter one girl, her husband has multiple sclerosis. I advised her to husband made a purification of the liver, intestines, and began to make gradual

trainees dry fasting. In addition, I advised her to drink grass, which our herbalists prescribe such patients. Recently She sent me a letter.

Sergei Ivanovich, Masha! Thank you very much for the contact with herbalists. We doctor ourselves larkspur + dry hunger for your scheme. There are results. Andrew (my husband has multiple sclerosis, remind just in case) drink this infusion and fast. The results are as follows: has become a bit easier in every sense (the head is less pain, less fatigue day, urine is clean, free of impurities, and generally, a confidence in the future). Pah-pah. All the while saying that as soon as will be possible and he would get to his feet and he gets up, will come to you on Altai.

Yet went to Karelia in Sortavala (I have there a little apartment), friends in a car driven, clean air, each day in nature, and suddenly he even started to go better. Made two treatment with hydrogen peroxide (2 times for 14 infusions from December to April). Very nice to write to you about some good results.

Dry hunger until more than 5 consecutive days did not do. We go slowly, as you advised. Andrew breaks all the 11-day's rest to go, and I see what kind of too early, and discouraged. I say - it will be 6 days then 7 and so on right? While out after 5 days of heavy.

and the weight is small - under 57 kg Height 182 cm How is your life? I wish you success everything!

Spasibische! Without you we simply this delphinium nobody would have given. Sincerely, Maria.

I deliberately tried to write some more information about this disease. I heartily wish that such patients were more knowledge to be able to create their own system recovery. Of course, any starvation - is not a panacea for all disease, but a great desire and patience with this method can be cured, it would seem, from incurable diseases or at least prolong the quality and fullness of life.

Is it possible to cure AIDS, viral hepatitis, cancer, dry fasting? These questions most frequently asked by people on the phone and in his letters.

AIDS in my practice, my patients were not. Although LA Shchennikov. told me that he had a case of treatment this disease. with hepatitis C, I had a few patients (about one of them I mentioned when describing treatment adenomas).

A very telling example of successful ilecheniya hepatitis C. I phoned a man with a Ukrainian accent, he told me his story: "In 1999 I was diagnosed with hepatitis C. For this time, I was repeatedly being treated a variety of techniques and medicines. The only result which I got was a lot of money that we spent in vain.

Quite accidentally found your site on the Internet, decided to

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try to dry starvation. Cleaning the liver was excellent. Passed first two-, three days dry fasting, then moved to the Carpathians, where passed their own five-day dry hunger, health normal, liver function tests have become much better, even doctors amazed. Possible for you to come and get you a ten Dry fasting? ". Of course, I gladly took him for treatment, moreover, he was already prepared, and even some starvation has it helped. Dry hunger he passed well, he intuitively found at our river place their energy and every day went there. On the ninth day he came all excited and tells me:

"I was sitting in his seat, the rain, I prayed to myself silently, and suddenly some clouds parted and the sun as it pierced my organism, it was for me incredibly, because everywhere was rain. After this in my heart it was so easy. "

When he arrived home after a month left in the Carpathians and self-hosted 10-day dry hunger. Then

He again two months later, repeated fasting. When I was on a business trip, my cell came CMC-ka: "Passed tests everything is fine, come to visit me, to go to the Carpathians. "

Of course, very pleased to receive such messages.

Another case. Another call asking if I was treating hepatitis TTV. I, frankly, for the first time even heard of this hepatitis.

Had to search for information online. we were visited by a guy choleric temperament, during the passage of starvation constantly walking and could not find a place for himself, with his temperament it necessarily need to have something - something to do. Hungry seven days. Six months later came the dry fractional starvation, took two courses of fasting seven or eight days, is now on hunger brought books and CDs and starvation endured quietly. Within a month went to examination in Israel. He rang me back and said that was a complete examination of his body, doctors said a liver and analyzes how a child.

Of course, not all such good results, anyone - that starvation do not help, because at such issues should take place several courses of fasting to cure, but, alas, not everyone enough for this patience and will.

How hard is it to talk about a serious illness ... How hard is it to talk about severe illness, avoiding comforting lies, and at the same time instilling hope. How important are these requirements when it comes to cancer!

I want to give an example of how a great faith, patience and starvation can overcome this horrible, insidious disease.

### **Hear your inner voice**

He lived like everyone else. Rejoiced in the success in business. Sometimes even proud of is, if it turns out that something is better than others. Believed in God, but this belief does not undermine the deep layers of the soul. Thus, many believe of us - as though just in case. Life seemed eternal, and if

and broke off at someone, then for sure with him, Victor Pylyavskim anything this could not happen.

He would stop and listen to ourselves, to each of its cage, to understand: Is it live? in each of us sound signals, it is necessary only able to perceive them and follow them to stay healthy mind and body. But it is Victor realized later ...

Everything started with a slight pain in my stomach. My first thought: eat something stale, will take place. Then the pain became more frequent and more.

Soon the stomach is to take nothing but water and yogurt. Victor rapidly losing weight. And finally, I went to a reception at his friend, head of radiology department of the Samara Oblast

Clinical Hospital. Kalinin, a doctor of the highest category

Sergei Repin. The survey has not yet completed, but the diagnosis, he realized on the views of health professionals and once they have heard the figures: eighty percent. It was easy to guess that this lesion tissue and in the figure to hear the verdict.

He offered to pass some other tests to check something and recheck. and only if the diagnosis is definitive. But he nothing else did not check, thanked the doctors and went on street. Ended in the summer, but the sun was still hot, and the trees - green. Do not want to believe that it will take some time, and all this remain, and it will be gone. But he lived a total less than four ten years. Maybe he lived no better, but neither are worse than others. and good deeds to his credit no less sinned - not more. Why do in this world so unfair?

This question probably gets up in front of each hospice man. Just answer each his own.

On that day, he outlined what must get done before the end of life. and I soon realized that still do not have time to live without the hassle, take final outcome. After all, for something he was born into this world, for some reason lived?

And then he decided to leave the house.

It was the end of summer, when he took the Bible, sleeping bag and a piece of tarpaulin, said goodbye to his wife and daughter. Said to have not sought - return himself forty days. Unless, of course, come back ...

From that day he decided to act only at the call of the soul, though this call sounded at times very weak. But gradually he learned to understand himself. A few days Victor was wandering through the mountains around Zhigulevsk and soon realized: his place is not here. All Samara

Luka, he knew very well - a lot of time flying over the mountains and steppes on his paraglider. and behold a voice suggested that we should go the ruins of the town of Murom - ancient settlement of the Volga

Bulgar. Here, among the wild apple trees, he pulled a piece of canvas, spread my sleeping bag. Not far from its parking lot found two fontanel. The soul seems to have calmed down. Even the stomach, which has long have not received anything other than water, it is not disturbed.

And pulled the days that are similar to each other, without any event

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in the outside world. Only occasionally somewhere Party held a herd voices of the shepherds. Singing birds, rustling wind, the sky passing clouds. But all this does not affect the thoughts, no feelings. Victor was immersed in himself, and, of course, noticed as my soul and body. Sometimes these changes were so painful, that I wanted to burrow into the earth, save yourself from suffering. He thinner and weaker every day. And peeling skin limp rags. He tore it, rolling around on the grass. When it was relieved to read Bible - do not rush, rush was nowhere to go. Opened unknown first sense of the sacred lines. Compare their standards of morality with their behavior. and realized that a lot does not fit. and idols were in his life, although the Bible demands: "Do not make ..." and pride enough. And even more - fuss, endless race is for money, for the other ghosts of our lives. Infinite "must, must, we must" occurred not at the call of the soul - conditionalities imposed from outside world.

Victor often heard some voices. Believes that it was angels. Sometimes Fantastic paintings: here is his soul born to white light. Here are millions of others eager to find flesh, begging God to bestow this great happiness - to live on the ground ...

How could he complain: "Why me?" When he lived for nearly four a dozen years before he learned about his illness.

After thirty days of fasting began fainting. Consciousness, he lost suddenly, every movement was given with great difficulty. Sometimes, Victor threw off his clothes and got an inexplicable pleasure cool, although it was cool, the touch of wind or grass.

He did not feel cold even at night, despite the fact that started October. What is the explanation, did not know until now. Like the inside of his warmed some unknown source of heat.

Forty days in the shower sounded: go home! All his simple enough equipment left under the apple tree. Would take, but had no strength. hard left onto the road. Driver of a car stopped for a long time could not understand what that person stands in front of him - a thin, in some scruffy duds, with difficulty pronouncing words. Finally

Victor was able to explain what he needs to Samara.

For ordinary life, he returned gradually. First, drink juice, diluted with water. Then - vegetable soup, gruel.

Stomach still accept without protest. Victor felt that he perfectly healthy, but the hospital still went. For the sake of interest. Doctors did not believe their eyes: once struck by 80 percent stomach was as good as new.

- In my experience, this case was not, - says Sergey Repin. - Colleagues, too, shrug their shoulders. We, of course, are known examples of healing the sick through faith in God, but so way to be treated, usually neurological disease character. And in this case, apparently, there was the addition of a

number of factors, which are caused by an upgrade not only the soul, but and body. In extreme circumstances, I think, were given in effect hidden reserves of the body, and there was healing.

Other explanation I can not give.

Business, old habits and friends have moved away Pylyavskogo aside. There are new, who understand its today's state of mind. Our hero, after those forty days became deeply religious man. Inland call it began exploring the churches in the territory of the Samara region.

Photographed with a paraglider existing temples and ruins.

In the spring of last year's pictures were exhibited at the mercy Kuibyshev - center in Samara. Thousands of residents have seen no only the scenery and the church, but a state of mind photographer. His anxiety and pain for today and tomorrow of their native land.

Then he handed the biggest shots in the field of children's home-Boarding in Otradnoe.

Now Victor is working on a new photo exhibition. Topic suggested all the same inner voice, the call of the soul, another signal - call can be anything you like. He also advises the topic has not yet articulate - not time. At the call of the same voice Pylyavsky starved for forty days again, too, all alone. Last year such an appeal

was not, but he kept the fasts. Health is now - God forbid anyone.

Bathed in ice water, use the machine. Not because so that others do - so suggests an inner voice. If it does not listen, inevitable emotional took it that dissatisfaction, some disorder. After all, man does not corrode the disease - inside imbalance, dissatisfaction. Why others live as I can not? Why are they given the well-being, success, fame, and me not? In these matters - the beginning of a sad end. They like acid corroding the soul and the human body. While the answer is in the question: someone is given, you - no. This is no tragedy, because given something else. And if we tear ourselves on life turns, for the sake of high goal, without which, it seems altogether inconceivable life.

Some of these thoughts I expressed myself Victor. Some inspired by conversations with him. Rarely see each other, talk usually phone. I always have no time, he was as calm and unhurried. But probably full of household chores - a recently born the second child. Son, his heir and hope. To work on a new exhibition does not enough daylight time, we have to grab the night. So he lives, constantly guided by the needs of the soul. and so many times I've tried. Tried to do exercises, pour ice water, like change jobs. the soul is not one - a thousand voices cried out that it is me necessary, if so I will not do - will not rest. And then the lazy, snot or bad mood unsettle. I understand that as a result it threatens his hospital bed, but I can not do anything. Difficult does not work I have to live "on Pylyavskomu. Can be obtained the readers of the Bulletin "

Alexander Alexandrov, Samara.

"HLS": Of course, I would like to know the opinion of readers on the read. Most likely, it would be ambiguous. Probably Many may ask: "Well, good for? What can we draw of the nearly two bands of text? After all, the inner voice so clearly and loud sounds are not in each.

In the past we have written extensively about the long-term fasting. Was even

constant heading "Fasting will save your life." Old-timers

"HLS" probably remember, and the letter of Russian Americans Basil

Voronov, and fragments of the little book writer Elton Sinclair

"Perfect Health" and an interview with Doctor of Medicine

Osipov Nikolaev ... Yes, actually, and methods

Austrian healer Rudolf Broysa also based on fasting.

In this case, we understood and emphasized: long-term fasting does not

can be a massive tool to combat serious diseases. This

"Trick" is not for everyone. Compliance with its demands considerable willpower and carries a certain risk.

But what if the conversation? And that this method is. About him

desirable to know to understand the process, so that in the moment of truth "to solution. Your editor.

But also the President and his doctor did not recommend anyone to repeat

this terrible experiment. each person must be a way

because what is good one, another - death.

I had a single case of successful treatment of cancer. My

familiar to the patient brought to me for counseling his mother,

which has been accidentally discovered a malignant tumor of the kidney,

without metastases and small sizes. Since before the operation was still

a lot of time, we decided to try it dry starvation.

Her attitude was very good. SG is well tolerated. On

the ninth day of starvation in her temperature rose to 40 degrees,

this during the passage of fasting I have never seen it

stayed up all night, by morning the temperature returned to normal. For myself, I

realized it was a real medical crisis, because all the cancer cells

die at high temperature, and then there was neither food nor water.

When she did re-examination, the tumor was not found.

But basically calling people who have cancer with metastases and who

went chemotherapy, radiation, I also had such

patients, but failed to cure anyone, they just extended his

life. The difficulty of treating cancer patients is

in the following. To recover, you must:

- Completely change your lifestyle and diet, to do

Global depuration.

- Change their residence, and it is desirable to leave

a clean place, it will remove the burden from the immune

system from the effects of industrial poisons and toxins.

- If you are on starvation, it should hold up

effects of chemotherapy or radiation, either chemotherapy

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kills everything that is shared - not only cancer cells but also including cells of the immune system.

- It is advisable to carry out several hunger rates between courses of anticancer herbs to drink until it is destroyed malignant tumor, otherwise aspiring tumor then it will grow even faster.

- Even if you are cured by fasting, and then to do preventive courses of fasting all his life.

Unfortunately, these conditions are unacceptable for 90% of patients, so we are in the practice deny such patients in the fasting and tried to help the herbs.

But for the prevention of cancer, after radical surgery of any kind of fasting can be invaluable aid, especially since the operation removes only a consequence, the reason remains, and if nothing is changed, then the return of tumor recurrence very large. As I wrote, during the dry survive starvation very strong, viable cells, even short-term dry starvation are major prophylactic against malignant tumors.

Hi, Sergey! My name is Natalia, call you at her husband's illness on the phone last week. He 47 years. in September 2005 was performed the operation - laparotomy, proximal subtotal gastrectomy. Postoperative period of day 1 was complicated by acute intraperitoneal bleeding on day 6 post-operative period was complicated phenomena of peritonitis, the result has been imposed on trasferzostoma colon. At discharge: histology - a picture adenocarcinoma umerennodif. tubular, infiltrating the wall of the building stomach to the muscular layer, the edges of resection of malignant growth is not found in 1 / y pattern of hyperplasia. Diagnosis: ow. fundamental part of the stomach T2IoMo v. 3 Cl group. in a planned 4/12/2006 closure order is satisfied trasferzostomy. Today condition is normal, natural physiological functions way. Weight 59 kg (in September-October 2005, 47 kg). General biochemical tests within normal limits. Ultrasonography of the internal organs: diffuse changes in the liver and kidneys. The inflection of the gallbladder, cholesterosis its walls. In February this year did histology in anastemoza-normal. Enlarged lymph node in groin, took a puncture, they said okay. It seems that until all wrote.

And most importantly, if possible, want to come to you with my husband, Viktor Stepanovich, the treatment now, ie, May 1, 2006. look will be waiting for an answer.

But most worryingly, when examining the lungs with computed tomography in them were revealed small focal pathological Education - metastases in question. They came to us with his wife in May, he underwent a ten-day dry hunger.

When they repeated the survey, all was normal. to us he arrives for the prevention of twice a year, between courses of fasting Takes anticancer herbs. Weight is now 64 kg, being normal.

### **Skin diseases**

To us came the girl, she was twenty-five years. Hands, neck, face were covered with scaly - a rash, it was psoriasis. She hurt them during the 10 - years. I tried all the usual medical means, but to no avail. She called me to learn about our treatment of dry hunger from acquaintances. I told her that psoriasis from all skin diseases are the hardest to treat, and to

get a good result, it is necessary to make good quality cleansing of the body. Go to the vegetable diet, clean liver and intestines once a month to conduct courses enterosorbtion and train cycles of dry fasting. When it is all done

All friends have noticed how it reduced the rash. SG is bore is relatively easy, it affected a good preparation.

Could be seen as the seventh day of fasting disappears disease and reduced clean skin. She underwent two cycles fasting for seven days when she left, her skin is completely cleared. I advised her to repeat the course within six months of fasting.

But she called me two months later and said that she was pregnant.

It was very good news. I have long noticed that if girls and women before childbirth had some problems with the body and the woman was intoxicated, then after the birth of these problems greatly intensified, was banal bronchitis-after genera asthma, etc. Conversely, if you go fasting prior to delivery, after childbirth a woman cured of the diseases that were not completely even during fasting.

It is well known that the appearance of skin can be judged state of internal organs, primarily the liver and intestine. One has only to those bodies begin to carry out their daily work is somewhat worse than usual, as change the color and skin turgor, will rashes and blemishes. The skin is very sensitive to various toxins - and those that are formed in the intestine during digestion, and those that arise in the course of metabolism.

Some doctors know what clues to the person talking about a particular ailment, housed in our body. Indeed, even the most minor health problems are reflected in the our appearance. Facial skin as a litmus test reacts the slightest disruption in the body and reflects how the our stomach, liver, intestines, pancreas, kidney, hormonal system. The ability to see these characters allows time recognize health problems.

Scientifically proven that 95% of known human pathologies associated in violation of the intestines and liver. Undigested in the 24-32 hours of food rot, accumulate as a fossilized

deposits on the walls of the intestines. Poisons that accumulate in the patient intestine, according to the circulatory system are distributed throughout the body and, more importantly, nourish the skin. Skin nutrition by blood, but not by any external source. For Skin is no other food, except for blood, so all the money spent to "nourish the skin" substance thrown to the wind. Skin as protective layer in contact (included in contact) with many harmful substances and subjected to various influences.

Fortunately, she has a very high self-healing ability, so that only a few injuries leave indelible traces. The bulk of skin diseases associated with internal systemic diseases. Diseases of the skin - is eliminative crisis of the body. Not being able to remove unnecessary material in other ways, the body gets rid of actively from them through the skin, which leads to trauma and its various changes.

Human skin is comparable only with the liver and brain, according to the number and diversity of their functions. It contains nerve cells, blood vessels, glands, pigment cells and fat - this

Watershield gazozaschitnaya structure and covers the body like an envelope, separating delicate internal organs from the external environment. She is for the body radiator and air conditioning, through the provision of sweat adjusting the temperature of the body and using the same process maintaining its moisture balance. Leather - a huge excretory body. The surface area of ??the skin is very big, and through it, just like the lungs, intestines, kidneys, the body allocates waste substances.

For all skin eruptions main attention should diet.

Almost certainly prove that the patient is overeating. Typically, large part of the trouble is the excess starch and sugar in the diet. in most cases of food is taken in combination, adverse digestion: habit of eating starchy and protein-rich food for one meal. That's enough to cause a breach of digestion (metabolism) and skin inflammation. And at the reception drugs will certainly be aware that many of them cause rash. Naturally, under such inflammatory corresponding Diet must be followed by preliminary fasting.

Immediately we can say that as such there is no skin diseases. There malfunction of the body that lead to skin lesions.

and therefore should not treat the skin separately, but the whole body. Medicine in its present state can not cope with the set task. Local treatment of skin without taking into account the state of the whole organism can not lead to positive results. Starvation, with its overall impact on the entire body is able to quite efficiently cope with any manifestation of skin diseases. Most manifestations of skin diseases due to the fact that the body simply can not cope with the amount of harmful substances, which are constantly

come to us with various products, with overeating because environmental factors, due to sedentary lifestyle, which slows down metabolism in all the body, including the function of allocation, and many other factors.

This leads to a set of common skin diseases:

dermatitis, allergic dermatitis, psoriatic lesions

Leather and others. at the same time reducing the body's defenses because of the overall oppression of recovery leads to various infectious skin diseases. All those germs bacteria are constantly present on the skin of each person and which we peacefully coexist in everyday life, with the weakening organism become agents of various diseases.

What gives any starvation for the skin?

First, note that almost all the starving, it's amazing skin changes. Even after a week of fasting, it becomes smooth, shiny, creaking like a child. and there nothing unusual.

- It removes the burden from the skin secretion. Without income food organism actively starts to produce extra material all possible ways and uses them to life.

Gradually returning to normal internal environment - in the body to an equilibrium between those substances that he needs all the excess is expelled or used.

- Improves circulation of each cell in the body, and respectively, of skin cells. When the method of treatment starvation is a more subtle cleansing at the cellular level.

Cleans the blood and helps blood vessels remain net. Replaced, updated the body's cells, with prolonged fasting is replaced by the entire skin. Leather becomes clear, there is rejuvenation of the body.

- In psoriasis improves the action of our immune system. It will become clear from a simple example. I think every one of you easy to recall a period in his life when psoriasis receded and you have great results without taking medication. Usually it happened during a successful holiday, after a good daily sleep, bright positive emotions, correct and consistent supply etc., in this moment of redundant resources immunity is sometimes enough to give a successful battle terrible disease.

Most likely, the effect is achieved by suppressing noncontagious retrovirus. Most scientists are inclined to the view that specific defects of the immune system does not allow cope with the problem on its neutralization, just and lead to relapse. It is easy to see that classic psoriatic exacerbation occur just in the late autumn and early spring

- The times when human beings are the most susceptible viral diseases. The problem is the secondary character improvement of pathogenic and conditionally - pathogenic

on the skin. Psoriatic lesions are place of residence and nutrition of these organisms, fruits, life which aggravate the situation. Stabilization of the immune system is achievable and with the help of medical fasting, but several other mechanisms. Of course, this is not so fun as having a good holiday, but the result is more stable and predictable.

- Normalization of the metabolic processes. Patients often complain of: "Again, liver problems provoked aggravation!". But in fact, the reverse link here originally. Disorder with the skin has an effect on our livers. Great number of metabolic products is removed through the skin. However, the area affected by plaques, papules, and other rash, unable to fully cope with this task. and here is our liver comes to the rescue of damaged skin - takes over her work. Conclusion of additional metabolic products, Fortunately, the liver is not too overloaded. Not so well the situation with intermediate products metabolism, have toxic properties. Exacerbate position of substances over the years accumulated in the organism under the influence of taking medication without hepatoprotectors (Drugs, protecting our livers), as well as being result of malnutrition and various abuses. They are already capable of causing considerable damage to our liver, and She in turn gives rise to the formation of new lesions the skin. Full circle, but out of it is. Obviously, that the removal of large quantities of hazardous and fiber connections fasting gives new life to all systems of the body to many months.

- Normalizes water - salt metabolism. Disappears dry skin. What surprises during fasting, because it changes happening to our skin - even after a week of fasting it becomes smooth and velvety. When you touch it squeaks like a baby. and these changes are noted almost all starving. Among other things, even without further Nutrition favorable changes in the skin are preserved quite a long time, but if you stick in the future nutrition, changes will become permanent. What diseases of the skin just will not heal starvation: a variety of dermatitis, neurodermatitis, allergodermatitis, psoriasis, the main reason which - abnormal liver function, are treated well pustular skin lesions, various infectious diseases of the skin.

Would be more correct to talk about self-healing, self-healing the body during starvation.

Terms of fasting depends on the severity and duration of the disease. Than heavier than a skin disease, the more long-term fasting recommended. Will likely have to spend a few courses

lasting from 7-9 days with proper nutrition between them. When milder forms may be sufficient 5-7 - day dry fasting, but everything will depend on the overall condition of your organism. Because skin manifestations - a kind of marker that indicates a very significant violations in the activities of all organism. So never just impossible to say how much to starve in a particular case. Of course, always want to go medical crisis and recover immediately, but not always possible and not there is always a need for such a feat.

### **Functional disorders of the nervous system**

Depression can rightly be called ARI among mental disorders - most people one way or another face with depression, either directly or indirectly. Victims of depression may become your friends or family members. Despite the prevalence of this disorder, many do not know exactly what is depression, what causes it and how depression is different from the blues and bad mood.

Depression is characterized by a number of fairly common symptoms, which include constant sadness, anxiety, sense of helplessness and hopelessness and pessimism.

When depression is also a sense of guilt, worthlessness and helplessness. depressed people lose interest in life, they do not cause excitement, even loved before classes and hobbies such as friendly parties, or even sex. Insomnia, climb early and excessive sleepiness - common symptoms depression.

The main cause of depression, in my opinion, this is an endogenous intoxication of the organism as a result of a very big slagging it, so there is an infringement of the normal functioning biochemical processes in the central nervous system.

Stress, trauma and genetic predisposition - it is only precipitating and predisposing factors.

Hello, dear Sergey!

Tell me, please, can help in my case fasting?

After her divorce from her husband appeared in my mental disorders state.

I got insomnia, I am concerned about constant headaches pain, guilt, worthlessness and helplessness. Constantly I feel anxiety and sometimes even live at all reluctant. Very bad work intestine, constantly having to do enema. Recently, very thin and has not look good.

Several months had consulted a psychotherapist. There was a temporary improvement, and then everything started over again, and even anxiety increased. Help, please, if you can.

I look forward to reply, Helen.

Of course, deny this girl I could not. I have been paid

note that during fasting all the external problems of a person not interest, he is more focused on nature, its beauty, own health and the passage of starvation. Body works on survival, it on the basis of the dominance of two stress coexist can not be winning more energy is strong.

Dry hunger - is a powerful stress on the body, but unlike other stress this stress governed by the will of man and his psychological attitude. Therefore, during fasting all pathological symptoms begin leveled. There is a great desire and will to life, people become more calm, kind, sympathetic.

Many patients told me: "What have you done to our chief, He was so calm and sociable. " Lena took two courses dry starvation. After the first she had returned to normal sleep and have been headaches. After the second returned to normal work of intestines. She tells me: "I am changing rapidly and even began to laugh, and this is after I have even appeared on a nice tear. My the main effects of fasting in addition to recovery:

1. Become calm. But it is not indifferent calm and quiet- joyously peacefully quiet. Flat-out feeling.
2. Become more humble. Subtle point here, its impossible condition as to evaluate - but still known by its fruit. Condition Hunger is really humbling.
3. Lengthens the time. Day seems endless - make as much cases, as in the normal state can not do in a week.
4. Shortened sleep. Lack of sleep 5 hours a day.
5. Increased mental activity - can be understood easily any new and complex information, intellectual work is done very quickly. Find solutions to complex problems over which long struggled unsuccessfully. Now my condition is beautiful, nothing I am not worried. " Upon arrival home, she got married, found more interesting work.

I think that our spirit and body are inextricably linked. Good quality cleansing of the body helps to restore normal the intestine and liver, respectively, our brain begins receive high-quality food and a good flow of oxygen. All changes in biochemical processes are normalized and become an order of magnitude better. I always remember the ancient Jews - when the tribe is in a difficult, hopeless situation, they are the whole tribe carried out a dry hunger, and has always been a way out. When I come difficult situations in life, I've always helps SG.

### **Obesity**

Obesity - a chronic, relapsing disease, characterized by excessive accumulation of adipose tissue in the body. World Health Organization considers obesity as an epidemic, reaching millions of people. in 1998 was registered in the world 250 million patients with obesity, representing 7% of the adult population of the globe. Prof.

VM Dilman calls obesity a disease of all diseases. Disease, caused by over-eating are the principal enemies of humanity towards its biological prosperity. 60% of Americans overweight, which is an indirect cause annual death 300,000 people. The population of Slavic countries at the expense of carbohydrate foods, even in conditions of chronic protein-vitamin deficiency is a lot like Americans. Therefore, in all developed countries, where millions of people with a triple chin concerned about weight loss, a variety of popular of starvation as the most radical way to get rid of overweight.

But few people know the rules of diet and fasting. With regard to obesity, which are struggling through the healing starvation, then on this issue are parasitic thousands of companies, offering Herbalife and other superpanatsei that without fasting supposedly make people normal weight and well-being Superman.

We call a lot of patients to lose weight, so I will try to elaborate on this disease. After Obesity is becoming the number one problem in Russia, but especially in the United States of America.

Weight loss during fasting does not mean loss of vital tissue, and excessive food waste, grease, etc. One simply loses so many pounds of diseases. The magnitude of muscle decreases. But it is - the result of reducing the amount of fat is in them and reduce the size of the cells. In the dry fasting the number of muscle cells do not actually declining. Observations show that women lose during starvation slightly more than men.

It is believed that this is due more adipose tissue in women. Metabolic rate in women is less than men, and we can expect that weight loss in men is faster than females. Steady fact: the fat man, the greater weight loss. Healthy people lose weight more slowly than patients. Total patients lose weight much faster than thin; nervous and emotional lose weight more quickly than calm and balanced, and patients in a state of relaxation and recreation more slowly than patients in a state of inactivity and stress.

There is also evidence of the relationship between the state of tissue patient and loss of weight. Full of people with flabby and soft tissues lose weight very fast, and full of dense tissue is much slower. Additional evidence suggests that consumption large quantities of water tends to support the weight as a result of filling tissue fluid, while not hindering the the usual loss of solids. It is true that in most cases of rapid weight loss occurs in the early stages of starvation, so that the overall summary of starvation show a large average per day weight loss rather than long-term fasting. A weight loss

the second, third, fourth, starvation is less than the first starvation.

Even wet starvation when properly used and compliance all the recommendations gives excellent results, but dry fasting on many orders of magnitude more efficient.

For the treatment of obesity we are basically a combination starvation.

Dry plus wet fasting, several rates of hunger in a row.

To achieve stable and sustainable results to adhere to certain recommendations: lacto-vegetarian diet, therapeutic method of chewing, the weekly days of unloading and so forth in detail in the chapter on treatment of disease. " But even a stable application of dry fasting weekly in combination with diet can work wonders.

Actually, I want to tell you more about the method of treatment mastication, due to its exceptional value, especially combined it with a dry starvation.

How to lose weight without dieting?

Many dream to lose weight or get better while continuing to eat, as before. Such a goal is achievable, if carefully chew food.

This method is still at the beginning of last century, has actively promoted American physiologist Horace (Horatio), Fletcher. aged 44 he fell seriously ill, so much so that no firm would pay him insurance. Doctors found he had a "bouquet" of ailments: an extra weight, heart and vascular, gastro-intestinal disturbances.

Most of all he was worried about was his stomach. Watching the work of GI, Fletcher said that the food, the maximum saturated saliva disappears from the mouth without swallowing movements. Later This discovery has been called "food probe Fletcher."

On its recommendations for every morsel of food requires at least 30 chewing movements, and the effect of "food probe" fires, when they are more than 100. Changing old eating habits, the scientist soon to lose weight, forget about their illnesses, and began daily deal and again, as in his youth, found sports form. It's amazing, but now he was missing in 3 times less food than before. Became brighter and taste, so that each technique food turned into a little holiday!

How to adjust the weight? Huge impression famous Fletcher's experiment in the U.S. Military Academy at West Point. was attended by two groups: full officers and soldiers of evil. during experiment with the same diet they have found normal weight only by properly chewing: the officers lost weight, and Soldiers recovered. in the end it was proved that only one thorough chewing improves health and helps to restore normal Wt. The followers of this method has become well-known American millionaire John D. Rockefeller, who lived to 98 years.

The benefits of thorough chewing of food have long known and East. Yogi says that the digestion (and even the absorption of energy from food) begins in the mouth and the food is well digested only when it is ground well when chewing and abundantly moistened with saliva.

Many remember the famous yogi motto: "Liquid food - eat solid food - drink. " This means that even liquid foods (juices, broths, milk, etc.) should be chewed in the mouth, mixing with saliva. A solid food should be chewed longer than usual, making it into the liquid. Yoga chew each piece 100-200 times, and for good reason: experienced yogi might well be satisfied with a banana or a crust bread.

Noted that for obese people is characterized by too much fast food.

The center of saturation in the brain has no time to engage.

Usually it takes 25 30 min. and how much you would not have eaten for these moments, the true saturation will come later, so is unlikely not hurry.

Active chewing improves blood flow to the brain, heals the nasopharynx and gums, protects teeth from caries (saliva neutralize the acid and sugar foods). To work more effectively GI is also helpful to train the abdominal muscles, as do Yoga.

Stand on heels, in a pose cats (bidalasana). in this position well feel the movement of the abdominal muscles. exhale gently pull stomach, as if trying to bring the navel to the spine, with breath release. Repeat 10 times, spending every move around 1 sec. After a brief rest, repeat. Thing to do 3-Series such movements.

Seated in a pose with legs crossed, leaning forward, leaning hands on his knees. On the exhale, pull up the front wall abdomen. Lasts a natural breath-holding, repeat

Pulling up to 10 times. Once there was a desire to breathe, right release the stomach. This exercise is carried out only on an empty stomach. Tightening the stomach - a powerful tool to improve digestion and improvement of internal organs, so keep it regularly.

I like the most detailed description of the method of treatment (Careful) chewing RG Shavkunovym.

Long chewing - the path to recovery of gastrointestinal intestinal tract and entire body.

I am 77 years old, an engineer-mechanic. Until 1975, I lived as a All: working, eating meat, quickly chewed. at lunch time to play chess or dominoes, doing skiing, had the first discharge. One day after a cold hike and took to hospital - a strong arthrosis of the hip joint. Doctors pronounced the verdict: "The bed on the rest of his life. " It does not suit me. Began to struggle.

Met with GS Shatalov, listened to her persuasive

course on nutrition. Switched to a vegetarian diet, threw alcohol. Met and became interested invigoration of the body with prolonged chewing of Fletcher. Passed a rigorous course of the chewing, dropped 15 kg of weight. Struggled for 2 years, and after 3 , I already ran marathon. Applied the method of therapeutic chewing in Akademgorodok at Novosibirsk, where he had a group of health. The effect was amazing - 200 people have forgotten about their illness, become healthy and ran every day for 10 km and 50 people ran a marathon: 250 km to 50 km per day. Naturally, there was great interest to the knowledge of those laws and mechanisms the human body that helps to awaken so big it opportunities.

One of the main provisions of the proposed method self-improvement is a long chewing at reception food. This system arose after reading an intuitive with the methodology fletcherizma (movement arose in England in the 19 century and advocated for a long chewing, achieving great success in the rehabilitation of people). Known Chinese proverb: "Do you want to be healthy - do 50 zhevkov to swallow. Want to be long-lived - 100 zhevkov. Want to be immortal - 150 zhevkov. This folk wisdom says about the great opportunities for long-term healing chewing. The proposed system of long-term therapeutic chewing is not once was checked for myself and others for 12 years. She always gave the expected positive results.

And as we usually eat? This is something we never think.

For us the main factor is time. We have no time, we have No time to eat. In the morning we're late, grabbed a piece of bread or anything else and on the go swallows it. Lunch 40-50 minutes: it is necessary talk, relax, play chess, dominoes, but not food. It runs parallel, on the move. In 5-10 minutes we were satisfied.

What we eat - anything povkusnee and faster, ie, food has become for us a pleasure, even a pastime.

And maybe the other way. We can sit for hours at the table, absorbing the myriad of food and what is bad, we do like.

We forget that behind this will pay off, sometimes brutally: Cut 3 / 4 of the stomach, pancreatitis, cholecystitis, and many other diseases. All living things in nature (except for the modern man) refers to the digestion process with great attention, trying to obtained from this process everything that incorporated nature.

Modern medicine defines as digestion physiological process, as a result of which arrived ingested food is processed (mechanical and chemical) that is necessary for its assimilation by the body.

Contained in food proteins, fats and carbohydrates can be learned only after splitting into simpler chemical connection. Splitting of these nutrients are

in the digestive tract, with the participation of chemical accelerators reactions - biological catalysts or enzymes that produced by cells of the digestive glands (salivary, stomach, pancreas, intestine) and are included in juices, selected these glands into the lumen of the digestive tract. After suction of the split products and their transportation within the body ensure their delivery needy cells.

Through the efforts of IP Pavlov proved the following:

1. Digestive gland is controlled nervous system.
2. Number of selected juices, their composition and properties depend on food composition and other conditions (eg, mood).
3. All departments digestive system working in concert, interacting with each other.
4. Digestive glands changes from Eating one regime to another.

Processing of food during prolonged chewing occurs follows. Pulverized teeth food enters the interaction with the salivating and himioretseptorami cavity cavity, which send information about the chemical composition of food in the brain, which in turn receives information on necessary correction of the chemical composition of saliva to create a the best conditions for its further processing and learning. Part adopted in the mouth of food treated with saliva is absorbed into the blood directly in the mouth. This allows you to recycle a significant portion carbohydrate component, the fastest of the meet needs of the body's cells in the diet, eliminating overeating and create favorable conditions for the processing of food in the stomach, 12 duodenum, small and large intestines. When This carbohydrate component (bread, cereal, pasta, potatoes) processed mainly in the mouth, 12 duodenal ulcer, and protein component (meat, fish, beans) are processed in the stomach.

Created favorable conditions for separation digestion and assimilation of the most valuable proteins, carbohydrates and the other coming from the food nutrients. We get sense of saturation with food much faster with less its consumption by 2-4 times. Significantly reduced energy costs the processing of food and energy saved is used body for reconstruction and rehabilitation of all links gastrointestinal tract. and all this can be obtained after of 5-week-long cycle of therapeutic chewing on follows.

Scheme of medical chewing

First week - every spoon of food put into his mouth (breakfast, lunch and dinner), chews per minute.

Second week - two minutes.

Third week - three minutes.

The fourth - two minutes.

Five - one minute.

Ideal chew: one chewing on each available tooth and three - for every missing.

As a result, a conditioned reflex for a long chewing (30-40sekund). Experience shows that long-term therapeutic chewing treats almost all diseases, since in during chewing in this process include all body systems: digestive, nervous, endocrine, and others. primarily treat illnesses of the gastrointestinal tract: stomach ulcer, gastritis, duodenitis, pancreatitis, and even diabetes. Normalized work of the esophagus (Removes his diverticula) and large intestine. Clean liver, treated with nerve disease and thyroid disease, appendicitis. In this case, the process of weight normalization: a five weeks of extra weight is reduced by 5.10 kg, and underweight bounces back. Normalizes metabolism.

Consider two examples of the meal.

First. Fast food, attention to the process of food intake absent, and similar circumstances. Food that is not stopping mouth, quickly gets into the stomach, where the top is produced hydrochloric acid. Its impact on the mixture of proteins, fats and carbohydrates ferment and the formation of mash, a selection of alcohol. From this mixture may be chasing moonshine. Further, the food should go and alkalinify the duodenum, but it does not let the porter (valve from the stomach into the duodenum), while pH (a measure of chemical composition of the food) will not be equal to 7.8 (this pH value in the duodenum). Healthy doorkeeper waits RN not reach this magnitude. On an organism expends energy and resources. But it happens in my youth.

Over the years, due to lower energy capacity of the organism in fast food is anemia caretaker, and he stops work. as a result of undigested food goes into the duodenum intestine, and that either because of inconsistencies RN received food to PH, which is incorporated in the nature of its work program, returns it back into the stomach or small intestine, which, if well (Has the necessary enzymes and vitamins due to presence of the desired bacteria) can digest this content.

And if the bacteria overgrowth, the food enters the large intestine, where it sticks to the wall, and the body needs nutrients sucked out of this mixture. Then, as it should it happen in the duodenum. As a result, not the walls of the colon formation of layering in the form of stones, get rid of that very difficult or impossible. Here you have the source of all ills.

In the part of the large intestine, where they formed sticking and the rocks dropped him a reflex activity. Zalipli active points of many authorities. They lost contact with the located currently there is food. Interrupted relationship management system

digestion, absorption and release of the contents of a thick intestine. So, if it is in the sigmoid colon, it is generated prostate, diseases of the genitals, infertility and other Sami build-up tend to increase and may reach several pounds, changing the location of the abdominal cavity and disrupting their work.

Also contained in the mixture of proteins begin undergo a process of decay, contributing to the death of the necessary body microflora, reducing immunity, the production inside the body he needed substances in the right at the moment quantity. Therefore, among people with this attitude to food practitioners usually do not meet adults with a perfectly healthy gastrointestinal tract. Food

- An ancient, very important biological function of the body. When We read the newspaper, talk, watch TV, eat standing up, we voluntarily razbalansiruem mental process involved with the function of power, causing the body harm, which sooner or may occur late in the gastro-intestinal disorders, neurological disorders and other, related directly or indirectly with neural activity and painful manifestations.

Filling in mind the other non-digestive information, negative emotions lead to a reduction circulation in the digestive system, creating a chain diverse, interrelated changes in the activity endocrine glands and the work of the microflora of the gastrointestinal intestinal tract. Therefore, people should not be there in the excited state, and must eat slowly, concentrating attention on the sensations in tongue and palate.

Second. We strictly follow the a: slow and well chew food so that it turned into a soft pulp, and how would itself slipped into your esophagus. Then such food will be easily digested, and you will not experience any stomach or in the intestine is no discomfort, no gravity no pain at different contents of the original food. Adopted food will be easily absorbed into your body, which digest its useful components and suck all the blood needed to obtain muscular strength and power, in short, life. All unnecessary material and toxins so the body can be derived from itself through the fecal isolation and urine, providing both digestion and the production of substances the body needs. All of the microflora of the gastrointestinal tract will work optimally. Since the digestion

is excellent, then the selection of waste will occur without any difficulty. Every morning, getting out of bed, you'll experience a natural need for a bowel movement without the use of medicines. Your chair has always become a regular, normal and easy. In this case, you will have an excellent sleep.

During feeding receptors tongue and palate is sent to the nervous

system of impulses that carry information about the character takes food. this time it is necessary that the language was a long time in contact with food, increasing food. Distraction attention to other mental activity prevents process control diet. Consciousness must ensure that what happens in the mouth. Meditation (focusing on the processing of food in the mouth) during the meal contributes to a more rapid emergence of feelings of saturation and is a tool against obesity. Therefore, there is have a pleasant and tranquil environment and this can be done each on their own, wherever he was.

Advances in rapid elimination of symptoms (but not their reasons) with different medication allowed founders of modern medicine in his time push into the shadows fletcherizm. But the current crisis of the same medicine does actual return to fletcherizmu and its variants. Experience and practice the author confirm this. The method of prolonged chewing has several advantages over the separate power supply. They are reduced to the next.

- Therapeutic chewing accessible to everyone and does not require medical control.
- Therapeutic chewing - is a process separate food in a clean form, since any food consisting of protein, fat and carbohydrates, digested separately: in the mouth and small intestine to digest of carbohydrates, and in the stomach - protein components.
- The body smoothly and slowly with the usual diet leads to normal, all systems of the gastrointestinal tract and restores the natural immune system without the possibility of violation of the established system of biorhythms of the body.
- Medical chewing required to restore the body systems the least amount of energy compared with other methods. Therefore we obtain the energy savings of an organism allows implement most of its restoration opportunities.
- Provides recovery of the body and its systems: digestive, nervous, immune, and others.
- Significant reduction in food intake (2-4 times) prevents the appearance of excess weight after the course therapeutic chewing and reduces food costs, reduces amount of slag produced in the body, making it easier to work allocation system, contributing to their rehabilitation.
- Naturally produced by the conditioned reflex - a long habit of chewing the end of treatment cycle which can persist for years with occasional repetition the cycle of therapeutic chewing. It can not provide any other system recovery, including any kind of fasting.
- A signal for repeating the cycle of therapeutic chewing may serve as appearance in the morning raid on his tongue.

And now some examples.

Andrew K. asked me for help. He weighed 240 kg. Not times to lose weight, but then it grew even more. After familiarity with the system of medical chewing began losing weight and up to 8 months of continuous therapy chewing threw 100 kg.

Two women from Armenia, weighed 100 kg and 120 kg. After treatment chewing weighed 65 kg, respectively, and 70 kg.

My neighbor Kostya was hospitalized with a stomach ulcer - perforation. His mother came to me asking for help. I advised discharged from the hospital on receipt. Kostya was thoroughly chew scheme of medical chewing. Ceased to eat meat.

A month later he was healthy. Now he chews a long time.

Alesha from the village Pokrovskoye Ryazan region suffered ulcer stomach. One month of munching on the scheme of medical chewing. Within a month was healthy.

Patient NM in November 1998 came in 81 th hospital in the city of Moscow diagnosed with a bleeding stomach ulcer. Doctors Hospital insisted for immediate surgery, but the patient refused and moved to therapeutic chewing. Chewed 21 days each spoonful of food (porridge on the water) for 3 minutes. After 21 days he was discharged from the hospital. Ulcer healed. since 1998, periodically applies a therapeutic chewing. Relapse peptic ulcer disease is no.

Patient L., age 62, suffered from insulin dependent diabetes and asthma. It took her about two years for full recovery in relatively low level of self-organization in carrying out therapeutic chewing.

There are many other examples.

Most my main idea - it's the combination of the two natural methods.

Dry fasting cleans the body and normalizes the exchange substances, very good, naturally lost weight, stomach decreases and acquires its normal volume. On the other hand, after fasting in the body with the large reconstruction processes. Cells actively absorb nutrients, and if at this time do not limit yourself to eating, your weight quickly reaches the same standards and are likely to exceed it by several kilos. If the output immediately begin to apply the method therapeutic chewing, the stomach will never be stretched, the body would ideally absorb all the nutrients, respectively, restoration and rejuvenation of the body will be optimal. I never seen a single person who when combined these two methods to gain weight. On the contrary, even at the exit, he again begins to fall.

Everything is as always very simple, just need a little stretch will and patience.

Usually, all my patients, I give full such recommendations.

Go to a certain food, clean the intestines, liver (about that you learn in the next chapter). We must start with the weekly 24

hours of wet starvation. Occasionally, some starved to three times a week for 24 hours. In other words, one day they ate, and the next day hunger strike. If a man allowed himself too much in those days, while eating, then 24-hour fasting several times a week quickly forced to lose this weight. Then they go to a three-day wet-fast, let alone then start making waterless fasting days.

More detail in my written the next chapter. We at the Center they basically are combined starvation, several courses. It looks like this: five days of dry hunger, five Wet days, the yield of seven days, then again everything is repeated. Starve more than 10 days makes no sense, as the weight falls mainly in the first 7-10 days. For such courses can naturally throw of 15 to 30 kg, but can be more - it all depends on the weight and purpose. Here are some simple tips violating feeding regime, the implementation which helps to achieve a common goal - to lose weight, lose weight.

1. To distract from thoughts about food, try to do some or interesting work, read a book, go to the movies, walk outdoors. Remember, boredom - your enemy, you have an ally overeating and obesity.

2. Apply a meal in a small dish to make it seem large quantity, take a fork or spoon a small the amount of food, cut thin slices of bread to emerged the illusion of a more ample servings. There is a need to slow, then the sense of satiety is attained earlier.

3. If you want to go to visit, before leaving eat anything diet, such as lettuce, then it would be easy to refrain from temptation to try anything for you forbidden to visit.

4. If you are very hungry and feel that you do not soak until the next meal, drink slowly sips a third glass of milk.

5. Preferably in the house have the scale to continuously monitor the mass his body. Control can serve as a measurement of centimeter waist belt in the morning: one inch waist - is one kilogram weight.

6. Try not to visit the pastry department, and will not happen in a society with a sweet tooth. Remember: there is a piece of cake in his mouth 2 minutes in the stomach 2 hours, but a lifetime on the hips in the form of excessive fat.

7. Necessarily rule out food dishes and products that increase appetite: spicy food, spices, meats, etc.

8. Be sure to hang in the kitchen scheme therapeutic chewing to She was constantly before his eyes during a meal.

9. Ideally, the best after 6 pm is not.

10. One of the main conditions of reliable high-quality diet

- Must be pre-programmed himself to the weight that you want. Take a piece of paper and left-handed writing your numerals desired weight and always keep before the eyes of these figures.

## Of short-term SM DRY

### Starving in the J-machine interface CONDITIONS BEFORE tions

#### FOOD in preparing TOVKE to starvation Yu

To show the important role of nutrition, I would like to tell you about amazing Hunza tribe. The tribe, which lives in India in the Valley Hunza, called an "oasis of youth." Life inhabitants of this valley of 110-120 years. They almost never get sick, look young. One of the missionaries organized a hospital there and was both discouraged - go weeks, months, and patients was not - and I'm glad this discovery: it means that there is a certain image life, approaching the ideal, when people feel healthy, happy, not age, as in other countries, has a 40 - 50 years of age.

Hunza to a hundred years playing outdoor games, women in this age still have their babies. According to the scientists who have studied the life of this tribe, they eat mostly raw fruits and feta cheese. Interestingly another: the inhabitants of Happy Valley there is a period when the fruit is not ripe - it is called "starvation" in spring and lasts from two to four months. During these months they almost nothing to eat only once a day, drink a beverage made from dried apricots. Apricots there most honorable fruit. tribe is even a saying: "Your wife will not follow you there, where no apricot fruit." It is curious that diet in this tribe erected a cult and is strictly enforced. There should be less. It is in the enviable power is the secret of Hunza health. They eat a little, in their diet is low in calories, but it is fully consistent physiological needs of the organism. Hunza rarely eat meat and very little drink of milk. Proteins, they are mainly produced from bread that is baked from wheat and barley, always with an admixture bran. These grains and their husks apart proteins contain calcium and mineral salts. Hunza eat brown rice, the husk is contains vitamin. and in mineral salts, as well as potatoes directly with the skin - it is especially a lot of protein and mineral salts. a large number of Hunza consume beans and all sorts of herbs, including common grass. But the main thing in their diet - Fresh and dried fruits. Apples and apricots that they are eating together with bones, more important to them bread. Due to such rigid diet, these people are extremely hardy. For example, pass 100 - 200 km in a few days for them is the same as that for us the evening walk ... Hunza is always in a good mood, never get angry and do not quarrel among themselves, quietly endure physical pain and any adversity. "In the Hunza nerves strong as ropes, and the heart gentle and compassionate, " - says the scientist. As a result, Mack did Kerison concluded that it was the food has a definite impact on both our

physical health, and on the state of mind. No malnutrition and the lack of calories causes the disease ... and quality - of what we eat. So, if the diet lacks certain nutrients that are found only in natural plant foods can be seriously damaged in the first place our psyche ... Most people eat too much is not so much to satisfy hunger, but for the gastronomic pleasures. Hunza is work hard, but eat little and not get sick. Hence, what man eats less and is easier than its food, the more chances he has closer to the ideal of health and happiness.

The experience of Mac Kerisona, which in science is known as Experiment Kennels "- the location of his laboratory.

The researcher shared thousands of experimental rats into three groups according to three groups: "Whitechapel" (District London), "Hunza" and "Indians." All of them were kept in the same conditions, but a group of "Whitechapel" received food that Londoners consume (ie, one that Europeans eat) - white bread products made with white flour, jam, meat, salt, canned food, eggs, sweets, cooked vegetables, etc., Rat-"Hunza" received the same food, that the people of this tribe. Rat "Indians" food, typical Hindus and people of the East. Mack Kerison investigate the state health of a generation who received three different diets, and opened interesting pattern.

Animals from "Whitechapel" ill with all diseases, that affect the residents of London, ranging from childhood diseases and ending chronic and senile illnesses. This group was rather nervous and belligerent, rat bite each other and even bite to death "compatriots" to death.

Rat "Indians" for health and overall behavior were similar to people who embody in this experiment. A rat "Hunza" remained healthy and cheerful, spent time in games and relaxing holiday.

What can be learned from these observations?

1. First of all: neither the climate nor religion, nor customs, nor the race is not appreciable effect on health - is important only food.

2. Food, and not something else can turn healthy people in patients: it is enough to remove from the diet of some substances considered, according to most people, unimportant, ie, enzymes, amino acids, vitamins, minerals, fatty acids, which are only in the plant world, and which benefit only when they are used in its natural form.

3. The amount of food and its high energy value, ie, calories, do not have any relation to health. Important composition of food.

4. Even the morale of the individual may suffer if in a diet lacking certain nutrients.

Rats that lived in peace and friendship among themselves, became aggressive and devouring each other when they are denied full food needed for health. This indicates that any social unrest, revolution and war depend on the incorrect human nutrition.

Does not correspond to the nature of human food, not its weakness as claimed by politicians, to blame for the bad state of society. Thus, the quality of food, its composition, quantity, method use and combination of influence on the preservation of health, safeguard from diseases, maintain youthfulness.

Depend on the quality of nutrition and mental health, mental balance, lack of neuroses and mental disorders.

To get a good quality therapeutic effect of dry fasting, for it should ideally be prepared. Good preconditioning is carried out for 2-3 months before starvation and is designed to release the body against endotoxin.

It consists in carrying out various cleaning procedures and changes in diet.

Good, quality food will allow the body to store up necessary during the fasting vitality, create conditions for full, high-quality purification. Edit nutrition, clean the intestines and liver. If you do not, that during a famine in the crude as a result of the large intestine enzymatic processes of decomposition of faeces produced mass poisonous gases (indole, skatole, hydrogen sulfide and others), which Imbibing in the blood, pass around the body, causing severe intoxication, and then as a bad breath and the smell of output through the lungs and skin. Spending so hungry person feels only pain and weakness. There is no feeling better in time

Hunger is not observed. After preconditioning, the output endotoxins on hunger will not be so powerful and you can easily spend a few wet training starvation. And only then can be conducted dry starvation.

How did need to eat to be healthy? Reply quite simple: when choosing foods should take an example with longevity.

To determine the "longevity diet, researchers detail studied and described the food of different regions of our centenarians planet. However, to recommend on the basis of information obtained a universal diet has proved impossible.

The fact that the power of longevity associated with the region of residence and national traditions. For example, in Bulgaria's dominant vegetable and dairy foods, and in Yakutia - animal products.

Whom should I take the example and what foods to choose: vegetable or animals? The answer is simple enough: we must eat of the food that most available in vivo. in cold climate (north and winter in the mid-latitudes) is better to use

warms the body fat vegetarian diet, in the heat (tropical and summer) - a cooling plant. So naturally, that the northern peoples for centuries eat venison, Eskimos - meat of whales and walruses by adding seal fat, and the residents Located near the equator of the village Vilkabamba animal fats constitute only two percent of total calories consumed food, while life expectancy in this village more than a hundred years! a famous Abkhaz centenarians observed required at mid-latitudes climatic seasons supply: in autumn and especially in the winter is dominated by meat products from Dairy - cheese and yoghurt, spring and summer - flour products, vegetables and dairy products.

Based on the foregoing, we can formulate the first rule of natural power: the choice of food a person should take into account the climatic conditions (ambient temperature environment) in which it is located.

Indigenous peoples have genetically adapted to the natural Natural Nutrition and resettlement in other climatic conditions need to be familiar to a food. Why?

The researchers found that the muscles of any person consist of muscle fibers of two types - red and white (hence - the name opposing sides in a civil war? "), which differ significantly among themselves.

In muscle indigenous tropical countries is dominated by white fibers are used as "fuel" glucose from the blood.

The number of such fibers in the muscles of the individual reaches 90%. Since the body can not store glucose in significant numbers, then those people need regular (Not less than three times a day) consumption of plant foods, which rapidly digested and replenishes the blood necessary for the operation muscle glucose.

If you stay for people with muscles in the mid-latitudes efficiency is markedly reduced in the winter, since they have warming them to eat animal products, significantly reducing the amount of natural plant foods for themselves. But regular users of fats used for muscle only in very small quantities, and eventually in humans there obesity, atherosclerosis, diabetes (obese), ulcers and other disease due to increased acidity of the body.

In muscle korennyh of people living in cold climates the number of red fibers, which are used for work not glucose and fats, reaches up to 96%! The main part of the daily diet power required (even in hot summer!) includes a sufficient amount of animal fats, such people useful to use evening as night fats in large numbers stored in the muscle fibers and then slowly used during the day.

When eating in hot climates mainly plant food such people there is an obvious weight loss, fast fatigue and reluctance to move, as well as nervous exhaustion due to lack of fat, and (as a consequence) of excess alkalinization of blood which accumulates little used muscles glucose. Use in this situation, vitamin-rich raw vegetables and fruits only worsens the situation as more alkalinize blood and because of the heavy destruction of vitamins in alkaline medium enhances vitamin deficiency and stimulates the nervous system. The characteristic manifestations of irritability, nervousness, impulsiveness and haste in doing so, perhaps neurasthenia, hypertension, diabetes (lean), heart attacks. The indigenous inhabitants of the middle latitudes have approximately the same number of different fibers (though there are options!), so They "all 100" suitable seasonal food, in which muscle use both types of fibers: in the winter - Animal products - in summer plant.

Given the genetic predisposition mortgaged specific person to a particular type food, you can formulate the second rule of natural power: the choice food than the climatic conditions a person must take account of their individual physiological features - the type of "fuel", who uses his muscles. Theories of power and a great variety of diets, I want to tell you about the most common principles of nutrition, which are feasible in our conditions.

Natural food should be varied.

Foods are arranged in descending order preference and biological value. If we follow that rating can allow the body to samoistselitsya and samoochistitsya.

- Pollen, 1 teaspoon, 2 times daily on an empty stomach (Before eating).

- Herbal tea with honey. as a basis can be used linden, currants, briar, Veronica spiked, thyme, oregano, chamomile, peppermint, nettle, willow-herb.

Fresh fruit and vegetable juices:

- a) 70% carrot, beet - 30%.
- b) 50% carrot, pumpkin - 50%.
- c) 40% carrot, pumpkin - 20%, sugar beet - 20% celery root - 20%.
- d) 50% apple, carrot - 30%, pumpkin - 20%.

- Fresh fruit (not the mixing of families) for 30-40 minutes until meal.

- Dried fruits.
- Green.
- Vegetable salads.
- sprouted wheat.
- Pumpkin seeds.

- Nuts.
- Dairy products.
- Cereals.
- Beans, soy, beans, peas.
- Marine products.
- Quail eggs.
- Mushrooms.
- Fish.
- Poultry.
- Meat.

Best of all, if the person on the basis of this list and the fact that he loves will form its own menu. Man so much accustomed to a particular food, often for him it becomes impossible to abandon it. I brought in these lists food live and do not destroy the human body.

But people have departed from this natural food. Much of what they are eating now is not food, and the farther a person is removed from the use of natural products, the more diseases he gains. Eating raw fruits and vegetables with the addition of boiled vegetables and unsalted nuts and seeds, he enjoyed to longevity and excellent health. Natural food is the same one that brings present health. to these products and tailored our entire digestive system.

The more natural foods you eat, the better your health. I've shared a rich choice. Choosing these products and following the program of fasting, you will save a great physical condition for life.

### **Rules of supply**

1. Food should be alive (natural) and healthy (see the rating of food). Eat Fruits and vegetables grown without the use of pesticides. Prepare vegetables with a minimum amount of water if possible at relatively low temperatures, keeping them on fire as little as possible.

2. Eat the young grain cereal, as they contain lots of protein, all the B vitamins, vitamin E, minerals and trace elements. Introduction to the diet of sprouted Wheat has Curative and rejuvenating effects of on the body, because it contains a number of vitamins and various enzymes that stimulate the body's vital functions, optimize metabolism, strengthens the nervous system.

Sprouted wheat is used for the restoration of life tone for a more rapid exit from the state of distress after borne diseases, to strengthen the organs of the respiratory system (Especially lung), to strengthen the teeth to improve the hair and restore their natural color. Eat it 3 times a week. Prepare the wheat must be so: Pour wheat

water per day, then drain the water, and corn, cover the wet cloth until germination. Once the hatch white dots sprouts, wheat is ready. Wash it and eat. Can be in raw form, or you can mince along with vegetables and make patties. Cutlets little drain on both sides of the pan without oils (in they should be almost raw), and then sprinkle of olive oil. From vegetable oils is preferable olive oil, but no more than 2-4 tablespoons per day

Method of preparation of porridge from wheat germ: a 22-24 hours prior to cooking meals or jelly grain of wheat at the rate of 50-100 g per person thoroughly rinsed with cold water. When This debris and weeds as lighter components emerge and removed with water. Water-washed wheat leaves in such quantity that it was at the top layer of grain, but did not cover it from above. Vessel with wheat put in a warm place and the cover is not very thick linen or paper towel.

After the specified time, sprouted grains of wheat (as judged by the presence of germs appeared to 1 mm in length) a few times washed with cold water and then passed through a meat grinder or ground on an electric mill, and immediately poured into a vessel with just boiled milk, and in his absence - the boiling water.

Approximate ratio of 1:1 or another, depending on the the desired concentration. in porridge or pudding add sugar to taste (Preferably honey), and butter add 1 teaspoon per serving wheat 50-100 city Boil porridge is unacceptable. It must be only cool to the desired temperature in the vessel, covered cover, and then immediately consumed as food. Porridge can brew only in the enamel, ceramic or glass container.

3. Try to replace meat with fish. Fish diet eliminate the excess of triglycerides in the blood increases the number of high-density lipoproteins, preventing the formation of blood clots and atherosclerotic plaques in the vessel walls. Recipes rejuvenation of the body on the basis of raw fish.

Fish - the only living creature that has no Genes of aging. Fish from age does not die. At the same time, even the heat treatment of meat animals does not annihilate bio genes of aging. The greater the age of fish, the more fully it as a source of minerals, vitamins, shlakovyvodyaschih components ... The conditions under which fish products are used for the removal of residues - is the lack of heat treatment and the absence of refined foods

Sugars (jams, biscuits, rolls, ketchup and many other products containing refined sugars, too, are destructive substances that promote the conclusion of the slag). Sugars contained in plant foods do not have corrupting influence, because it comes into the body with substances neutralizing decay and even helps to remove excess

sugars, arrived in the diet, so fruits and vegetables You can eat in any quantity. The compounds of sugars (sucrose and sugars) emanating from the body within a few months (And sometimes up to 2 two years), even in case of failure of products containing refined sugar, reduce the effect of cleansing and rejuvenation.

When using the above fish recipes sharply increases the output of slag from the joints, bones, spine, improving the structure and quality of tissue, skin, increases physical and bio-energy potential of the body, increases potency in men and sensuality in women. Work is under way in the body to replace the tissue structure to a more perfect. Derived almost all kinds of toxins. Such food can feed a long. Its absorption - about 90%, long hungry, your body receives everything necessary for their livelihood. But at the same need intensive physical activity, otherwise it will do more harm than good. The finished product can be stored in refrigerator up to 3-4 days.

Along with the fish you can eat and other foods, but not hot, and of course, does not contain refined sugars. If such fish will have children, then we can reduce the amount of pepper and spices (Peppers can be deleted altogether), increase the dose of lemon juice.

You can use any variety of fish (cod, mackerel, Argentina, etc.), but the best of the sea, since they are less pathogenic microbes and industrial waste. You can use the river and fish, but freezing in this case is required (2-3 days) to kill or weaken bacteria. For the treatment and purification spine is most effective use of the sturgeon.

#### **Steak "from the north"**

We cut frozen fish head and tail, clean out the insides and the blood of the spine. If the fish with a hard skin, it can be removed. Fish separated from the bones, fillets finely orezat or postrogat or grind to a coarse grater. Then add salt to taste, red and (or) black pepper, grated clove, finely chopped onions and (or) green onions, chopped garlic. You can add fresh herbs and other spices and seasonings. After that, add the sunflower oil the rate of 100-130 g 600-700 g (depending on the fat itself fish), cooked foods and mix well. There can be almost immediately. If the fish is stiff, it is recommended to add juice of 1.2 lemon or apple cider vinegar.

#### **Fish marinated**

Prepare the marinade: for 1 liter of water add bay leaf, cinnamon, cloves, peppercorns, large salt. All the boil, cool, pour cold fish marinade and add 2 tablespoons apple cider vinegar. The fish is cut into pieces of 4-5 cm and lay into the jar tightly in layers, between which lay crushed garlic. Jar in the refrigerator. Two days later the product ready for use.

## **"Bugs"**

Wash fish fillets, cut into the plate, add the fillets inside salt, pepper, cinnamon, grated garlic and tightly roll into a tube. Then tightly wrap in plastic, cellophane or waterproof paper and tie the top, so as not to unfold. Put in the refrigerator to the bottom for 12 hours on one side and then another 12 hours on the other side. Then the shift in the freezer for 2 days.

Once thawed, the product is ready for use.

When eating fish, cooked on these recipes practically the next day will go a lot toxins from the body. As a rule, begins to sore throat, lays nose, as in the cold. Man gets rid of such an part of its energy, which is no good to anyone, so during consumption of this fish is almost no drain energy of this man.

It is advisable to use clean filtered water, ideally thawed.

## **How to prepare melt water**

Preserves the structure of purchased water for several hours, however, loses it when heated. But the greatest biological force has just melted water when swimming in a pot still some ice.

The easiest way.

This method makes it possible to completely remove the deuterium. When water begins to freeze, remove only that formed a crust ice. This deuterium, it freezes in the first place. After zaledeneet bulk water, rinse the piece under the frozen tap cold tap water. Piece should be transparent, because the water is removed from the ice harmful impurities. Next, melt the ice and drink the resulting melt water.

The second method.

A small amount of fluid is heated to a temperature of 94-96 SA Water has not yet boiling, but it trickles raised blisters. in this moment the pan is removed and rapidly cooled, then frozen and thawing water. Cooked this way melt water passes all phases of its cycle in nature: evaporates, cools freezes and thaws. This water is especially useful - it has tremendous internal energy.

The third way.

Water (if tap, then let stand for several hours release of dissolved gases) is cooled in a refrigerator until first appearance of ice. This ice is caught and discarded, so as it concentrates those impurities that prefer firm phase. The remaining water freezes on until most of it (but not all) will turn into ice. This ice is captured and used for other purposes. Remaining liquid was poured, as it concentrated impurities, preferring the liquid phase. Loss

approximately 5% at the beginning and 10% at the end.

#### **"Dew water"**

If the melt water to put on the day of sprouted wheat, three tablespoons per liter, and to withstand day, you get "dew water" - water, very close to the composition of natural dew. This water considered to be most useful to the organism, it is ideally clean and charging the cell body, it is better to use the output of dry starvation.

Eat vegetable oils that have not been in manufacture of thermal effects, which are also excellent sources of saturated fatty acids.

Very useful to use quail eggs before fasting and output. It's ideal natural stem cells, the most importantly - in these eggs can not be salmonellosis.

According to the Institute of Biochemistry, Academy of Sciences, in one gram colorful eggs contain five times more vitamin A and B

than in the same amount of white. Eggs are small representatives

Chicken squad is much richer in calcium, potassium, copper,

iron, phosphorus, and many essential amino acids

and minerals. Research scientists have shown that these

products prevents the development of cardiovascular diseases,

pathological lesions of the liver and kidney damage, adverse

effects of stress and overwork, normalize vision, growth,

sexual function, contribute to the full blood formation

and improve the skin of the body. They are rich in unsaturated

fatty acids that inhibit the development of atherosclerosis

and obesity, even against the background dietary intake significantly

the amount of cholesterol. Use them should be thirty minutes before

meal, two eggs three times a day, before starvation and at the exit.

The proteins and carbohydrates should be diluted in time

1,5-2 hours. Fruits & products carbohydrates do not mix. Up to 12

hours of the day only take herbal teas with honey, juice, fruit.

at that time toxins from the body. These products help

in this case. Acceptable option - dairy products, fruits

with nuts.

From 12.00 to 19.00 must take protein foods (items

Table 8-18 "Food") and fiber (greens, vegetables).

Fruits, consume fluids 2 hours after meals. At dinner

organism itself tells you what he did not have enough for a day. After 19.00 -

just what to 12.00. Do not overeat. After the meal, must remain

a slight tinge of hunger. "Solid food should be drunk, and the liquid - is".

With this approach, we obtain the maximum amount of energy.

Be sure to apply the method of therapeutic chewing

Fluid to consume before a meal in 30 minutes after a meal - in 2 hours.

Food not drink.

Mandatory condition in preparation for fasting is consumption of fiber, she used the entire training period.

Fiber, which cleans (or rather to say "feeds" and "restores") intestine - is primarily the bran and oil cake. Bran - is a unique thing, and it is hard not to admire them. with bran can not only clean the intestines, but and throw extra weight is almost nothing more than not doing without all sports, diets, bath treatment.

In general, bran (wheat, rye, soy) - this is a side product of flour production. Shall consist of the shells. Grain and flour are not sorted. Each grain processor knows that the grinding of grain one-fifth of it into a bran which are considered waste.

And only recently become aware that the bran - a valuable nutritional raw materials. Nevertheless, in our country are not yet fully realized tremendous value of this product, so the main part of our bran goes abroad: through the Ukraine to Turkey, Israel, Libya, Lebanon, etc.

The main value, which is in the bran - a dietary fiber: inseparable, insoluble hard and rough carbohydrate.

Dietary fiber contained in the bran is the nutrient environment for the normal intestinal flora, so bran used in treatment of intestinal dysbacteriosis.

Furthermore, intestinal bacteria, using tissue, isolated essential B vitamins

Swelling under the action of water, dietary fiber forms a large volume of feces - more friable, making it easier emptying intestine and relieves constipation. Regular consumption of bran can get rid of the habitual constipation and prevent their occurrence in the future, after discontinuation of bran (recovery normal reflex bowel movement).

It is cellulose, which is about 30-40% of the bran, is used in the fight against obesity: food with lots of fiber slowly absorbed and gives a feeling of fullness for longer time, moreover, increases intestinal peristalsis, which reduces the absorption of nutrients and, consequently, calorie of food eaten.

Included in the bran dietary fibers bind cholesterol, therefore, the bran can be used to prevent atherosclerosis. A positive effect of bran in diabetes, as they reduce blood sugar levels.

Protein and starch mucus helps to eliminate toxins.

Particles of bran by their content of various fibers is a universal biological agent that binds ions of heavy metals, radionuclides, hazardous decomposition products nutrients.

Cholagogic effect of bran provided a stimulating their influence on the overall motor ability digestive tract (mechanical stimulation). as a food additive bran

effective for violations of liver, gallbladder, pancreas, chronic diseases of the stomach and intestines - gastritis, gastroduodenitis enterocolitis during remission, and easing the acute inflammatory process (for expansion of the diet).

Therefore, taking the bran is shown at dysbacteriosis, constipation, for prevention of cancers of the colon, with obesity, diabetes mellitus, and is recommended for ingestion of all people interested in nutrition.

Modern scientific evidence suggests that the lack of dietary fiber in our food related diseases such as diverticulosis, hemorrhoids, chronic colitis.

In addition, the bran contains 15% protein, and more potassium, magnesium and other trace elements.

Potassium plays an important role in ensuring the normal operation cardiovascular system, in removing fluid from the body.

Magnesium has vasodilator properties, which is why

Products containing it include in the diet at hypertension.

Contraindications: bran is not recommended for use in acute period of gastritis, peptic ulcer disease, colitis and enteritis infectious etiology. As the attenuation of the inflammatory process can resume taking bran, beginning with small doses.

Typically, the bran used finely shredded in the form of flour. For 15-20 minutes before each meal, ie, usually 3 times a day, taking on 2 Art. tablespoons (10 grams) of milled bran and eat with water.

Bran should always drink water (1-2 cups), otherwise the whole sense of their consumption is reduced to nothing.

Daily dose of bran - not more than 1930 Demonstrating excess used, it would seem useful bran, we risk amass exacerbation of bowel disease, abdominal bloating, flatulence, violation of bowel function and a minimum of hypovitaminosis - nutrients and vitamins are so rapidly leave our gut, that little will have time to assimilate the body.

Once again I draw your attention - the bran without water do not work!

Those fibrous food substances, for which we eat bran, have meaning only when they absorb water and swell.

But fiber is not only in the bran, but also in many other vegetable products. and there are endless opportunities not only for intestinal cleansing, restoration microflora, but also for the treatment of various diseases. To separate fiber from plant foods, you can use a universal instrument, as a juicer. Vegetables, fruits or other plant is put in a juicer, juice pressed and consumed or discarded, but the plant remains pressed - cakes - we'll use to clean the intestines and associated

treatment of certain diseases.

For the first time at this unique property cakes drew attention Academician, Doctor of Technical Sciences BV Bolotov. According to his Research, cakes have a negative potential, which persists for several weeks until the fibrous substance cakes not drawn ionized elements of air.

Fresh cakes by electropotential at about 10-30 eV are capable of pulling out of the stomach wall and bulbs duodenum metals (including radionuclides and heavy metals). They can also remove the carcinogens and free radicals. In addition, the cakes themselves absorb not only remnants of the salt of gastric fluids, but also are important filling the intestine, are also capable of restoring epithelium of the intestinal tract. Besides cakes bind and deduce from the intestine, bile acids formed in the liver and reduce the putrefactive processes in the intestine. Pomace bind and display up to 25-30% saturated fat, falling in the diet, reduce the overall level of blood cholesterol and carcinogens.

Cakes are encouraged to eat before meals 2-3 times a day, but no more than 3 tablespoons at a time. Wash down cake is not recommended.

Consider the action of cakes of various plants.

For weight loss are very effective from the beet cake. The fact is beetroot cake that reduce appetite. If we eat some cakes before each meal, then, firstly, the body does not receive any of these cakes calories as Fiber is not digested at the time, as the stomach is full, Second, after taking the cakes from the beet appetite vanishes. So can a person lose weight in the total absence of desire that any there. Procedure with beetroot cake named BV Bolotov methodology fed starvation.

If we want to not just lose weight, but at the same time to recover from some diseases, the cake takes on special significance.

The same cake from beets are useful in hypertension - they reduce blood pressure. Pressure drops and cakes from the leaves lime and raspberry, flowers and leaves of coltsfoot, elderberry flowers.

In the case of low blood pressure and a great weakness, including and low body temperature (especially limbs)

appropriate to apply the cake of cabbage, sorrel, plantain, trifoli, cow-parsnip. Procedure swallowing these cakes continue to until the body is not warmed up, arms and legs do not stop freeze in the cold and the pressure will be a reference - 120/80.

If a person suffers from diabetes, it is necessary make cakes from the leaves of water-pepper (bitterling), dandelion chicory (Petrova with a whip), mustard (available from the leaves bittercress) yastrebinki grass, leaves of aspen (can be from the leaves of poplar trees), leaves blueberry leaves erect cinquefoil, magnolia leaves. In

all cases, the number of meal should be small and the dose selected on the sensations, but it should be no more than three tablespoons.

If a person has heartburn, it is removed from the carrot cake or apples.

When pulmonary diseases is better to eat cakes made of black radish. These cakes are also very useful in deriving the stones from gallbladder and its ducts. Roughly the same properties have cakes of parsley, leaves, coltsfoot, turnips, turnip.

### **EYES generalization INTESTINAL SC**

Probably the pre-cleaning the intestines, think you come up with all these boring theorists who do not understand that hungry people want to work somewhere, and because people busy. and you start fasting, completely unprepared.

in the colon, which is pumped anal in pockets guts hiding greenish clay, with a very unpleasant smell of the mass, which is called fecal stones. It is very difficult washed with water and common over the years, growing so that it can completely block the passage in the intestine, and then man lay on the operating table and make it painful operation, cleaning the stones. In some special running cases of bowel above the operated pull up

25 kilograms of stones. Just say, from such a deficiency, without intestinal cleansing, prosecutors enough. In - the first, you're in the process of starvation always feel a wild hunger. And all because the stool, fecal stones, the juice from them, draws the body from the intestine during the famine, poisons you finally. besides, when you Finally, in good faith and stoic doterpev whole process to end, at the appointed day, starting out from starvation, you are once again perfect the technique of fasting and eats right and to satiety.

And naturally, when a person stops eating, the nth day of the abstinence he begins cleansing crisis accompanied by unpleasant sensations, and fast believes that he is dying from what is not eating, and panics, again from there.

Exit toxins, which are always accompanied by starvation, is fraught with discomfort, weakness and pain in some parts of the body. Therefore, the unenlightened in matters fasting gives the impression that his body during starvation irreparably destroyed.

Doctors proctology joke: that the human body is not that otherwise, as an improved intestinal tube. and I must say that they are not so much to exaggerate the importance of this organ. After all the vital processes of digestion are taking place in the intestine.

Through its walls absorbed from the food most of the necessary body substances. It turns out that human health depends the state of his bowels. But irregular, unbalanced nutrition leads to the fact that accumulate on the walls of the intestine slag. These dense deposits impede absorption of nutrients substances that produce poisonous toxins in violation of peristalsis intestine. as a result - weakness, irritability, constipation, skin rashes, weight problems. Hard Work internal organs that cause serious illnesses.

From all parts of the intestine is particularly vulnerable zashlakovke colon.

Since the gastrointestinal tract is rich in its own endocrine "cranes" that change their activity under the the influence of changes related to metabolism in the intestine, this system in our body primarily provides normal regulation of metabolic processes, and their corresponding exchange and adaptation (adaptive) changes. And, of course same on all of these systems was dominated by nervous redundant system, which the overall coordination of all systems.

It is therefore quite natural that the diseases of the organs and systems, seemingly unrelated to the intestine, with its development is accompanied by a violation of the intestine and, in particular, the decrease of its barrier function. At the same time sharply increasing flow of intestinal toxins in the blood and lymph patient body, which significantly increases the accumulation in the body endotoxin and leads to the development of endotoxemia - accumulation in tissue and intracellular accurate liquid toxic substances, able to influence the course of metabolic processes in the cell, disrupt the regulation of biological processes. Gastro-intestinal tract may cause more than 100 different complications: food allergies, eczema, arthritis, spondylitis, schizophrenia ...

The list goes on.

According to scientists, chronic bowel disease one of the reasons of pathology of internal organs and systems can be associated with malabsorption of important components of food.

This may be caused by loss of nutrients as a result of diarrhea, and excessive growth of bacteria, and changes in permeability bowel wall.

Patients with these disorders bowel function quickly and easily develop a variety of other diseases. At this background of sharply increased the likelihood of death and reduced the chances that the body will cope with the illness and the person will recover.

In other words, if the gastrointestinal tract arise functional and pathological change of the, the body no longer enter the correct quantity required nutrients.

Changes intestinal flora, resulting in immune system weakens and the body becomes defenseless even

before the slightest threat. There is a risk of cancer, allergic and degenerative diseases.

Enterosorption-effective means of rejuvenating and cleansing intestine.

At this time enterosorption - one of the best means for life extension (rejuvenation). Enterosorption efficient, simple and secure. We must take enterosorption on your arms!

In medicine is widely used method for purifying the blood, so called hemosorbtion. Its meaning lies in the fact that the blood people passed through the sorbent (absorbent), extracts from it a number of harmful substances. Sorbent are all synthetic coals. However, such procedures may be unsound for the body. in a group known gerontologist Academician V. Frolkis to increase life expectancy was effectively used enterosorption. The fact that a person during the day is allocated to 10-12 liters of gastrointestinal juices. The liquid portion of the juice is filtered from the blood. in the lower intestine is inversely absorbed into the bloodstream. Consequently, spending sorption of the gastro-intestinal juices, we have no harm to the body cleanses the blood, lymph, as a consequence, the intercellular and cell fluid, ie the whole body as a whole. It is extremely important and that enterosorbent absorbs and cholesterol released into the intestine gallbladder. This is perhaps the best way to prevent atherosclerosis - the reasons for each 2-second death.

For the experiment were taken 28-month old rats. These rats enterosorbtion cycles were: 10 days adding to the food sorbents (synthetic coal), 30 days - a break. This experiment led to increased life expectancy of rats by about 35%. Enterosorbtion action on the cells so much that it affects the intensity of protein synthesis in the organs.

Crucial influence on the exchange enterosorbent lipids (fats) in the body. Thus, the content of total lipids (Triglycerides, cholesterol), which are of great importance in the development atherosclerosis in the liver decreases by about 30%. Similar changes observed in brain and heart. Effect enterosorbtion on lipid metabolism was so significant that use it restores the composition of cell wall! That is, restored, seemed to have been destroyed, and hence, the organism rejuvenated! as a result of prolonged enterosorbtion significantly later occur cell injury, proliferation of connective tissue in the organs and nervous centers, is less pronounced atrophy, less sclerotic vessels, etc.

What chelators better?

Have a minimal effect, even ordinary food fiber (cellulose - the shell of plant cells, etc.). Therefore, you can often hear the recommendation of a larger plant

products. Of the fiber is made and so called microcrystalline cellulose (MCC). But, of course same, the greatest effect have specially designed drugs. This can be either conventional activated carbon, sold in pharmacies, or "advanced" chelators on the basis of apple and citrus pectin with the addition of various plant extracts and beneficial bacteria that have choleretic and health-building effect, as in the gastro-intestinal tract, and the whole body. Among these sorbents can be call toksfayter, Polyphepan etc. There sorbents and other species, such as polysorb, silica, etc. The main index of the same effectiveness enterosorbent is its ability to create absorbing surface. The most common type of chelators activated carbon from the pharmacy (carbol) form absorbing surface of 200-300 square meters per 1 gram of sorbent. There and stronger sorbents based on granular carbons (JMC, SKT-6A, SUGS, SCAN, etc.) and carbon fiber materials (Vaul, aktilen, Dnepr). They have the power in 1000 (!) And a square meters of surface per gram.

If you use a conventional activated carbon, then daily dosage should be about 5-7 grams. Divide it into 2-3 hours. Course enterosorption about 10 days. Other drugs used in accordance with the instructions to them. However, for For best effect, plant chelators can be taken in doses 2-3 times higher than specified. Course can be carried out within a month. It is crucial that chelators take on an empty stomach (it can be 30-60 minutes before eating). A portion of the drug is better to dissolve in water (or drink water) in the amount of 100-200 grams. The total number of consumed within a day of fluid during the course of enterosorption helpful increase.

Currently used chelators can be combined into several groups:

- Carbon adsorbents based on activated carbon (Carbol, karboktin, gastrosorb), granular coal (grade SKN, SKT-6A, SUGS, SCAN, etc.) and carbon fiber materials (Vaul, aktilen, "Dnepr");
- Ion exchange materials or resins (kayeksilit, cholestyramine);
- Chelators on the basis of lignin (Polyphepan, lignosorb);
- Derivative polyvinylpyrrolidone (enterodez, enterosorb);
- Other (white clay, aluminum hydroxide, almagel, Gustav, sucralfate, silica, zeolites)
- Natural dietary fiber (bran cereal, cellulose, alginates (detoksal), pectin (polisorbovit - 50, polisorbovit - 95, chitosan).

We have in our practice generally apply polysorb MP.

## **Methods of Enterosorbents**

Enterosorption can hold differently. There are three

main methods of Enterosorbents:

single dose full dose enterosorbent;

coursework reception enterosorbent (7-10 days);

Intestinal sorption purification (2-3 days);

Depending on your health and mood, wishes can be

consistently apply the time-personal ways enterosorption

and various chelators. Each person chooses for himself that

method of detoxification, which in his opinion, the most effective

and acceptable. For example, pa-zovye techniques outside the home; Monitor

sorption colonic cleansing - in a sanatorium

spa treatment, or use different methods depending

the season, etc.

In addition, you can combine different options enterosorption.

For example, a course of reception of the sorbent and its complete intestinal

sorption purification and toletokishechnoe sorption purification

combined with oral administration of the sorbent.

In our opinion, the best option for health improvement

is the simultaneous or sequential combination of different

trends and methods influence on organs and body systems.

It is advisable against the backdrop of enterosorption and after use

Various methods herbs, psychotherapy, therapeutic

Gymnastics, starvation, etc. Such a combination of methods

health improvement, not only are not contraindicated, on the contrary -

they significantly enhance the therapeutic effect enterosorption.

### **A single dose full dose enterosorbent**

This method is used in high load

detoxification organ in the body of man. It helps the body

to cope with poisoning, most often found in household

conditions. These everyday situations can be state

after drinking, food poisoning or their prevention,

Light diarrheal illness, work with toxic substances

(Spot remover, windshield wipers, sniffing

lubricants, etc.). Acute administration

carried out as follows.

Stir in 1 cup water 8 Art. spoons sorbent or 2 tbsp. spoon

4 times a day every 3 hours. Drink this solution. Best

sorbent take on an empty stomach.

Of course, this method does not provide a sustainable and deep

detoxifying effect on the organic mechanism, since in such

short period there is no significant adjustment in the institutions

gastrointestinal tract and detoxification systems. The main task

single dose-bent cop - the decision is relatively simple household

problems. In this way we help the body more quickly and efficiently

get rid of toxic substances. depending on whether you have made

the desired result, you can repeat taking 2 - 3 times.

Frequency of use of this method - as needed.

### **Coursework reception enterosorbent**

Course hours enterosorbent in this case is as follows. during 7 - 10 days 3 times a day, take 1 tbsp. spoon enterosorbent.

The procedure of intestinal sorption purification

### **Preparation for the purification**

Sorbent in a daily dose - 3 tablespoons a day between meals - starting to take a day before day of the procedure. The next day, take another 3 tablespoons in an arbitrary mode on an empty stomach but make sure before making the liquid. Fundamentally an important prerequisite for the successful conduct of intestinal sorption purification is a preliminary starvation period 8-10 hours (Can be longer - up to 20 hours but not less than 8 hours). Violation This condition abruptly changes during physiological processes in the gastrointestinal tract.

When you eat, the body becomes more active mechanisms of intestinal absorption. They will operate until while the body is not fully learn the digested food. and if the the mechanisms of absorption in the stomach and intestines fall any substance, the body will immediately begin to digest.

Thus, to keep the saline solution in the gut you do not succeed. In addition, the presence of gut contents is not fully digested nutrients will inhibit the activity of the gastrointestinal gastrointestinal tract: the cleaning solution will not be consistent move through the intestines, stopping in some of its segments (Sites). If the liquid and the sorbent does not move through the intestines while running the mechanisms of intestinal absorption, probably only that the body will absorb the solution.

Need to know that taking even small amounts of sweet Tea is a contraindication to the top of intestinal sorption purification, because the sugar in their cleavage yields glucose and glucose dramatically increases the intensity of the absorption of sodium. That As for the reception of clean water, there is no any restriction, because it is rapidly absorbed, but it is better for 30 minutes before the procedure, water is not consumed.

In our opinion, the best and convenient period for cleaning is a time after a night's rest, because the delay in feeding in this case has a natural and does not require psychological and physiological effort.

You can carry out the procedure at another time convenient for you days, but subject always to the above conditions.

Additionally, there are: free access to bathrooms and 3-4 hours free time.

### **Preparation of solutions**

Liquid for washing the gastrointestinal tract (working solution) is prepared as follows. Take container, a capacity

a liquid volume of 3 liters or more. In the evening, pour it into 2 liters boiled water and not closing, set at room temperature in a dry clean place. This water has to stand all night.

Immediately before the procedure to prepare the salt solution.

For this measuring utensils to measure exactly 1 liter of clean water and add 1 tablespoon (topless) salt.

The solution should be boiled in a separate bowl (the boiling - about 30 seconds). After this, without giving a solution to cool, add This liter of those two, which were prepared in the evening. So The total amount of working solution already amount to 3 liters. Now Mix the solution, and it is ready for use.

Please note that all salt is dissolved.

The solution should be warm but not hot: subject sequence of these actions, he will just need to temperature.

If the sorbent is pre-approved, you can start the procedure for cleaning. Do not let the solution cool down, and immediately proceed with its use.

### **Fluid intake**

As we already mentioned, all the cleaning solution should be drunk for 40-60 minutes. This condition is also fundamentally important and should be implemented strictly.

First, to effectively stimulate peristalsis gastrointestinal tract, it is necessary to establish sufficient pressure on its walls. Longer method allows fluid up in various departments of oral bowel, weakening the the most pressure on its walls.

Secondly, you need to get ahead of the move process fluid in the gastrointestinal tract dilution and the suction fluid. All these conditions and corresponds to 40 - minute time period for receiving a working solution.

Hence, it becomes clear and the need to absorb a certain amount of cleaning liquid - 2,5-3 liters.

If you stop and stop for a long time reception work solution, the amount of fluid you drink will not be enough effectively stimulate bowel movements. Of course, the taste of salt water is not too pleasant and unusual for us. Here important in the first place some positive attitude and awareness of the need for the procedure. In addition, must firmly believe that the purification procedure will help your rid the body of harmful toxins and prevent and development of many diseases.

Those who first perform the procedure of intestinal sorption purification, we can give you some practical advice:

Drink small sips;  
do not hold the solution in the mouth;  
try not to swallow air;

do not force forced fluid intake;  
with the possible discomfort of fullness in the abdomen or  
occurrence of lung nausea - stop, take rest 2 - 3  
minutes.

Experience shows that as the recurrence of gastrointestinal procedures  
sorption purification of all for-trudneniya already on the second or third time  
almost completely disappear. Moreover, experienced in this  
business person has the desire and opportunity to drink the entire volume  
much faster than 40 minutes. However, we must warn:  
commitment as soon as possible to the cleaning solution may  
lead to painful overdistension of the stomach wall. Worth  
whether the cause yourself unnecessary pain and suffer unnecessary pain for the sake of  
savings of 10-15 minutes?

### **Purgation**

Thus, the solution was completely drunk, and for the required period  
time. Be patient and wait - all mechanisms are started.

Immediately after the intake of fluid and during the later-

On standby you can pay attention to the bloating,

feel it moving fluid. This is quite normal  
in this situation, phenomenon.

Usually the first experience of such procedures from the moment

Stops working solution until the first of desires

the act of defecation is 60-80 minutes. If by this time urging

No, do not worry. In that case, do the following

- Walk around, gently poprisedayte; alternately popodnimayte  
standing bent knees to the stomach, but do it quietly, without fuss  
and voltage pat his stomach clockwise and then wait a couple of  
minutes.

When you gain some experience in the intestinal  
sorption cleansing, for-metite that the first impulses  
to defecate will occur within 10-15 minutes after  
receiving a working solution. On the toilet to lie comfortably  
and rather dense, so the cleaning liquid spray emanating  
not scattered to the sides.

After the first act of defecation be on your guard and do not leave  
away from the toilet - the repeated urge may arise in any  
moment. Sometimes when you urge to act is the act of defecation  
urination, after the implementation of which is the desire to defecate  
disappears. Do not rush to leave the toilet, wait a minute  
half.

It should be noted that in the context of the proposed method of sorption  
intestinal cleansing frequency of urination can be enhanced - it is  
normal, which is associated with partial penetration  
sodium and water in the bloodstream.

Observations show that excessive discharge of stool  
repeated 4-6 times, although it may recur and more  
times. When the first act of defecation goes mushy mass at

follow - the dirty liquid with particles of a sorbent, with each Thus becoming more and more bright and transparent.

As the depletion of gut feeling of heaviness and distention in the stomach is reduced, swelling it disappears. Once you feel complete relief, repeat the physical exercises and then go to the toilet (even if not desires). As Typically, leaves still some residual number of detainees fluid in the colon.

About this way I wrote because I do not always sell magnesium. We, in our practice we purgation with magnesia.

### **Completion of procedure**

On this direct procedure itself intestinal sorption purification, seemingly completed, solved. However, we note the following. If after the completion of a simple cleansing drink unsalted water (1-1,5 liter, if desired, in divided doses) a discharge of fluid from the intestine is resumed. When This emerges from intestinal fluid becomes almost clear water, indicating that fully carried out purification. But it should be emphasized that taking the additional volume of unsalted water can only after the main depart weight of cleaning solution - defecation realized at least 4-5 times.

Additional fluids may be combined with the use of bran (3-4 tablespoons). Bran contains in its structure a large Many so-called indigestible fiber, which having low sorption capacity, soft finish processes cleaning the walls of the gastrointestinal tract, stimulate appearance of the chair (usually after intestinal sorption purification a delay stool for 1-2 days). In addition, as a result of splitting of the bacterial flora mikrotsellyulozy contained in the bran, there are fatty acids needed for power and restoration of the surface layer of the colon.

After the procedure is recommended to take a refreshing shower or bath.

After finishing treatment of the gastrointestinal tract (conventionally it the last time a discharge of wash water) should be 2-3 hours refrain from eating. Starting power is expedient with rice porridge with butter or other liquid porridge (Buckwheat, millet). From meat, spicy, acidic foods, as well as foods, saturated fats should be avoided until the next days.

With strict adherence to all of the instructions and regulations should not have any side effects or complications. Improper conduct the same procedure, intestine Nogo sorption purification creates a risk of massive proceeds from the intestine into the blood sodium chloride and water. This

in turn lead to an increase in circulating blood, a small increase in blood pressure, additional strain on the heart muscle and increase renal excretory function.

It should be noted that such side effects do not represent any threat to the functioning of these bodies and systems, and disappear without assistance in the shortest-SRO ki. in extreme cases can take diuretics (eg, furosemide). Also, do not need to attach great importance the emergence of periodic attacks of spastic pain in the promotion of the fluid of the gastrointestinal tract, they appear suddenly and rapidly. In these cases, we recommend a soft stroking the abdomen in a circular motion clockwise, you can apply heat.

### **Contraindications**

In discussing the contraindications, we should note that the spectrum diseases, which can deplete virtually unlimited. However, some difficulties may arise

For example, in cases where compromised patency of various departments gastrointestinal tract, as well as in the early postoperative period, or when there is a pronounced risk of developing functional insufficiency of the intestine. In our view, the use of such method in acute illness or exacerbation of chronic impractical. In such cases it is recommended to limit course intake sorbents.

There is a possibility (albeit small) of a massive uncontrolled flow of water and salt from the intestine into the blood, that forces us to include in the list of contraindications (more precisely, need specialist advice) to the use of the method such diseases and conditions such as hypertension IIIIV extent, renal hypertension, heart failure IIIIV degree of cerebral circulation, chronic renal failure III level, cholecystitis.

After the intestinal cleansing sorption man some time (1-2 days), despite the well-being and mood, may feel tired, as after a long exercise. This indicates that, after purification in the body have begun the important and energy-intensive tuning and regenerative processes, as in the gastrointestinal tract, and in other organs and systems.

What could be caused by such energy consumption? Firstly, recovery processes of near-wall structures, the intestine, "Eroded" in the course of sorption purification, and secondly, the expansion mechanisms of endotoxin release from the tissues into the blood and subsequent temporary increase in the activity of natural detoxification systems body, and thirdly, adaptive tuning systems and organs under the stressful effects of intestinal sorption purification.

## **EYES generalization LIVER**

Everyone says that we must purge the liver ... "Why should I cleanse the liver, if I have it not hurt? You say that I will feel after the program "Cleaning the liver is better, and I now I feel great, without any cleansing "- to answer you.

We approach the problem from the other side. Nobody puts doubt that the oil filter in your car (your favorite Zhiguli Ford, Mazda, Porsche) should be changed. In general, it would be nice clean the engine and injection system. And why? Why?

Wherefore, then, if you do not, then the engine fails / etc, or injector, or both. A renovation of all this costs more money.

If we draw an analogy, the liver is our filter. And since it can not be replaced, it remains to be cleaned. and is already quite understand that if you do not, then your personal system will failure and repair it will be extremely difficult. It is known that the function liver - one of the most important in the body. Toxins are stored in the body everywhere, especially in fatty tissues. Especially a lot of them in the liver, that is sweeping the factory of our body.

According to medical statistics, the human body every year comes only from food, drinks (including alcohol) 4-5 kg chemicals. All this goes to the liver and remains there.

People who do not pay attention to cleansing the liver, sooner or later prove to be a hospital bed. Intoxicated liver able to remove toxins, resulting in you hold in your the body of a bomb packed with several kilos of poison.

Who needs a liver cleansing? This question can not answer uniquely. In my opinion, everybody needs cleaning, but pick up the system cleansing and to their implementation should be individually.

What is needed for cleaning, to get the maximum result with the minimum cost?

First of all, emotional. Neutral-happy state, relaxation, peace - a prerequisite for success.

If a person comes to cleaning as hard labor, he is in a some extent under stress: a physiological terms the body is able to protect, that is, compression smooth muscle (blood vessels, ducts, intestines) spasm, here - the difficulty of removal of residues.

Second, the mindset is important for a positive result (No result - the same result). Man - a creature kinda, it's curiosity may be the key to a pleasant cleaning. Pursuing a purification, a person becomes a researcher.

When a man is curious to get a result, he has no fear, but have an interest: what will become of me? and in this case even a negative the result is not so much fear, but a question: what did I do wrong.

Third, the cleaning must be properly prepared. Before shock cleaning is obligatory vegetarian diet, it is necessary

completely eliminate alcohol. As for the cleaning, the the more accurate you will be performing all of the recommendations, the greater the effect get.

And, finally, termination, or exit from the cleaning. This is almost the most an important point: cleaning has already passed, the body get rid of toxins and already can not always (at least at first) to perceive that food you ate before. So after cleaning it is important observe the same diet as before it.

### **Cleaning the liver and intestine**

The program is scheduled for 7 days.

Need to buy in the drugstore: sorbent "POLYSORB" in bundles (1 pack), if not polysorb, it can be replaced by any other sorbent, magnesia in bags of 20 grams (7 pieces); phytocomplex "Cheetara" in capsules or filter bags (15 bags or packaging) or any cholagogic tea olive Oil (250 ml) lemon-orange juice (50:50) 250 ml (better fruit).

### **The daily routine in preparation for the purification**

Within 3 days of accepted sorbent "POLYSORB" to 1 tablespoon 4 times a day for an hour before a meal (diluted in a glass water).

Day 4 - "POLYSORB" to 2 tablespoons to 1 cup water 4 times a day for 1 hour before meals.

Phyto "Hepar" is made within 6 days (powder or a filter bag pour 1 cup boiling water, infuse 15 minutes, or 1 capsule - drink 3 times a day for 30 minutes before eating).

Morning: an empty stomach drink raisin water (cooking method: 1 tablespoon raisins, pour a glass of boiled water at night). Morning half of the present drink. Berries used for cereal or salads.

To do exercises, self massage, take a shower. Then drink 1 tablespoon vegetable oil, to eat a salad: carrot, apple, cabbage, grated on a fine grater, seasoned with lemon juice or vegetable oil.

Lunch: veggie soup, freshly kasha (buckwheat, millet or corn, can, along with vegetables or fruit).

Dinner: dairy products (cottage cheese, sour cream, yogurt, yogurt, cheese) or salad.

Do not forget to lunch and dinner drink phytocomplex "Cheetara."

Before going to bed drink a raisin water, go to bed with hot-water bottle to the liver.

Such power to adhere to 3 days.

At the 4 th day only compote of dried apricots or prunes.

SO:

Day 1 - vegetable diet, Phyto "Cheetara", "POLYSORB.

Day 2 - vegetable diet, Phyto "Cheetara", "POLYSORB.

3rd day - vegetable diet, Phyto "Cheetara", "POLYSORB.

4 th day - all day drinking compote of dried apricots, prunes, reception

phytocomplex "Cheetara", "POLYSORB" to 3 tablespoons 4 times per day.

Day 5 - the morning take another 3 tablespoons of the sorbent in random mode, the hunger-LIMITED stomach, but be sure to start taking liquid. Fundamentally important prerequisite for successful conduct of the intestinal cleansing is the preliminary fasting period 8-10 hours (can be longer - up to 20 hours, but not less than 8 hours). Failure to do so sharply changes during physiological processes in the gastrointestinal tract. When you eat, the body becomes more active mechanisms intestinal absorption. They will act as long as organism is not fully learn the digested food. and if the the mechanisms of absorption in the stomach and intestines fall any real-properties, the body will immediately begin to digest. Thus, to keep the saline solution in the gut you do not succeed. In addition, the presence of gut contents is not fully digested nutrients will inhibit the activity of the gastrointestinal gastrointestinal tract: the cleaning solution will not be consistent move through the intestines, stopping in some of its segments (Sites). If the liquid and the sorbent does not move through the intestines while running the mechanisms of intestinal absorption, probably only that the body will absorb the solution.

Need to know that taking even small amounts of sweet Tea is a contraindication to the top of intestinal sorption purification, because the sugar in their cleavage yields glucose and glucose dramatically increases the intensity of the absorption of sodium. That As for the reception of clean water, there is no any restriction, because it is rapidly absorbed, but it is better for 30 minutes before the procedure, water is not consumed. from work to come early. Take mineral water (it should be open to out gas)

Dissolve 60 grams of magnesia to 1 cup of mineral water (if the weight to 80 kg), or 80 grams of magnesium per 1 cup of mineral water (if weight over 80 kg). in magnesium, you can add a little lemon juice, so she drinks more pleasant. Magnesia to drink in one gulp, and within 1 hour drink 7.6 glasses of mineral water.

After that you should do self-massage of the abdomen.

After the last trip to the bathroom to eat rice porridge without salt, add a little butter. After the meal, is useful take a hot bath and sleep, no exercise on this day can not be tolerated.

Day 6

8.00 - 2 teaspoons honey drink a glass of water, 10.00, 12.00 - drink phytocomplex "Cheetara", to 14.00 you can drink apple juice.

14.00 - drink magnesium (1 pack a glass of warm water).

18.00 - drink magnesium (1 packet per glass of warm water), put a heating pad on the area of ??the right hypochondrium.

19.00 - 200-250 grams of warm drink warm (35 ° C)  
olive oil (if not tolerate olive oil  
it can be replaced by quail eggs, you need to drink 0.5  
cup), drink oil to a standing position, on the exhale,  
preferably simultaneously in one gulp, drink a little lemon  
orange juice. 200 grams of lemon-orange juice  
(50:50) to drink in 7 receptions every 15 minutes: 19.00, 19.15, 19.30,  
19.45, 20.00, 20.15, 20.30, 20.45. (Hot-water bottle to keep on the right  
hypochondrium). After receiving lie down on the right side, beneath the  
Right hypochondrium hot water bottle wrapped in a towel,  
keep up to 21.00  
23.00 - enema (water 35 ° C), empty the bowels  
in a pot, inspect the contents: possible release of bile, feces  
stones, bilirubin tubes in the form of green oval formations  
cholesterol yellow flakes, sand at the bottom of the pot.  
03.00 - enema (water 35 ° C), after the enema drink  
magnesium (1 pack a glass of water).  
07.00 - eat a salad "Broom" (carrot, beet, cabbage).  
8.00 - drink 2 dissolved in a glass of water polifana package.  
Note: during cleaning may be some  
deterioration of health, which is associated with intense emission  
bile and rapid absorption in the intestine, there may be weakness,  
dizziness, nausea, especially during the cleaning  
enema. Need to inhale ammonia, to provide  
access to fresh air, take 24 drops korvalola, suck on a clove  
garlic, cut in half. When persistent nausea not inhibit  
vomiting, and can take 2 tablets Reglan. Preferably after cleansing  
poprinimat drug "Linex". For adults: 3 times a day  
2 capsules Linex, squeezed a small amount of liquid.  
in gastric juice with pH 2, none of these bacteria do not survive.  
Postprandial gastric pH varies between 4 and 5,  
that allows you to save the viability of lactic acid bacteria  
in the gastrointestinal tract. Therefore Linex taken into  
after a meal.  
P. S. If you have bowel problems, ie constipation, it is necessary  
the entire course of purification to prepare a good cathartic mixture.  
Ingredients: dried apricots, figs, prunes, raisins - all at 100 grams. All  
it is washed, scroll, add 100 grams of honey, 2 tablespoons  
tablespoons vegetable oil and 50 grams of herb senna. Take  
2 tablespoons at bedtime for four days. Must  
before removing make ultrasound the liver and gall bladder. If  
found gallstones, cleaning contraindicated.  
Sometimes life's circumstances are such that no  
opportunity to cleanse the liver and intestines, as it is written  
In the first version.  
Sometimes in life circumstances can not be done  
long cleansing the liver and intestines.

## ACCELERATED EYES generalization of PCA ORGANIZATIONS

The advantage of this method is rapid clearance of all GIT by fecal stones and gas tubes. Recommended for all chronic diseases, except listed below.

Contraindications: any swelling, asthma, diabetes, gastric ulcer and 12 duodenal ulcer in the acute stage, acute diseases of the digestive system (colitis, gastritis, cholecystitis, pancreatitis, appendicitis, hemorrhoids, tuberculosis and cancer of the colon).

Not shown this option is impaired people in the presence of high temperature, high pressure (above individual rate of 20-30 mm Hg. Art.) heart attacks, arrhythmias, according to some reason, immobile patients, as well as obesity III extent, people with long-term habitual constipation in the aged more than 60 years, if not previously involved in purification.

### **Scheme of**

Day 1. Vegetarian diet. Receiving polysorb, polyphepane on 3 tablespoons per cup of water 3 times a day for one hour before meal.

22.00. Make an enema

Day 2. 9.00. Take mineral water (it should be open to left gas), dissolve 60 grams of magnesium per 1 cup of mineral water (If the weight to 80 kg) or 80 grams of magnesium per 1 cup of mineral water (if weight is greater than 80 kg). in magnesium can add a little lemon juice, so she drinks more pleasant. Magnesia to drink in one gulp and for 1 hour, then drink 6.7 glasses of mineral water. After

This must be done self-massage the abdomen. After achieving desired outcome bowel cleansing drink 2-3 glasses do not salt water at room temperature and induce vomiting. It is clear stomach and reduce the pyloric sphincter.

Lying down to rest for half an hour. Water can not drink. After 30 minutes to eat boiled until cooked rice in water (2 tbsp. tablespoons rice), sugar-free salt, oil. Can vegetable soups, porridge - after rice.

Third day. 8.00. You can drink juices (apple, carrot beet).

14.00. Drink salt sulphate of magnesia 3 teaspoons in a glass water. 0,5-1 drink a glass of cold water. during the day to drink water at the request of not limiting yourself.

18.00. Magnesia to drink 3 teaspoons in a glass of water. Start warming up liver on both sides (front and back) two heaters with hot water. Ten minutes before tyubazha liver supply heat to waterbath olive oil to a temperature of 40-42 ° C.

19.00. Prepare 200-250 ml of olive oil and citrus 150-200 ml of juice. Take olive oil all at once with a small of citrus juice to replace water heater, go to the toilet to lie on his right side. One lies in the warmer areas of the liver from the stomach, the other on the back. Hot water bottle wrapped

towel. Use for cleaning citrus juice room temperature. Juice to make, without getting up every once in a volume of 1 pharynx 15, 30, 45, 60, 75 and 90 minutes for 105 minutes to take the whole remainder of the juice at once and lie still for 30 minutes. at 22.00, 3.00, 6.00 do an enema. In the morning eat a salad "broom" (sauerkraut, raw carrots, pickled beets in a ratio of 3:1:1 can be charged lemon juice).

Recommendations on diet after the procedure purification:

The first 2 days: tea with biscuits, porridge - gruel, boiled in water (Buckwheat, oats), vegetable soup, cooked in water, stewed vegetables with oil, salads, juices, fruits, weak tea. first week to exclude: milk and dairy products (lactic possible).

In the first two weeks to exclude: fat, spicy foods, alcohol, canned food, smoked.

After bowel cleansing and liver must undergo a mild fasting on buckwheat porridge. Although such starvation would not solve the serious problems but the effect of cleansing and weight loss is very good.

#### **Fasting on buckwheat kasha**

One of the ways of cleansing the body soft - starvation on buckwheat porridge. I learned about him at Lake Baikal (Tibetan way purification). The essence of this method: within 7 - days to eat a buckwheat porridge, cooked in water without oil and with a minimum amount of salt. You can drink only clean water, melt better, but sometimes you can drink herbal cholagogue Teas (Salsola collina, hips, elfwort, St. John's Wort wort, corn silk, the root of knotweed) in tea You can add a little honey and a mess of this bran (for effective intestinal cleansing). It is also necessary to take drug "Linex". After 7 days, it is desirable to switch to milk vegetable diet, and you can start wet starvation.

**Ca.** "Never perform dry fasting, without trying starvation on the water. "

## **METHODS KA Vlasov ZHNOGO MEDICAL Fasting I**

### **VARIOUS J LLS TEL NO STI**

But, anyway, the decision is made you will name the day and filled determination. On the eve of desirable not to have animal food and even more so do not overeat. Very hard to have those talks: "Tomorrow still hungry, let me sing finally ... "We already know that The next day the body is configured on the volume and composition of food, we ate today. and until this adaptive response is not will be corrected by strong-willed attitude, until the body gets used fasting, which begins after the excesses will tear the pangs of hunger. Exact repetition of the amplitude, of course, will not - because the rhythm constellations (which give their energy through the planet) are superimposed

Rhythms of the Sun, Moon and other planets, annual, etc. So, before we do not eat meat, fish, eggs and their products, as well as cheese and cheese, and possible moderation. Dinner is more modest than the better. Can be reduced it to the vegetables or a bottle of yogurt. Or, say, eat melon, watermelon.

After a hearty meal a day without food in the period of fasting is not counted.

In the evening you can say: "Thank God! Finally I cleaned up, get rid of all waste. After a week eaten so much food, tomorrow

I shall be free from all poisons. The body becomes purer and stronger, it will not take no disease. Tomorrow I take a break, food for me there. "

Words and thoughts, of course, can be arbitrary. Importantly - should attitude, awareness of the need for fasting and approval of its

"I" as the true owner of the body. The next day, eat nothing and drink only water. It is better to melt, dew or wet cleaned or defend. But it is not cold! Water should be room

temperature or warm. And, of course, water must be clean.

If water is not very good, you can drink distilled.

Now the question is, how much to drink. It depends on the purpose of fasting. If

his conduct to rasshlakovyyvaniya and prevention, the benefits

drink a lot. Cleansing with a one-day fasting is

mainly through the kidneys, so the day is recommended to drink

not less than 2 liters, and in the heat - not less than 3 liters. with the acquisition of the practice of enough fluid is judged by the urine. If the urine

yellow, concentrated, and with a pungent smell, drink, be

more. If a white, frequent urination, it means that water can be

limit. In general, the appearance of sharp yellow or turbid urine

afternoon (at one-day fasting) says

begun purifying. If not, then the body

"Swinging" slowly, or a person well-cleaned - a long time

walking, drinking lots of water, did some exercises.

Well cleansed people with extensive experience of fasting,

No special training is conducted. Their bodies from one

thoughts about the famine is set on him and begins to cleanse itself.

Drinking water is better in small portions - literally a few

sips. Restrict its consumption is only a swelling of any

origin. However, sometimes (especially when cold) is carried out

and dry-day starvation - without water and without enemas. in this case

acts in the basic elements of fire, the body heats up and the disease

literally burned. Sometimes, though, is that during normal

do not dry fasting water "is not, and people are literally forced to

a drink. Healthy people can be equally easy to drink

long hours or do not drink, but if the body is running, it does not violate

stands, choking water is not necessary, but should drink as much as

pleasure.

Now about the enema. In pure gut peristalsis and the ideal

(When there is an independent chair, even the third or fourth day

starvation) enemas particularly do not need. otherwise better

clean up.

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Enema can be delivered on the eve of the day fasting and more one - a day of fasting. Some are more suitable for the morning enemas, others - evening. Feel after the enema is usually improved, especially when prolonged fasting.

Heavily intoxicated people at the first attempt may starve feel very uncomfortable. Organism, delighted opportunity to free themselves from toxins, the blood immediately identifies a lot of toxins. Appear weakness, severe headaches, heartbeat. Nothing wrong with that. You can sit or lie down, relax, and when an attack will take place, go outside.

If palpitations or headaches already very strong (as well as when the kidneys can not cope with the waste stream), it is permissible to drink glass of water, dissolving in it a quarter teaspoon of honey.

Isolation of toxins with several retarded.

But it's best for the prevention of disease states maybe more of walking on air.

Possible for a whole day to go to the garden, or go hiking, or even invent something. In this case, many toxins will be incinerated oxygen, cleanse will go to several times more efficient and relatively painless.

In severe cases hold a whole day there no way, you can try to starve not 36 hours, and only 24 - to dinner. In the evening to eat raw and cooked vegetables. If and it is hard - stay at least until the afternoon snack. The main thing - to move off the ground.

Some, perhaps, before moving on to the weekly starvation, it is reasonable to spend some time in these days of discharge - on apples, watermelons, plums, grapes, cabbage, etc. But, of course, not in yogurt and cottage cheese! Fruit or vegetable diet is not bad includes a cleaning mechanism, stimulates the protective forces, provides salutary shake-up throughout the body.

Exit from starvation. To further on all day extend the purification and to obtain the greatest effect on fasting recommended that such withdrawal.

Be sure to take before going "Linex", 3 capsules glass of water, it contributes to the rapid restoration of microflora intestine.

Breakfast. 100 g of any fruit or vegetable juice. Next up dinner every hour and a half to drink 100-200 g of the same juice. Can take and other juice, but every hour I juice is not worth that they do not come together in koflikt.

Lunch. Vegetable salad, vegetable stew or porridge "Hercules" (without salt, butter and bread). Many well-suited buckwheat or rice (from unpolished rice) porridge. You can cook stew of raw vegetables: cabbage, potato, beets, pumpkin, etc., rubbed raw and add 2-3 tablespoons buttermilk or sour.

Good and very easy lunch - a few bananas.

Snack. A glass or two of juice or fruit.

Dinner. Vegetable salads, and any porridge or boiled potatoes with 1-2 teaspoons of oil.

This output is particularly desirable for ulcers, severe gastritis, enterocolitis and colitis, but in this case, raw vegetables can be deleted, and intolerance to replace them with juice oatmeal broth. Encouraged to adhere to this scheme and all beginners, at least the first 3-4 times, and also very complete people.

Healthy and well accustomed to fasting person can immediately resume normal feeding. in this case day begin with cleansing vegetable salad and exclude from the menu all products of animal origin and other concentrated proteins, and fat and sweets. The next day, after do not consume animal food, very fat and confectionery products.

Effect:

Short fasting for 1-3 days also called cosmetic.

Indeed, it does not overhaul and cleaning of the body, and, so to speak, redecoration. Removed some of the slag, restores immune forces, get a breather digestive organs, tones the nervous system, clean energy channels.

Very pronounced and external cosmetic effect - disappear pimples, boils, abscesses, so stubbornly pursuing Many meat eaters (and not only meat-eaters).

Beneficial effect weekly fasting and on the psyche.

Strengthens the will, there is considerable stress, increased self-confidence.

How long hunger strike for one day?

Fast as you want. Paul Bragg, starved almost all life, and with remarkable results. Others believe that regular weekly fasting is not very useful, as the body gets used to them.

Perhaps, perfectly healthy people with normal weight, practitioners from time to time more prolonged fasting, still hungry and every week one day a special need no.

Almost all skin diseases stem from pride, the manifestations which are very diverse. "When I fast - tscheslavlyus that fasting. When I got out of the post - tscheslavlyus that sustained him. Defeating the same ambition, tscheslavlyus from this ... "- describes the treacherous enemy is one of the ascetics. The victory here - no easy matter. Yoga, however, teaches us not to fight and eliminate unwanted quality cultivation of the opposites.

These people engage in one-day fasting as necessary.

Another thing - polubolnoy person, which does not have a whole day

- A serious test. Him to weekly fasting, of course, necessary, until it completely does not get used to them and will not systematically fast on 7/3/1910 days.

In any case, the harm from regular weekly fasting no. Moreover, for some discharge day becomes a kind of holiday, waiting, during which the rest and from which, of course, you should not give up.

### **The three-day fasting**

Having learned to starve for one day and making sure that the die at this time the body is clearly not going to paint the flour, and that hunger have been greatly exaggerated, well go to a three-day starvation. However, first, for trial of strength will be enough for two days.

Do not immediately begin a three-day fasting, not spending Several times one day. It is desirable to study the behavior of his body on hunger, to accustom the body to switch quickly to purification.

Are advised to tune in to a specific date and last 3-4 days is not a vegetarian diet. At the same time prepare themselves psychologically, to feel strong determination to start and successfully complete the plan. Over time, this attitude will occur by itself, but only people aware of the need current purification. This would indicate a very increased self-consciousness and the liberation of a sort of mental blinders, Eating slavery, restraining spiritual development. the habit from time to time to starve, many begin to experience the joy after each decision to start hunger and usually look forward to appointed day.

On the eve of fasting is recommended to do an enema, you can double. subsequently put enema every day until the early exit.

But if the body over the years become accustomed to the weekly hunger, then sharply throw up the habit is impossible. Or you should not give the body a chance to used, intentionally knocking rhythm - fast on different days, do omissions, to increase up to two days, etc. Psychic Power increases for any deliberate starvation.

When clogged intestine instead of the enema (or after an enema) before starvation take laxative. 30-50 g bitter

Epsom salt (or salt, "Barbara") is dissolved in 500 ml of water and drink 5-6 or more hours after breakfast or not very dense lunch. More on this day nothing will not eat.

If you do not take a laxative or drink weak herbal means, on the eve of possible and dine without the frills. Evening also put an enema and, if necessary, to drink at night and a mild laxative, acting on the following morning.

Of course, with magnificent peristalsis, when all three days is an independent chair, clean, nezashlakovannyh people enemas are not particularly needed. But the damage they can not, therefore, if

there is doubt, make them or not, it's better to do. After the enema is not only removes the impurities, and hunger is also sucking water through the intestinal wall with the opposite off toxic products.

On the second day of fasting in the morning washed stomach with water. this time increases the acidity of stomach contents, are formed harmful substances, and all that it is desirable to remove. When unpleasant sensation, belching stomach can be washed in any other day.

Drink water without restrictions, and if there is no swelling, the more the better (with the exception of dry fasting). Water is preferred

Crude, defend or peeled (even better melted). average

1,5-2,5 liters per day drinking. In winter, when cold water is heated.

However, warm water is better and in the summer, if not very hot.

First 2-3 days of very strong cleaning goes through the kidneys, so drinking enough water is important. But if you drink it at all do not want to, then force yourself not worth it. "Clean" a person may trust your instincts. Sometimes, though, the water is added to taste a few drops of lemon juice.

During three days of fasting can perform almost any

daily work. Preferably only after the second day,

not to engage in very hard work (not to rearrange the furniture, not trying to unload the car in the garden to the ground, etc.), and the third

Day did not even wear a heavy bag (more than 2-3 kg).

However, these restrictions are rather conventional. Accustomed to starve

Healthy people often specifically give yourself plenty of stress,

to purification proceeded intensively. However, the approach here is strictly

individual. If a hungry athlete can and even should

continue to do push-ups from the floor, swinging bar,

squat, etc., is not very healthy man, walking up to the third

day with a heavy bag, can cause severe pain in the area

stomach.

But walking is useful to all, without exception, and the more the better

(Making sure, of course, that there was no strong breathlessness, palpitations etc.). In the fresh air is desirable to hold at least 3-4 hours

per day, and it is in motion, rather than sitting on the bench. (Although better

sit on a bench in the garden than the house).

Long walks can intensify the cleaning

processes several times.

### **Output from fasting**

Be sure to take before going "Linex", 3 capsules

glass of water, it contributes to the rapid restoration of microflora

intestine.

Juices. The entire first day goes to juice. Suitable tomato

apple, plum juice. Excluded grape, carrot

juice, citrus juices and too sweet or acidic juices.

It is desirable to produce output in any one juice, although

possible and different - the first day alone, on the second day - or the other before lunch - one in the afternoon - on the other. It is recognized that the best is a tomato juice (freshly squeezed).

In gastric ulcer and duodenal ulcer

and intolerance of juice in their stead slimy oatmeal broth.

Excellent yield is obtained and the watermelon juice. But noticed that of fruit juice is like more than that from vegetables.

If the juice does not you can the night before a handful of dried apricots to fill a liter cold water. Morning apricots someone to give, juice to drink, as juice, soak another batch in the afternoon.

Another method, used sometimes in the absence of juice or with a sick stomach - Boil the potato, crushed her to add boiling water, stir and strain. It turns out a very fluid batter, almost like water. Drink it straight warm.

Day 1.

1-st method: 50 grams in the morning juice mixed with 50 g of water.

2 nd intake: 30-60 minutes per 100 g of juice mixed with 50 g of water.

The third technique: one hour per 100 g of pure juice.

4-th reception: one hour per 100 g of pure juice.

5-th reception: in an hour 150 grams of juice.

6-second method: an hour - Lunch - 200 grams of juice.

Next to night every hour and a half to drink 150-200 g of juice, the latter

Reception - 100 g. The juice drink slowly, "chewing" every mouthful.

Day 2.

Before lunch every hour and a half to drink 100-200 g of juice.

Lunch. Raw grated vegetables or fruits, except orange. (As argue orange carotenoids contained in these products, in the first days after fasting adverse effect on the liver, and adverse effects may occur only through

2-3 months after an unsuccessful exit). When a sick stomach, a well-suitable gruel without salt and oil. You can dine bananas.

Snack. Apples or other fruit or grated vegetables, or juices.

Dinner. Vegetable stew or vegetable soup, or porridge, or potatoes with a little oil (one teaspoon) of salt-free, we can with a slice of bread.

3rd and 4 th days.

Light diet with the exception of animal food, confectionery products, some orange fruits and vegetables, limiting fats and salt.

5 th and 6 th days.

Mostly fruit and vegetable diet (starchy foods two twice daily) with the exception of animal food and confectionery.

**Effect**

Three-day fasting heal colds, bronchitis and many other diseases (other than chronic). Significantly

restored liver, stomach and intestines. Excretion a lot of poisons and to recruit new forces.

Recent studies found that after 3-day fasting for 30% increase in the number of T lymphocytes.

### **Frequency of starvation**

Very well each month hunger strike for three days and one-half one day. This regime provides the output of almost all newly received and generated slag promotes gradual more complete body cleansing. The body gradually gets used to the pure state, and eventually refused to take all More and more "dead" foods.

### **Fasting before the crisis**

This starvation usually lasts 7-10 days.

We are often hungry people in crisis sometimes 5 or 6 days and even earlier, at heavily intoxicated - to 10-12-th. The faster comes crisis and what he was clearly the more effective is fasting.

In order to starvation proceeded perhaps more easily, it is important the following four requirements:

1. Pre-tune to starvation that the body itself had requested purification. This is one of the main factors for the proper determination and non-weak thoughts discomfort did not arises.

2. Do not overeat before starvation. Last week, it is desirable and exclude all animal foods.

Known many instances where people who choose to starve, leaned in recent days on food - say, still I shall be cleansed! This error led to this torment, hunger runs very hard, and some even had to interrupt him.

3. How to clean the bowel before fasting. Best take a large dose of laxative (60 g of salt, "Barbara" for 500 ml water) or to make sorption purgation.

Practice has shown that the more thoroughly carried out cleaning, the less concerned about hunger in the early days and the better it runs the release of toxins. There were cases (though very rare) when clogged with gut feeling of hunger does not decay in 4-5-th day and maintained throughout the starvation.

Later during the fasting laxative did not accept.

4. Do not ignore the procedures and techniques, accelerating processes of cleaning and removing accumulated in the body of "garbage". to them include:

- Enema;
- Catharsis;
- Should be drinking mode;
- Physical activity, especially long walks on the outdoors;
- Water treatment (swimming, shower, bath conifer, pearl and mud baths, power shower);

- Massage and body self-massage, massage your spine.

Dwell on them again.

### **Enema**

Cal forms for the duration of fasting, whether

5 or 50 days. Because the cells of our bodies that need to be disposed of, delivered to the stomach (spontaneous secretion) and then digested in the usual way.

But the enema not only wash away the feces. Through the intestinal wall absorbed water, and in the intestinal cavity emitted toxins to be

Removal. Not for nothing after enemas feel much better.

But too often, more than once a day, put them not.

Only with strong headaches, you feel unwell, you can make an additional enema. And the volume of water for enemas during the famine usually decreases, especially if the bowel previously been well cleared.

Enemas put every day, usually morning or evening, and cancel them only with the beginning of withdrawal.

### **Catharsis**

On the second day in the morning is always washed the stomach, causing vomiting.

But with discomfort, severe cramps in the stomach, acid

burp clean it can be in any day and at any time.

Noticed that if a famine throughout the day to spend at home, then deteriorating health, increased weakness and coldness. On the contrary, after walking or working outdoors, although it can be felt physical fatigue, mood and feeling generally good, man as cheerful.

### **Water Treatments**

At home, preferably twice a day to shower,

good contrast (if it did earlier). Well-purified

well as baths with coniferous extract. In the morning you can take a shower, evening - a bath.

In the summer of swimming gives excellent results. Even at very prolonged fasting, when a person loses weight and goes much already not very fast in the water is surprisingly easy, and after swimming there is a remarkable upgrade.

After the water is very pleasant to lie in the sun. Sun accelerate the cleansing process, provide energy, warm. In winter intensifying the exchange can sometimes be irradiated quartz lamp.

Summer excellent "work" and another natural factor air. After purification and goes through the pores of the skin, to the same air, directly in contact with the naked body, stimulates the whole organism. and winter, even if sometimes cool, at least before the shower or the bathroom to undress and move well without clothes.

And those who do bosohozhdeniem, and winter starvation continue walking in the snow - in some bathing suits and swimming trunks. Needless to say, that they receive from starvation more than those who prefer luxuriate in bed.

## **Massage and self massage**

Very well, if you can take on hunger sessions general massage and massage the spine. But gives excellent results and self-massage. Morning in bed at night, before bedtime and middle of the day performed a very simple but extremely effective techniques.

The basis of self-massage - stroking. Smooth the foot, shin, thigh of each leg, forearm and shoulder-hand - about 50 movements for each body part. Stroked with a little effort from the toes up ankles and then up to the knees and then to the groin. Hands - on his wrists to the elbows and shoulder joints. Palm fit snugly to the body.

Then, in a circular motion gently massage your buttocks. Breast stroking from the center to the periphery of the transverse motion, the left half

- Right hand, right half - the left hand. For breast enough for 20-30 rubbing on each half.

This massage takes only a few minutes, but it's great accelerates the lymph and blood, nourishes the body with energy, clear channel and distributes energy throughout the body, and normalizes vascular tone and the nervous system.

Starting from the third day, are advised to avoid cosmetics. Creams Lipstick, etc., when applied to the skin, instantly absorbed and nourish the body.

Fasting continues until the onset of crisis. After the crisis (it often at night) improves mood, there is joy.

May be physically exhausted, but still one feels clear relief. Of course, a more reliable criterion - the cessation of rapid decline in weight. To do this, every morning after emptying bladder must be weighed. When the daily weight loss drastically reduced (for example, were 600, 700, 500 grams, and suddenly - 150 grams), crisis came. The next morning, or after waiting all day two, you can start out.

Speed ??of onset of crisis depends on the slagging body and habits of fasting. He may come at the 5 th, and 10-day, may even take up to 12 14 days. Wiser, of course, adjusted for a longer period, whereas early output will be a pleasant surprise.

If there are no problems with the digestive tract, then, ideally, to make this withdrawal.

## **Output from fasting**

Be sure to take before going "Linex", 3 capsules glass of water, it contributes to the rapid restoration of microflora intestine.

Day 1.

The entire first day of drinking diluted juice (mixed with water).

Start with 50-100 g, then every hour and a half drunk on a 100 - 150 grams of mixture. For lunch, the dose can be increased up to 200 grams in total for the day drink about 1 liter of juice and 1 gallon of water. Drink it in small sips, with pleasure, savoring the mouth for long periods each serving. During Released on the juices of the water alone can not drink.

Day 2. In the morning drink the juice with water, then drink the pure juice.

Third day. Every hour and a half to drink 150-200 g of juice.

4-th day. Before dinner drink juice.

Lunch.

Raw grated vegetables or fruits, excluding oranges. Snack.

Raw and grated vegetables or fruits. Dinner. Vegetable stew or vegetable soup or cereal, or potatoes without butter and no salt.

Day 5.

Breakfast.

Raw grated vegetables or fruits. 2-nd breakfast. Raw grated vegetables or fruits (except oranges).

Lunch. Vegetable salad and vegetable soup with a slice of bread or porridge with a teaspoon of oil.

Snack. Raw grated vegetables or fruits.

Dinner. Salad and potatoes or porridge with butter.

6 th and 7 th days. Eat normally, eliminating animal foods, orange fruits and vegetables, confectionery and limiting fats.

Then another week abstain from meat, fish, eggs and products of them do not overlap on the cottage cheese, cheese, salty and sweet.

With extensive experience of fasting healthy people can two days go to the juices, and then eat raw fruits and vegetables.

Sometimes even begin to drink the juice with water, not in the morning and in the second half of the day, next day hold on the pure juice, and the third day pass to the fruit. Interrupt is fasting the Bragg can be probably only those who are starving as much as myself and Bragg, and already has a perfect health.

Clearly, an extra day without solid food can be difficult to sustain, especially in winter, but it was worth it then do a week hunger strike to then lose half healing effect because of the "savings" a single day?

Generally, fasting to crisis - a serious matter. The organism is completely reconstructed on the internal supply, and only one piece bread can lead at best to an ulcer, and at worst - to the very big trouble.

No, it's better to scrupulously adhere to multiply trusted function.

Notes.

1. During the exit is very important not to overeat. Output - a kind of disease, alteration of systems with internal power supply to the external. No need to eat more than you want your body (mental appetite "after long abstinence has nothing to do with the actual demands organism").

2. It is very important to chew food (do not forget about the method of therapeutic chewing, your stomach is decreased and adopted normal volume, no need to stretch). Since many do not, especially fruits and vegetables is ground to at mouth, they turned into mush.

3. If raw vegetables cause pain, they are boiled or replace liquid porridge. When patients with digestive organs very good also vegetable soups with rice.

Effect.

This starvation, of course, still does not cure severe illness, but its results are very noticeable. Cleaned joints appears great flexibility, are headaches, reduced sleep. Significantly improves cardiac performance, reduced and allergies often disappear. Undergo many skin diseases, neurodermatitis and neuralgia.

Man begins keenly perceive the world, appears lightness of body and clarity of thought. Renewed energy, increase strength.

How often starve?

It depends on the age and health. In general, fast can be approximately six months of age and into old age, moreover, the older the person, the more it needs periodic abstinence from food.

Healthy people under 40 years may be recommended to starve to crisis once a year, from 40 to 50 years old - twice a year, from 50 to 65 years - three times a year and over 65 years - 4 times a year. Those involved in yoga and those who want to maintain the highest degree of health and work, and at a young age well starve to crisis often - 3-4 times per year.

## **SKI FIELD physiological heat of Fasting (FPG)**

### **ON Arakel Jan**

I really like this kind of fasting. It is very easy to carry, it can be done at home and it can be good preparation to dry starvation. This method has rejuvenating, cleansing effect. I therefore fully cite the author's technique.

"We live three hundred years?" Suren Arakelyan Avakovich Difficult wartime childhood in the mountains of Armenia. Large family: eight children. Father was not. Somehow to survive, the mother was holding cow, sheep and birds. Feeds missed. Children have to feed, let alone cow - that God would send. Each winter the children seemed to last for Cell Chinarki. But no, get out. and a year later, and after two.

How come no later Suren, already a student veterinary College in his native village for the holidays, rejoiced: alive nurse and the milk does not stint, although the age of the cow's standards rather respectable. Instead of the usual 12 Chinarka lived 20 years, and lived would have if it had not passed on the meat.

Chinarka remembered more than once. Years later, Souren Arakelian Chief vet farm near Moscow Ostankino, decided to on a bold experiment. Obese older chickens, cease to be eggs and destined for slaughter, he put on starvation diets.

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No feed - just water with a small addition: Drugs the basis of which the grass growing in the mountains of Armenia - Arakelian conventionally called it anti-stress. During prolonged starvation the animal appears panic mode, and the drug takes him. So, hungry, hens like senses and fix it - again began to carry eggs.

It was a sensation. and an occasion for a new, extensive and well prepared by the experiment. He was raised in 1964 in the city Marx Saratov region on the basis of Poultry Research Institute (Suren Avakovich after graduation, was sent to the institution). Thousand Japanese chickens rekordistok outlived what is called a century. Eggs no longer allowed, remained - for meat. Some of these unpromising "Granny" and gave Arakelyan. Began a seven-day FPG - A physiologically beneficial starvation (so defines a scientist starvation using anti-stress drug). This was a risk. Not only for Japanese women. " More than six tons of meat - public good, and for him Arakelian said.

A month later, it's a miracle. The old, oblezshih and matted feathers from chickens grown new: silky and bright. Birds are energetic, agile, disappeared crest, his voice was high - almost chicken. And most importantly, Rejuvenation (now could safely use the word) the chickens have returned to the forgotten cause a distant youth - began to lay eggs.

Here are the figures from the official report: one month after the FPG swept 63% of chickens in a month - already 91%.

Thus, hunger does not kill. On the contrary, reasonable, verifiable, it returns youthfulness. Last month FPG chickens began to live an average of 18 years - instead of six tempered nature. Specific lifetime extended three times! ..

The effect of the return of young farm animals enormous. Cow, giving three thousand liters of milk a year, lives usually ten years. If you need to make up nine thousand liters per year, life is shorter - about four years. But is it enough to give her one month in the year to rest, applying the PPG - and the duration life will increase threefold. That is, instead of lost in four months "Idle" 3000 liters obtain 60000. Not to mention the fact that after starvation diet the animal gets used to eating less.

What happens when a physiologically useful starvation?

The animal as it is for major repairs. From cells out sodium and in its place from the intercellular spaces falls potassium. Only the replacement of one chemical element on the other, and the like. But the sodium salts contribute preservation of organic matter. In the usual diet in the cells as it preserved all the waste products. including and slag - the main cause of aging, the conviction of the scientist. Withdraw slag - to prevent aging. That's why regular FPG - reasonable prevention "living machines".

To rejuvenate itself tried in 1965, when ill chronic gastritis and gastric ulcer and conventional treatment did not helped. FPG applied to human beings: starve first, second and the third day of each month, one week - once every three months, two weeks - twice a year and a month once a year. In this case, only drink water with the addition of anti-stress medication. in the days of fasting I twice a day, morning and night, cleanse the bowel, rinsed mouth soda solution with 10 drops of iodine on glass; swab dipped in this solution was washed with ears and nose, take a shower, wash children's soap.

FPG plus natural food have helped many of my friends get rid of atherosclerosis and metabolic polyarthritis, hypertension, Some gastro-intestinal diseases, there have been cases successful treatment after a heart attack.

Natural Nutrition: eating only fresh vegetable cells and the exclusion of food of animal origin. It twice per day. One meal is, for example, 50 g raisins or Two raw carrots, or one orange, apple or 100 g Cabbage, or 50 grams of peas, beans, lentils, or 100 g crude wheat grains, buckwheat, pearl barley. Cereals and dried fruits I was soaked, pre-clearing them with hot water.

Calories missing completely. First, the person at all requires three to five times less than commonly believed. Secondly, in natural nutrition and periodic fasting energy the body more efficiently.

In meat are the same essential amino acids, as in the raw leguminous plants, young nettles, vegetables and fruits.

In my 56 years I approach old age do not notice pood weights 'm still easy. Hopefully, the program is 120 - years of healthy work life successfully.

### **Therapeutic cocktail recipe**

Physiologically useful starvation. Helps me, but it is not means that it is suitable to all.

Stress medicine: it consists of six components - herbs from the mountains of Armenia.

Recipe: 1 kilogram of a person is taken 0.01 g of food citric acid, 0.01 ml infusion of mint, 2 g of honey, 2 ml water. This is the norm for 6 days. If you weigh 80 kg and starve for 3 days, take, respectively, 0.4 g of citric acid, 0.4 ml of the present mint 80 g honey, 80 ml of water. Divide it into three parts and take on once a day.

Citric acid - the only acids, connecting in the body with calcium. Calcium citrate - a unique vital salt with alkaline properties. At its dissolution released phosphorus and calcium, accumulate in the bone depot. When our supply 60% of phosphorus and calcium is transit.

Connecting to the ATF, citric acid "burn", releasing energy. If you drink a solution of honey with citric acid, or about What starvation issue is no longer - you get excellent food (After all, the honey gives more fructose and biologically active substances).

Citric acid, combining with amines, forming aminolimonnyu acid with a negative electrical charge. And of the 21 essential only three amino acids are negatively charged.

You can use lemon. in the juice of one lemon 10% citric acid.

Good idea to add a little soda water - 1 gram per 3 liters of water. Carbonic gas produced in conjunction soda with citric acid, we very necessary.

During this fasting with worsening state of health must

to do enemas at home is best done

7-day fasting. Before exiting be sure to take drug "Linex" to restore the normal microflora intestine.

**The yield of 7-day hunger (it's worked out for the author those who have problems with the gastrointestinal tract)**

Be sure to take before going "Linex", 3 capsules glass of water, it contributes to the rapid restoration of microflora intestine.

Day 1

9.00 - compote of dried apricots, prunes - 200,0

12.00 - compote - 200,0

15.00 - compote of dried fruits - 200,0

18.00 - compote of dried fruits - 200,0

21.00 - compote - 200,0

Day 2

9.00 - svezheatzhaty cabbage juice, diluted 1:2 with water - 200,0

12.00 - concoction of oats - 200,0

15.00 - vegetable broth (cabbage, beets, carrots) - 200,0

18.00 - concoction of oats - 200,0

21.00 - buckwheat soup - 200,0

3rd day

9.00 - svezheatzhaty apple juice - 200,0

12.00 - 5% of the porridge-gruel "Hercules" - 200,0

15.00 - fish broth (preferably sea fish) - 200,0

18.00 - vegetable broth - 200,0

21.00 - dairy drink with no sugar - 200,0

Day 4

9.00 - decoction of dried fruit (raisins, apricots, prunes) - 200,0

12.00 - buckwheat groats - nincompoop - 200,0

15.00 - cabbage salad with 100.0, and fish ear, dairy

Drink - 100,0

18.00 - vegetable broth - 200,0

21.00 - sour milk drink - 200,0

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5-day

9.00 - porridge "Hercules" with dried apricots - 150,0

Green Tea 100.0

13.00 - stewed vegetables (carrots, beets, cabbage) - 150,0

Juice - 100,0

17.00 - soup (carrot, beet, cabbage, croutons of bread, or gray bran sticks)

5.00 apple 1 pc.

21.00 - sour milk drink - 200,0

Then you can proceed to the usual diet, but ideally desirable

2 weeks meals dominated by fresh fruits and vegetables.

### **ECH M ACCOMPANYING TSYA Starvation?**

Every starving people starving in their own way. Even identical in terms of starvation in one and the same person are different. This is due to our individual

features, and with thorough preparation for fasting

- Preliminary purification procedures, being at the beginning of starvation, season, food to starvation, mental state, and many others

factors. It must be remembered that the better you prepare to starvation, the better the tune, the easier it will proceed the process itself and less will be all sorts of complications. But completely to avoid unpleasant sensations you still can not. Most often, they are not dangerous, only need to know what to do in one way or another case.

First - fear. This is no joke. No one should begin long Abstinence, not knowing enough about it, and not knowing how to pursue abstinence. If possible, it would be good to

next was a man who has already done it. Should not be round

worried: aunts, cousins ??and others who would say that

He was pale as death, that his heart rate below 40, that his heart may stay the night ...

On the third day of abstinence, after returning from a walk despite the fact that never rested, I felt good,

and I remembered the case, described in the paper that the remaining

alive after the earthquake, people were tearing each other like wild

Animals in a rage of hunger. People stayed without food for 72 hours. I also spent 72 hours without food or drink. The difference was that they die of hunger. I deliberately refrained from food and drink for the sake of health.

And yet. If you happen to such a crisis during the conscious patience, if you feel a nervous tension, mild

and doubters - remember that all around you and with you - People which is stronger than you in spirit and able to lift your mood and Your doubts will disappear.

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## **Hunger**

That is what is usually fear most. Indeed, if the last days before the start of fasting to overeat, and then with horror listen to the slightest their feelings, it would be nice small. But when a person takes it easy, do not overeat and cleans the intestines, hunger and as such does not happen. At the 4-5-day food reflex usually fades completely, the form food and it smells no longer cause even saliva. But sometimes that starving, constantly thinking about food, looking forward, how nice it to be treated with after-excites your thoughts (and even more - images), the food center. Then, the appetite may be partially preserved, especially with a dirty bowel.

To fight hunger is easy. First, one must try not to think about food. That is distracted to engage in any activities. Secondly, we need a strong spirit. If the firm say to yourself: "Today I do not eat!" - and the body will know that this is not cheating, a major concern not cause famine.

The first days, however, are hungry spasms, which are removed two or three sips of water or disregard these sensations.

If the "sucks" so very much to drink 1 - 2 liters of water and cause vomiting.

In general, starving all the time usually carry a bottle with water, from which sup gradually as needed. But we must bear in mind that the food center at Starter reflex excited at any contact with food, even if a person wants be indifferent to it. This greatly hampers the normal inclusion of the internal power supply. Starving is better to refrain from cooking and did not attend the meal. Violation this rule often leads to sleep disorders, headaches, heartburn, irritability. That's a good exercise to relieve hunger.

This exercise is performed on an empty stomach. When you are feeling hunger should relax the stomach, put his hands below the navel; one to another. Performing breath, draw in the stomach, helping himself with his hands. At the height of breath hold their breath for 3-4 seconds. Relaxed, exhales. Exercise should be repeated 10 times. Duration the entire procedure is 1 minute. This exercise is effective for people with weakly expressed obesity. During our practice we have not yet come across patients who can not be eliminated hunger or gastronomic fantasy. "

## **Weakness**

Weakness, drowsiness, and reluctance to move during the fasting talk about lack of energy. Its reserves can and should be recharged. Many methods. These include the already well-known water treatment, massage, walking. Summer is very beneficial and sun bathing bath. Quite a powerful way - walking barefoot on the ground, according to possible with a minimum of clothing.

The effect of any method magnified if the person feel their relationship with nature. After all, you can just swim pour, walk barefoot, and can be mentally welcome Earth and the sun, air and water, feel the inextricable relationship with them, harmony and mutual understanding. and the elements will respond to greetings, we just have to feel their response.

But, in general, some weakness - a normal phenomenon, to him just be prepared. Usually on the second day people begins to tire, and in the future there may be periods when the hard to even get up. But this is not cause for concern.

At any time when there is severe fatigue, it is worth squat or lie down to rest. But especially should not be stale after Rest is better to walk in the fresh air, and feeling right noticeably improved.

Relief is usually felt after the crisis, people are no longer wants to sit on the ground, it pulls to walk, talk. in such excellent frame of mind, many staying until the end of fasting.

### **Chill or heat (more typical of dry fasting)**

In the cold season, many starving much cold. This also no cause for worry. You just have to dress warmer. Winter Some put on 2-3 pairs of warm clothes, a few sweaters etc.

But freezing is not all. There are people who almost do not suffer from the cold. They suffer great famine in the winter and summer. But more still starving to feel cold. They are worth more than a walk, take hot bath (preferably conifers) and ... pour cold water. Spill over oneself long, only to "strike" on thermoreceptors.

If, despite all efforts, people continue to freeze, then he can try to reduce the amount you drink or drink hot water. Figuratively speaking, the water absorbs the element of fire, without water as Fire erupted in full force.

Very often chilly spontaneously replaced by a fever. When Strong tides, respectively, can be exposed and drink water.

Generally, chill and fever during the famine - the most ordinary phenomena. But if the fever is not dangerous, then freeze during fasting is still undesirable, and must somehow keep warm.

### **Breath**

On the second or third day breathing becomes repulsive smell (if the body is not clean enough). That smell allocated oxidized compounds. Usually dominated by the smell of acetone, but often is mixed into putrid, filthy, and other equally "Pleasant" scents.

For those who are hungry to crisis for the first time, the breath can become so smelly, that person will even be hard to be in the same room. Imagine the amount of toxins he had worn in my body! As the cleansing smell weakens and somewhere after the 12-18-th the day is hardly noticeable.

It is very important to help throw light as much as possible toxins. The methods we already know: walking, physical activity, water and other stimulating exchange procedure.

### **Darkening of the eyes, dizziness**

This often happens when a sharp rise from a lying or sitting provisions (the so-called gravity or orthostatic collapse). After a few seconds, usually a darkening, but

During this time a person can manage to fall. Consciousness, as a rule, all at the same time does not disappear.

Such a condition caused by a sharp redistribution of blood volume is reduced by famine. There is no danger here No, but get up everything, it should be quietly, holding on to chair or the wall (especially in the bathroom, after a warm bath).

Darkening of the eyes more frequently and clearly expressed a lean tall people. Significantly less susceptible to these trouble those who have a lot happens on the street, not lying in bed, who are engaged in interesting work!

### **Headache**

Headache - a sign of a very dirty blood. Most often, the pain bother to crisis. After the crisis headaches come when a person spends much time in a stuffy room in the transport, ie When toxins can not normally be removed during respiration.

Headaches disappear if oxygen to help burn and excretory system - to bring the slag. That is, should be more walk, do not forget about enemas, water treatment, can be taken sorbents. Stir in 1 cup water 3 tbsp. spoon sorbent.

Drink this solution. Small portions of the sorbent put in the mouth, as tablets, and drink boiled water.

Of course, this method does not provide a sustainable and deep detoxifying effects on the body, as in so short period there is no significant adjustment in the structures of the gastrointestinal tract and detoxification systems.

The main objective of a single dose of the sorbent - a solution relatively simple household tasks. In this way we help the body more quickly and efficiently get rid of toxic substances. depending on whether you have achieved the desired result can be again taking 2 - 3 times.

If severe pain can make an additional enema.

No medication will be taken hunger.

### **Sleep Disorders**

Often, when hunger rolls irresistible sleepiness. Resist she especially should not, sleep better as much as you want. But not forget about cleaning and walking.

But sometimes the opposite, when sleeping with the hunger disappears. If it is not delivers serious trouble, you can not sleep as much as necessary.

If the inability to sleep is seriously depressing, it is possible that

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after 3-4 days of insomnia, having exhausted conventional means of (long-term 4-5 hours a day, walks, bathtub, shower), fasting is interrupted, and 2-3 months to repeat the course. in severe cases, it is desirable looked to the expert.

### **Pain in different parts of the body**

Most frightening, when hunger begins to hurt something. Here appropriate to recall the introduction of the law of order: the introduction of new order is always a temporary mess. If you start with him to fight the order and will not be introduced. All the symptoms of hunger often short-lived and quickly pass. Symptom shows that the body now reached the next purge of damaged tissues. This - the only meaning of the symptom, and not look for other explanations. If you hunger for ill - means the body seized into it and started correcting. Dogolodal to something rannedetskogo - Cleaning is nearing completion. During the famine of all of the disease appear for a short time in reverse time order. Extremely rare for a long time something hurts. Of course, it's frightening, but it should be easy to survive it. I do not know of cases that someone has been harmed by ignoring the "hungry symptoms. More likely to suffer, stopping starvation sooner than necessary. Usually a few days pass without a trace of pain, but sometimes after a while they return again. It depends on in what order is updated. Guess here is that- something difficult, because the set of diseases is always different. Usually follows rely on the work of our subconscious, and to wait patiently. Instinctive mind better than we know what and in what order should "Fix".

Often quite unexpected pain, not associated with exacerbation existing illnesses. Then burned yet manifested themselves disease. For example, a distinguished painful joints indicates Prevention of impending arthritis. Disturbing pancreas iron indicates frustrated pancreatitis.

One lady was tortured so severe headaches that she was compelled to 5 times clysterize and take sorbents. Scientific approach has won, and the pain is gone.

Severe pain is when moving away from kidney stones. in such cases You can take the no-silos and make a hot bath. But it happens that stones disappear completely unnoticed, apparently dissolved.

### **Toothache**

Before the beginning of prolonged fasting is recommended seal up all the teeth, which are required to by them There were no hassles. Severe pain, however, when Famine is usually no, but still better teeth lead advance in order. During the famine enough other worries.

If, however, the teeth "itch", there is pus, tenderness and other discomfort, you can rinse your mouth slightly diluted dry white wine.

Very often, during fasting there is a desire to clean

teeth. Many say that there is literally unstoppable need for their purification. However, do not be so as in starvation alters the composition of saliva, which becomes ability to dissolve the enamel. Teeth, however, normally covered by plaque, protects them from damage. However, with a strong desire to again a week, teeth can be cleaned. If this is done too often, Teeth can be lost.

### **Exit pus**

In some diseases of gums, as well as sinus during Hunger can be allocated to the pus entering the mouth. This normally, and no special measures taken do not. Pus better to spit and rinse your mouth with water, diluted with white wine or a weak solution of lemon juice.

### **Nausea, retching and vomiting (required to use sorbents)**

When the rolls weakness, nausea, and wants to quit hunger knock out a wedge a wedge: a lot of walking and moving. Activity makes us work all the organs and muscles, driving the blood and accelerates cleaning. Dullness becomes smaller and goes faster after three-hour walk. On the contrary, the weakness of indulgence strengthens its cool and delays the process of cleaning the body. We must know that the need for fresh air during the famine increases in several times. Walk!

People with an upset stomach during the first fasting often brash. When you see a burp need to wash the stomach (drink water and induce vomiting), so as not to self-poisoning occurred and the disruption of internal supply. in the most severe cases, when a belch is added and persistent heartburn, and washing (2-3 times a day) do not provide adequate effect, we can gradually drink heavily dilute mineral water (without gas) with the addition of sorbents.

When the liver is sick and vomiting green or even black content. Vomiting began talking about cleansing the liver. at this time can worsen mood, irritability appear.

Sensible is simply to endure a few days.

Additionally, you can wash the stomach with warm or even hot water and applying a heating pad to the liver.

When the discomfort will pass, gastric lavage stop. Just because this procedure to do absolutely nothing to anything.

### **Heartbeat**

This in itself is not dangerous heartbeat. Heart rate during starvation may falling to 40 and jump to over 100 beats per minute. If it is not accompanied by severe weakness or pain, no special measures not needed. otherwise, it is best to lie down and relax.

You can also receive warm soothing bath. In the first week (before the crisis) as much disturbing heartbeats can drink half a cup of hot water with 1 / 4 teaspoon of honey.

## **Heart pain**

If persistent pain in the heart, or arrhythmias should be increasing restore the heart chakra is sometimes necessary to remove magic with the heart, etc. If this is not best done cardiogram. In some cases, starvation has interrupt. Tolerant same pain usually go away by themselves, their You can calm down, as in the heartbeat, as well as methods acupressure. Sometimes good help self-hypnosis, the total relaxation and contemplation. There are also special mudra, fully removes a heart attack. In the East it is called "Mudra, saving lives. "

To perform the index finger to bend and touch to the palm as low as possible. Thumb to put on top, pressing of the index. Connect together pads large, medium and ring finger, little finger is rectified. Same thing to do with your other hand. Mudra to hold for 2-3 minutes or more.

Heart pain usually starts to go at the first minute.

Mudra, of course, apply not only hunger, but in any time and for any attacks. If a person is unconscious state, the fingers puts aid. and wise completely justifies its name - "saving lives". When I so many times taken out of the serious human attacks - and bluish, greenish face in a few minutes took on normal form, the pain went away and the body function more or less restored.

## **Muscle pain from overload**

Such pains are when a person is severely overdoing with exercises, stretches muscles, or a forced busy hard work. During fasting the background of general weakness, they particularly unpleasant. You can, of course, nothing is done, but the hunger pains they go very slowly. If they are serious disturbed, it is recommended to rub in a small painful areas amount of ointment with snake or bee venom (apizatron and analogues) or ointment from the mummy. Rubbing usually one with strong pain twice a day until cured. But we must bear in mind that during starvation the body literally eats all fats and creams skin contact, even lipstick.

## **Colds**

Extremely rare, but still it happens that when hungry people get cold. In this case, it is recommended to avoid cooling drink less water (You can even a day or two to fast dry) and patiently wait cold will pass. Potential bio during the famine so increases, and protective forces work better so that even severe infection quickly subside. Microbes are simply consumed by the body.

Colds happen if a person who is criticizing, is outraged or showing arrogance or showing off her starvation.

## **DRY FRACTIONAL Starvation**

Once you have cleaned the intestines and liver, do wet starvation, you can start dry fasting. One very important moments for a good passage of dry fasting is to starvation consumption of polyunsaturated fatty acids.

in preparation for the summer and winter hibernation important feature animals is the increased consumption of fatty acids, which increase the body's resistance to a prolonged dry starvation. The term "fat" means a substance consisting of glycerol and fatty acids, ester bonds. in a more accessible for us the terminology - are substances composed of carbon, hydrogen and oxygen. By saturated fatty acids are divided into two groups: solid fats (tallow, lard, butter oil), which contain saturated fatty acids, and liquid fats (sunflower oil, olive oil, nuts, seeds, and because of below), containing mainly polyunsaturated fatty acids.

Scientists have long been known that at the confluence of sleep, especially in winter, all animals studied the water in the blood was replaced by glycerol. This is a polyhydric alcohol as a necessary part of the body is produced in him by the oxidation fatty acids. It does not dry out, does not freeze upon cooling, no expands and shrinks in volume when a temperature difference - in general, includes keeping all the liquid part of the body where whatever they were: in blood, joints, brain. Water is also in the cells in the blood, turning into ice during freezing and expanding at the same time, that is increasing in volume, mechanically severed at least part of these cells and blood vessels. Of course, people with dry fasting does not fall in hibernation, but it has many similar physiological mechanisms which is in the animals during hibernation.

### **The vital benefits of fatty acids contained in fish**

The main feature of fatty acids of fish oil is that they are involved in the production of body energy. Omega-3 is a structural matter of the brain and retina and is essential for normal brain activity, as it provides rapid influx of energy, helping to transfer pulses, which carry signals from one cell to another. This helps us better think, to store information in memory and retrieve it from there on as needed. These fatty acids, joining in the body to oxygen molecules, the transport of electrons and provide energy for a number of chemical reactions. There are a number of factual observations, proving that the consumption of food rich in fish oil promotes removal of the general fatigue of the body, enhances clarity thoughts and mental activity, enhances the physical activity. Omega-3 increase the energy endurance and activity of man, but in the same degree of increase

concentration and memory. The assertion that the fish - it is the food genius is quite scientific, as the primary connection fats in the brain are dekozageksaenovuyu containing acid omega-3.

### **The value of fish oil fatty acids in maintaining healthy Heart and Vascular**

Omega-3, which is so rich fish oil, thin the blood, reduce the risk of condensation, the risk of plaque and blood clots. Velocity of blood in vessels healthy person is 60 km / h; normal flow of blood, its density, the number and rate of flow in blood vessels - is the most important health indicators.

The biggest danger to our body - an increase blood clotting and reducing stress in the blood vessels (Blood clotting, however, is very important when an bleeding). Acids of fish oil do not give blood platelets (Blood cells, causing thickening and clotting blood in case of bleeding) are glued to each other, thereby liquefying blood and increasing the speed of its flow.

The increased content of blood platelets and decrease stress blood is dangerous for all the vital organs. in this situation due to insufficient production of oxygen affects the heart, brain, eyes and kidneys, the functioning of these bodies is hampered due to lack of blood flow, which may eventually lead to complete loss of these bodies of all vital functions.

For example, because of increased bleeding artery gradually filled with stagnant blood, and at the junction of the vessel with the bodies can begin the development of serious diseases: heart disease, stroke, and so on.

Omega-3 play an important role in the production the body of the hemoglobin molecule, which is responsible for transporting oxygen in red blood cells and are involved in controlling nutrient elements that pass through the cell membrane, reduce harmful effects on the body of dangerous fats.

Recent medical research has clearly indicated that omega-3 not only effective in the fight against heart diseases and the prevention of heart attack, but the solution problems associated with low mood, shattered nerves, postpartum depression, symptoms of menopause, psychological crises and other causes of to depression.

Fish oils should be taken 2-3 capsules 2 times a day before meal.

- Rapeseed oil, sunflower oil, corn oil, soybean oil, walnut oil, any of these oils to 1 tablespoon 1 time per day;

- Sunflower seeds, sesame, poppy, pumpkin, and walnuts nuts;

- wheat germ;

- Many other plant and animal products, which these acids are present in varying degrees of concentration: linseed oil, soybean oil, 1 teaspoon 1 per day.

- Flax seeds and walnuts;

- Fish and seafood;

- Soybeans

- Dark green leafy vegetables;

In addition, to increase the intake of omega 3 fats,

use a few tips:

- For salad dressing use canola, sesame, nut or even olive oil.

- routinely given in their menu of fatty fish and semi (Salmon, mackerel, herring, sardines, trout, tuna, etc. - 3-4 a week for 100-150 g), as well as seafood and eggs. Naturally, best to choose fresh, not frozen fish, as well as caught in the wild, not grown in fish farms, as for the maintenance of fish omega-3 fats affect the form of food, and on fish farms fish feeds mainly flour and feed, rather than plankton.

When smoked and salted fish is losing some of the omega-3 fats, when frozen for a year - up to 50%. Canned fish -

another matter. Especially that oil keeps well

omega-3 fats from decay during canning. After eating one tin of sardines in olive oil for 2-3 days, you practically fully provide themselves with these fats. in fish, canned in its own juice or in aqueous solution, omega-3 fats a few less.

Also in the period between fasting in your diet should dominate the following products: cereals, cooked from whole grains on the water with vegetable oils, raw and steamed vegetables, beans and mushrooms, nuts and fruits in their region, honey, fish, marine species; spices herbs and spices.

If you can not live without meat, then cut his consumption to a minimum, preferring lean boiled varieties: chicken, turkey,

Rabbit, veal. Do not forget about dairy products and fresh juices. Fasting is best done not at the weekend, at least day, two at the weekend can come visit, etc.

I try to tell you about dry fasting for up to five days longer in the home is not recommended.

The most ideal to accompany him on such schemes:

Scheme 1 "SFG short" is recommended for advanced and confident.

1 day hunger - 2 days of food.

2 days starvation - 3 days of food.

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3 days starvation - 4 days food.

4 days hunger - 5 days of food.

5 days of hunger - the output of the SG.

Scheme 2 "SFG sparing"

Figure 2 is recommended for people with very uncertain and serious pathology.

First period: 1 day hunger - 1 week meal.

Second period: 2 days starvation - 1 week meal.

Third period: 3 days starvation - 1 week meal.

The fourth period: 4 day hunger - 1 week meal.

Fifth period: 5 day hunger - the output of the SG.

This pendulum cycle of fasting allows

each starvation, more and more to improve backup body's defenses. Due to which there is a strengthening effect in such a fractious starvation? An additional advantage

this method is that after the first phase of the cleaning we gave opportunity to make a cage cleaning, restore the functionality and memory capacity, the energy potential of the cell, and then the second for a period of fasting, we give you the opportunity to accomplish the process

- Clean, refined missed moments. It turns out a kind of inclusion of the principle supercompensation after clearing starvation.

Trimmed all that was to some extent lost. It turns out

that the body every time suitable to the new positive stress with enhanced "combat readiness". In this method, one fasting

as it is layered on another, and the therapeutic effect is enhanced. I really like this technique, she and healing, and rejuvenation effects very pronounced, and transferred a lot easier, and most importantly -

There are practically no complications.

### **USUALLY NO WIRES Th SFG**

- Prior to the 1, 2, 3, 4, 5 - day dry hunger to do enemas and laxatives can not take any, since the absorption

toxins from the digestive tract is not due to lack of water.

Preferably, before the dry fasting the whole day

sit on milk products (yogurt, Bifidok, ryazhenka

or, ideally, serum Bolotov).

-Recommendation to avoid full contact with the water for those who wants to get the maximum therapeutic effect on ongoing events, and this is not some sort of stringent requirement. If you

Still wet hands or exposed to rain, do not worry

you are not going to happen. I hope that every house there is a pair

medical or household rubber gloves, using

you will be able to solve all their household chores.

- Begin fasting should gradually according to the scheme. If you're not bad moved 1, 2, 3, 4-day starvation, it can be done, and five days.

More than 5 - the day at home is not recommended.

It is advisable if you spend more than 2 - the day of fasting to

it coincided with the weekend. Personally, I spent at home seven days, of course, I started gradually.

- Most importantly for the dry fasting - to believe in their huge hidden reserves in the great wisdom of the organism and nothing to fear.

- During the fasting can sharpen all of your disease, this fear is not necessary - any natural treatment is through the aggravation, the more hunger you can always cancel without damage to health.

- Under no circumstances should extend advance scheduled date of SG in the process of fasting itself, as it corresponds to the pre-programmed psychological state.

For example, if you set up a two-day fasting, then unacceptable to move to three-day fasting, even at very well-being. Conversely, if you're not tolerate hunger, you can always go ahead of him, observing the rules of strict Release of LFG.

- For the first time starting SG is allowed only with a one-day starvation, moving gradually to 2 -, 3 -, 4 - and 5 - day starvation in accordance with the cascade schemes SG.

- At the time of the SG can not use any medicines, do not remove the pain, suffer. If the pain is unbearable, you can get ahead of the SG, observing strict rules exit.

### **RECOMMEND TION FOR U SG**

- To begin a few days (weeks) keep a psychological preparation for the famine. Read on, to convince, say to yourself: time, enough already! Think about and set a convenient day of the week. After that nothing and no one listen. No one: people who can not cope with them, do not want to have a number of strong personality and will be against. Never mind: the media with their astrology and lunar phases (I checked) just knock your rhythm. Do not offer to starve together anyone (especially close). This matter is strictly personal. You himself has become a pity "tormenting" a relative, and you fail. At work, do not notice, and at home to warn you not to swear and did not offer food. Try to hide from the eyes of food and fluid and not think about them, it is desirable to SG at the dacha, on nature, in seclusion.

- During the famine, as in quitting smoking, "patients" free of any do not discuss with anyone: neither "for" or "against". If, however, broke down and began to have - in any case do not scold yourself, do not fasten guilt complex. Anyway you - well, started working on them! After the failure or breakdown of starving again begin only after week. the appointed day, do not drive horses - for the serious business be taken, comrades! The body would meet with the forces, again, operate over the will.

- What are you waiting for during the famine? Firstly, the struggle with himself. You will not feel the pangs of hunger of his body: for him one day - is nonsense. You'll find a reason to eat and drink from self-pity: I will start the next time, now so much work. More catch up, in front of a lifetime. It is necessary to finish his soup. When ill, then I'll start. and hundreds of other arguments will tear your brain. Say: "No, today and only today I am - a hero!" When will the wave of weakness, congratulate yourself that it broke. Live normal life, no jerks no laziness, no sports.

- Breathe just a nose. Camel, who is a champion of dry fasting, breathing only a nose. How dangerous starvation without Water for those who breathe mouth: at this time there is a process of accelerated dehydration due to the constant drying mouth cavity!

And yet there are many reasons why you can not use starvation without water at the mouth breathing. Learn to breathe nose, and then the use of fasting without water is very effective.

- Try not to talk, the best a vow of silence, ie, carefully to save energy, he loses any two hours of their presentations to three liters of fluid, keep in mind about this. Strictly keep your mouth shut. It is advisable to refrain from rinsing mouth and teeth cleaning.

- Be sure to walk on the nature, noticed that if hunger whole day to spend at home, then worse health, increased weakness and coldness. In contrast, after walking or working in the open air, although it can be felt physical fatigue, mood and feeling generally good, man as cheerful. But, as I always tell my patients, have a walk, becoming like cats. Movements should be soft, smooth, quiet. Not make sharp rises, eliminate unnecessary physical effort, efforts.

- Carrying out short-term SG can enjoy the cool shower (keeping your mouth shut), but if you feel normal, then it can not do, the therapeutic effect will be stronger.

- Shave during the famine, even an electric razor, better not. When the SG is a redistribution of resources on life support. All, without which the body can do, provided a minimum. Beard begins to grow more slowly, and nails too.

- It is necessary to find things to distract, to look funny movies. I like to watch movies about nature, Women usually love to knit, you can read interesting books etc. The main thing - not to think about water, we must continually switch. I have a very good distraction and helps to treat spinal simple and effective exercise. Must lie on the floor, bend knees and soles on the floor, lift your back, put a plastic bottles of half liter, filled with warm water, and slowly, through the pain, to roll back. Bottle

moved from the shoulders to the tailbone, working through every department times 10 (and later to 30). After these exercises in the spine great feeling of lightness and increased flexibility.

- During the passage of the SG Wear lightweight, simple, "breathable" clothing, the best Inya-ing, is strictly prohibited synthetics.

- Good morning, walking barefoot, it tones the body and is diuretic. At night, if possible, better to sleep outdoors. During the day it is better not to sleep.

- Periodically, ventilate the room, which are, night to leave the window open, window or balcony door.

- Very useful during the passage of the SG to make hypoxic training.

They do so: a calm breath, exhale, breath holding, as you can. Gradually, you should increase the delay. This is a very useful for the organism during the SG.

When the cells live in a comfortable environment, they become accustomed to a constant level and volume of the incoming oxygen and lose ability to effectively communicate and use oxygen for obtain the necessary energy. Why save when the good and so lacking? Cells, as it were "too lazy" to synthesize the structure, in which there is currently no special need. Therefore, the sudden deterioration in coronary blood flow such cells are not able to move quickly, move to another type of intracellular metabolism. Number of generated energy in the cell drops, and it dies.

If, however, occasionally give dosage hypoxic stress, cells of the body, including heart muscle, will experience oxygen starvation. Rapid deterioration of the situation does not occur, because the load is strictly metered, all cells remain fully intact functionally. But artificially created new conditions require the adaptation of an organism reaction. Heart muscle cells begin to consider this factor, altered metabolism, "materialize" structures antihypoxic protection.

Now a sudden uncontrolled hypoxic load will not cause damage to the structures of the myocardium, because its cells have taught, they have a machine capable of effectively binding and use the blood oxygenation, providing a full energy even in the face of repeated blood flow impairment.

- The hardest thing for dry hunger - it's a dry mouth and thirst.

While searching for water during the dry hunger introduced mode of its economy:

- Decreased sweating;

- Dry mucous membranes of the nose;

- Decreases the amount of moisture in the mouth. It lasts for several minutes of talk time;

- On the lips appear slime that glues her lips. There special yoga exercise that helps to reduce these manifestations.

### **Exercise from yoga to stave off hunger and thirst**

This exercise appears in the manuals of prana yoga under entitled "Breath through language."

Pull the tongue, roll it into a tube and begin to breathe air through the formed tube. Hold your breath for breath as long as possible, but not overexert. Slowly exhale through both nostrils. Repeat this exercise 12 times. Yogi says that exercise that helps to satisfy hunger and thirst, as well as cools the body in the heat. Blood oxygen saturation, etc., and other ... In any case, focus on your breathing and helps account for the time to distract from the obsessive thoughts about food and water. Exercise perfectly simple.

If we are quite difficult, we can take into the mouth the usual stone or flavor, to start salivate - a natural structured liquid - and the thirst for calm down. But most importantly - nose breathing and silent.

- Lack of sleep in about 80%. Bring their experience in fighting with insomnia. A person can not sleep because of the internal voltage, this causes a subconscious muscle tension, so they need to relax (relax). If you want to include relaxation in its program of action, but do not have appropriate training, the first Take some time the next exercise, which details the process developed relaxation based on the series "concentration - muscle tension

- Delay of stress - stress relief - relaxation for each muscle group.

### **Exercise for relaxation**

This exercise requires twenty minutes and a quiet room where You will not be distracting. It is more convenient to perform in a free clothes. Write down the instructions into a tape recorder or ask them to you slowly read aloud while you do not remember the sequence stages. Lie on your back on a firm surface and soak a couple of minutes of calm, focus on your breathing.

Then switch attention to the hand and forearm, right hand. Clench a fist and tense muscles of the forearm. Keep them in a strained state for a few seconds, and then as soon as possible quickly "reset" voltage. Continue to remove the voltage until the muscles become completely relaxed. Relax one minute, and then move the spotlight on his right hand above elbow. Bend your right arm at the elbow and tighten your biceps. Hold In this state, then remove the stress, relax your muscles and wait one minute. Then focus on the hand and forearm left hand. Squeeze the left fist and tense muscles of the forearm. Hold the tension - pull it off and relax.

Wait a minute, then move on to his left hand above elbow. Bend your left arm at the elbow and tighten your biceps. Delay Voltage - removal - relaxation - wait a minute. Now Focus on your forehead. Raise your eyebrows as high as possible - delay - the removal - relaxation - waiting. Focus on their eyes, nose and cheekbones. Zazhmurte eyes tightly and wrinkle your nose - Delay - removal - relaxation - waiting. Next, enjoy a neck and throat. Lower your chin down so that it almost touched the breast while putting pressure on them to his chest - the delay - the removal of - Relaxation - waiting. The next turn of the chest and shoulders. Keep the shoulder blades together and take a deep breath - the delay - the removal - Relaxation - waiting. Now the stomach. Tighten your stomach muscles, as if for protection from shock - the delay - removal - relaxation - expectation. Right thigh. Tighten the muscles of the upper portion of the right feet - the delay - removal - relaxation - waiting. The right calf. Pull your right leg and pull the sock over - delay - removal - Relaxation - waiting. Right foot. Bend the fingers of his right leg and rotate the foot with the toe inward - delay - stress relief - Relaxation - waiting. Left thigh. Tighten the muscles of the upper of the left foot - the delay - stress relief - relaxation - expectation. The left calf. Pull the left foot and pull the sock over - Delay - stress relief - relaxation - waiting. Left stop. Bend the fingers of his left foot and swing foot toe inward - delay - stress relief - relaxation - waiting. This sequence should be repeated until until you achieve full automaticity in the performance. When you reach such a stage, you can also learn a short procedures relaxation to help you relax on the go and constantly maintain good health. Their meaning is to achieve deep relaxation, having spent a minimum of time and effort. Another option - simultaneous muscle relaxation, tighten all the muscles at once, the tension is held certain time, then removed and the muscles relax. After this you should switch to the good image of nature: forests, mountains, etc. However, maybe you're not asleep, but still get a good rest, And time will pass quickly, which is important during the SG.

#### **Now describe in detail the passage of a 5-day SG Daily**

Day 1. It is desirable to hunger sit all day on milk products. You must configure the psychologically that everything will be fine, I'll go completely SG, in extreme cases I always, without prejudice can not get out fast. If you're good prepared for the SG and you have something to do, it's usually the first day flies by unnoticed.

Day 2. On Day 2 can usually be tempted to eat, but it has to be overcome. Do exercises to relieve hunger. Sometimes it can be dizziness, headache, sucking a spoon. These symptoms should not be afraid - it starts the process

endogenous adjustment and cleanse the body. Need more walk and be outdoors in the evening before going to sleep about it relaxation exercises.

Third day. this day is usually most conductive SG begins acidosis. A very important point SG - it acidotic crisis, which occurs after the transition to endogenous nutrition. Do not be afraid of the illness in this period, for beginners it usually occurs at the 3 - day. (But for some people during the transition to endogenous nutrition within 5 days of SH may pass without the express acidotic crisis).

Acidotic crisis occurs when the concentration of ketone bodies (products of incomplete breakdown of triglycerides, or fat) in the body increases, and their method of disposal was not found. during this period appears unwell, feel the typical signs

intoxication. However, once the recovery begins ketone bodies, their concentration ceases to increase, and because the ketone bodies are high-energy components to them as

fuel begins the synthesis of new amino acids, which can lead to tissue regeneration. The process of regeneration can occur with severe pain, and this should be ready. In the initial phases of the SG acidotic crisis can occur at 4 -, 3 - or even

2 days after the beginning of the SG. with each new fasting, he comes earlier. The faster it goes, the longer it remains to rejuvenation. For example, if acidotic crisis occurs

2-day elimination period, then the regeneration will be 3 - days. at this time can you smell of acetone breath, nausea, dizziness, lack of air weakness. Hunger weakens, the desire tolerated. Blood pressure varies depending on the characteristics of an organism.

Do not be afraid of any phenomena, since due to adaptation organism to new conditions of life symptoms

more acute. The best thing about this period - the calm, slow nature walks.

4-th day. Pressure drops or is likely to rise, the body temperature may be increased. It is physiologically normal for

SH. There are chills or fever, depending on the nature of the patient and symptoms of the disease, as well as by gender and age.

Responding to an increase in body temperature, the organism causes slowing the growth of microorganisms. Immune system becomes easier hunt down and kill all the alien and change. Also observed lowering the threshold of cold, the normalization of thermoregulation processes, expressed in hot flashes and requiring the use of cold water, which stabilizes the patient's condition. All colds completely excluded. at this time can be

walk barefoot in the snow or dew, pour cold ice water, walk around naked in nature.

Day 5. Begin to deteriorate all chronic diseases, and even those about which we do not know. The most affected

Disease bodies make themselves felt pain, and this should be ready. We must thank your body for such a good healing work. If nausea is good help  
Massage the abdomen and cold on the liver. If hard to walk, it is better to lie down in a quiet cool place and listen to good classical music. Due to the struggle of the organism with disabilities increased body temperature, and the person feels hot. Blood pressure may rise or fall depending on the individual. You can take cold shower, there are more to air in lightweight clothing or even without it in any weather. If there is snow, you can go barefoot. Can be insomnia, increased thirst, pressure can jump. mainly weight loss during the passage of the SG 1 to 2 kg, depending on the weight with which began in hunger and what was physical activity. Of course, every person in his own way unique and individual. Dry starvation can take place completely differently, but I tried to describe those manifestations I watched the majority of patients.

I often ask, at what time and what days is better to starve. Each season has its pluses and minuses. in May, is very effective hungry for the treatment of liver, I have many patients in May cured hepatitis. in August and September, the ideal output and fast, high quality restoration of the body. in October and November, the SG is easier to pass. Worst of all SG transferred in January and March. But, in principle, it is not plays a dominant role. The main thing - if a serious problem, the sooner the better, regardless of the time.

Yoga recommends fasting on a certain day of the week according to the date of birth. This day is almost always the same a good day for different horoscopes.

Birthday Zodiac Signs day for fasting

March 21 - April 19 Aries Tuesday

April 20 - May 20 Taurus Friday

May 21 - June 21 Gemini Wednesday

June 22 - July 22 Cancer Monday

July 23 - August 23 Leo Sunday

August 24 - September 22 Virgo Wednesday

September 23 - October 23 Libra Friday

October 24 - November 21 Scorpio Tuesday

November 22 - December 21 Sagittarius Thursday

December 22 - January 19 Capricorn Saturday

January 20 - February 18 Aquarius Saturday

February 19 - March 20 Pisces Thursday

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Another important moment for starvation - taking into account the moon phase. Easier all, as a rule of fasting from 1 to 3 days take place in days new moon or full moon. And some people easier to starve the new moon, the other - the full moon.

Also emphasizes the 11-day recommended for fasting ancient sources. The hardest part usually begin to starve on the waning moon (when the moon is waning). You can, of course, not consider all these rhythms and fast, say, on Saturdays, as advised Porfiry Ivanov. However, Saturday is chosen too casually.

## **LEAVE dry fasting Ya RECOMMEND TION**

- Day of fasting is from 8 am to 8 am the next day. In Many of the recommendations is that you need to go out at night, but under dry starvation primary treatment is the night (the mechanism I described in the chapter "Treatment of Disease").
- The release dates should be twice the dry fasting. If the SG for five days, then the output - for ten days.
- Exit from the SG must be strict because the output of the SH is much more important than the process of SG.
- After the SG body is clean, so download it should only clean, fresh, high quality products no pathogenic organisms.
- The order of output: first drinking water. Water should ideally be thawed, dew or spring. Importantly, how to drink: in the first glass Water should be added three capsules of the drug "LINEKKS" drink a glass of water for fifteen minutes. and that vital Important: Do not rush, sip by sip. So that the latter sip was somewhere in the fourteenth minute. Drink a glass before Ten minutes is very risky. System of water consumption can not cope well if syncope lightly. and so for two hours of drinking eight glasses of water. Then you can clean teeth. in very rare cases that the first sips of water may cause nausea. Then each sip of water necessary to keep in the mouth, mixing it with saliva and then swallow 20-30 seconds. Drinking water can be combined with washing in the shower. After the shower oblitsya well with cold water, then take a warm (hot not) a bath with herbal infusions (not more than 8 minutes). At the same time with washing should continue to drink water up to 12 hours.
- 12 hours must have a warm protein broth (as you want) fish, no vegetables, well cooked, no salt and no bread. The broth can be cooked with spices (but not the spice). After the SG should start eating small portions. This extended time out of the SG is the need to gradual feed load on the pancreas, which inactive during fasting, and now must be carefully put into operation.
- At 14 o'clock to eat animal protein in the form of fermented milk

Product: kefir, whey Bolotov - much as you want, small portions. When exiting, follow these

Important: water, food, eat slowly, small portions. Drank a sip and swallowed a piece,

Sit down, listen to yourself. If portions of food during chewing, you do not feel any taste or it tastes like cotton wool

- It means that your stomach is not ready yet to digest this

product. For you, this food - the ballast. Wait a few days and try it again. If, during or after taking portions

felt discomfort: pain in the stomach, dry mouth,

domestic reluctance to use it on, then stop

taking this product. This means that it is harmful, and not

regret money spent on food, health is more expensive.

- In the absence of discomfort, the amount of food consumed should to the size of a tea cup. Time of consumption - the same

fifteen minutes. If you feel uncomfortable at the mere sight

food, immediately go to a different form. One patient of mine, having

a great experience out of the hunger strikes on the water to exit from the first five-day dry hunger strike prepared raw vegetables. After

Water it is the turn of vegetables. He swallowed the first piece, wait

minute. Would like to continue, but then felt a sharp pain in the abdomen, as if knife stuck. Then I realized that the pain disappears when you eat cooked

vegetables. After this long time-to-protein foods: kefir

and fish broth. and had no problems. This is necessary because

after the end of the SG body for protein synthesis and new cell acute needs in construction materials, which are animal

protein. Violation of this rule can lead to negative

consequences!

- You can add some salt diet from the third day out, it's best use stone or sea salt. Very, very gradually, dose to the tip of a knife.

- Do not forget about the method of therapeutic chewing.

- Starting from the second day, you can use a little waste products of bees: honey, pollen. Food should be diverse and well saturated with vitamins and micro-macrocells. during the first five days after the start of output of LFG use only fresh and clean high-quality products. You can not eat sugar and sacchariferous, canned foods.

- During the exit, especially in the early days, you need to take care of oneself from drafts and cold. in the first days of release immune system reconstructed on the disposal of food and water, so the body weakened, then the body will be reconstructed and immunity will be even stronger than before fasting.

### **Exit from the daily fasting**

8.00 - drink good quality water, in the first glass to necessarily add bifidum or lactobacterin (1 sachet per

glass of water), or now, a new drug "Linex".

11.00 - compote of dried apricots, prunes, raisins.

14.00 - yogurt, Bifidok or serum Bolotov.

18.00 - vegetable soup (cabbage, carrots, beets, onions, potatoes, dill, parsley).

22.00 - stewed fruit, herbal tea, honey.

The yield of the 36-hour fasting: the same is just beginning in the evening.

The yield of the 48-hour fasting: 1-day, both from the daily.

Second day: 8.00 - herbal tea with honey or fruit or yogurt, buckwheat groats in water, you can add a little vegetable oil (can be other cereals), always on the second day of fasting need to drink one quail egg 3 times a day

(Do not worry - quail do not get sick with salmonellosis) on an empty stomach. This necessary, as quail eggs - this whole periodic table, and most importantly - natural natural stem cells, which

as required by the body after the dry fasting. Women

You can make masks to the face: quail eggs mixed with cedar oil, applied at night for 20 minutes.

14.00 - fish soup (the best of the rasp, salmon, pink salmon), can be a bit sunflower. Salad, any cereal. Tea, juice, yogurt, honey.

18.00 - boiled beets, cereals, tea, juice, yogurt.

22.00 - herbal tea, honey.

The yield of the 3 daily fasting: the first two days are already written.

The third day of the output:

8.00 - Freshly squeezed juices, salads, cereals

14.00 - soup or ear, cereals, salads, tea

18.00 - salad, fish baked in foil, juice, fresh

Fourth day:

9.00 - decoction of dried fruit (raisins, apricots, prunes) - 200,0

12.00 - buckwheat groats - nincompoop - 200,0

15.00 - cabbage salad with 100.0, and fish ear, dairy

Drink - 100,0

18.00 - vegetable broth - 200,0

21.00 - fermented beverage 200.0

Fifth day:

9.00 - porridge "Hercules" with dried apricots - 150,0

Green Tea - 100,0

13.00 - stewed vegetables (carrots, beets, cabbage) - 150,0

Juice - 100,0

17.00 - soup (carrot, beet, cabbage, croutons of bread, or gray bran sticks), apple - 1 pc.

21.00 - sour milk drink - 200,0

Then you can proceed to the usual food, but perfect - preferably 2 weeks of feeding with a predominance of fresh vegetables and fruits.

After exiting the fast food must be perfect.

## **Nutrition Program for good digestion (at the outlet of starvation)**

Most people are constantly sick or almost sick because that are trying to recycle a huge amount of excess food they absorb. After the famine, you can easily and quickly establish proper digestion. Make it a rule - is not after 16 hours. If you follow this, you will have a good night's sleep. Morning you'll feel rested. you will naturally be be self-cleansing of the body and normalizes fat stratum. Eat breakfast from 9 to 10 am (you can even earlier). Eat salad of fresh vegetables on the basis of carrots, cabbage and greens (winter steamed vegetables). The second dish you will have bread from sprouted grains with honey or sea cabbage, or whole mess with a little amount of oil. Along with cabbage, carrots and greens, they will be a good stimulant for the digestive tract, cultivation of proper microflora, restore the expense of the inverse links the endocrine system of the body.

First, eat a salad. This will lead to the fact that activated a number of processes that underlie normal functioning organism. For example, stimulates the secretion of digestive juice, because raw vegetables are rich in natural stimulants.

After several years of such food if you feel that your organism does not perceive a beginning food. as a result you will be able to to increase consumption of fresh fruits and vegetables to 60 percent their diet. Fresh vegetables, fruits and juices are based on them - is foods rich in vitality. Their fabrics are rich in energy, supporting structure of the body tissues, the skin elasticity.

The ideal diet is 50 per cent consists of raw fruits and vegetables. Cellulose and pectin, contained in most products of plant origin, called ballast substances, since they are not absorbed by the body. These substances necessary, they serve an important role in the process of digestion: adjust the intestinal hormonal system, and through it - the whole organism, as regulators of motor function of the intestine; create a favorable microflora in the gastrointestinal tract, which is partly used by the body as a full living protein, 10 per cent is protein foods. Protein may be in the form of meat, fish, eggs, natural cheese, or grow-the tangent form, such as nuts and seeds. Brewer's yeast, bread and soup made from sprouted wheat are also an important part of protein diet. Especially, they are indispensable as suppliers vitamins B, E and D.

The remaining products are divided into three parts. One third (30%) - is natural starch obtained from cereals and legumes. Another third (Not less than 5%) - natural sugar-containing in dried fruits, honey, freshly squeezed juices. Last third (no more than 5%) consists of natural fats such as sunflower, corn, olive

oil, natural bacon, butter and ghee. People who are prone to obesity, should avoid eating sugar, bread, cereals. Or have them in minimum quantities, and cereals should be freshly brewed. Chew their absolutely necessary. While fast food a person consumes oatmeal 3-5 times more than you need. This leads to obesity. If to use its small quantity, chewing up the status of milk then it disappears constipation, improves intestinal peristalsis (in moment of peristalsis chewing speeds up to four times), eliminated congestion in the gastrointestinal tract.

The recovery period should be two times greater than lasted starvation. Try at least at this time to eat correctly. The daily routine in the recovery period remains approximately the same (walking, physiotherapy, occupational therapy, recreation), but lean people can add Special procedures - the oil body massage (especially loin), hot baths. Persons who are overweight - a sauna, body massage evaporated urine. Following such a reasonable program starvation, you'll be filled with vitality, and starvation become a necessary part of your life. Day after day, watching the miracle of renovation taking place in your mind and body, you will enjoy the fact that they had come to the right of life, which every day makes you a more perfect and healthy.

For a very good rasshlakovki and cleanse the body necessarily must be taken during the exit mixed turpentine baths by Zalmanov. Total number of bathrooms 10.

### **How to prepare serum Bolotov**

In a clean 3-liter jar pour cold boiled wells or spring water.

Dissolve in water 1 cup sugar and 1 teaspoon of the market sour cream. Half a cup of herb celandine (all the same - dry or fresh, but be sure to clean, mold) be placed in a gauze bag and sink to the bottom of the cans by weight.

Bottle opening tie cheesecloth into 3 layers.

Insist kvass two weeks at room temperature in the dark place. We must follow - to remove the surface mold and strain, If you see the sediment.

After 2 weeks of 3 - liter jars pours a liter of kvass a quart glass bottle with a lid. This portion for the reception about 3 days.

A 3-liter jar topped up with 1 liter of water and add 1 / 3 cup sugar.

3 days kvass will again be ready. So you can continue without changing the celandine, up to 2 - months, adding water and sugar.

Take from 1 tbsp. spoon to 0,5 cups for 20-30 minutes. before meals 3 times a day for 2 - weeks. Then, to secure the effect of taking within a month 1 time per day.

## **OSLO ZHNENI I when exiting Fasting I**

When exiting the dry term fasting is usually serious complications were observed, but still need to know about them. Complications occur most frequently with people reckless, which not aware of his actions. in any case be treated seriously, and to matters related to personal health, - Twice. So if you decide to practice independently Fasting - Take it with attention. Master techniques gradually, to study the literature, the experience of others and, most importantly, watch behind him. If, after short-term fasting you begin "Jordan" and you can not control their behavior, in no If not do long-term fasting.

Thus, the main complications:

Overeating in the first days after fasting. If, however, is happened after fasting and you're stuffed stomach, you must call vomiting and stomach wash. After that resume out of the ordinary scheme. If you have overeaten at a later date, starve a day and then continue to yield the desired product.

Edema, urinary retention. Fairly common complication. Due to the fact that during starvation the body uses potassium and salt welcome food in early recovery contributes to the accumulation cells, sodium and, consequently, of water. Although there may be a and at the correct exit from starvation after a long time and beginners. Usually, it manifests a rapid weight gain.

This decreases the amount of urine may appear swollen face and swelling of the legs. in case of occurrence of such symptoms should eliminate salty foods and foods containing salt. Try

to this day does not have to take sorbents to 3 table. spoon into one glass of water, 4 times a day every three hours, then take 40

Mr. magnesium, diluted in a glass of water, and then starve to water for two days. Preferably in the days of fasting to take bath, sauna or hot tub - and then allocated to the excess sodium and water. Very well help preparations of potassium - or Panangin Asparkam that should take 1 tablet 2-3 times daily in Tech. 2-5 days. Data

preparations contain magnesium and potassium, which are absolutely safe.

Constipation. Quite common, especially among beginners. When the absence of an independent chair more than 2-3 days should be enema. For beginners it is recommended in any case, do an enema the second and third day out from fasting to get rid of undigested food residues and to improve health. Can

take a laxative collection. Ingredients: dried apricots, figs, prunes, raisins - all at 100 grams. All this is to wash out, scroll, add 100 grams honey, 2 tablespoons vegetable oil. Take 2 tablespoons spoon at bedtime for 4 - days. Also good to help the bran.

Bloating, flatulence. The main reason - early start use of heavy meals, lack of chewing on it, large amount eaten, the lack of purgation in

fasting and to starvation. Recommended moderate yield from fasting, enemas, early use of garlic, enough locomotor activity at the output. In addition, these symptoms very often observed during starvation in the winter and spring. Restoring only plant food during this period corresponds to the season and "cool" the body. To avoid this, should increase the proportion of cereal, use spices, vegetable and butter (no earlier than the third day). Remember - winter body need a more dense, warm food, and in the summer and autumn, it is quite possible long time to live on vegetables.

Weakness, dizziness, fainting. Occur in time of departure from starvation during the first 3-5 days. They are associated with early increasing physical regime. With a seeming surge of forces You can not calculate their physical abilities, which leads to bouts of weakness, dizziness, even fainting states. For the prevention of exit from fasting to comply with more stringent regime than under the most starvation. More relax, not to take long walks, do not perform heavy physical work, not overwork. and just hungry experienced, well versed in the peculiarities of the organism, can lead a fairly active lifestyle. Because the motor load at the output of help quick changeover organism to conventional food.

Exacerbation of underlying disease. If during the fasting you have started worsening of a disease, it is desirable to continue fasting until symptoms disappear. If this is impossible, symptoms may persist and exit. In this case it is necessary carry out the usual way and not rush to early using a heavy meal. For the treatment can be used homeopathic medicines. After a week of release, while maintaining symptoms may careful application medicines. It describes the main trouble with that You can meet at the exit from starvation. The more you have will own experience in the conduct of starvation, the less you will be unpleasant symptoms. Each person should be well themselves felt, and then everything will be just as you so wish. Important - not hurry, but to constantly increase their own experience.

Now I'll give you an ideal scheme, how to carry out SFG at home.

#### REMEMBER:

- Never start cleansing the intestines and liver, without altering mode and power quality.
- Do not start any starvation, not cleaning the intestines and liver.
- Do not dry fasting, without trying wet.
- In order to obtain maximum benefit from starvation, it is necessary to starvation were regular periods of fasting and increased gradually.

- Never spend at home, dry starvation more than five days.
- Exit from starvation - it is 70% of therapeutic outcome, it must be held perfectly.

The scheme is designed for three months.

1-st month: 14 days, the natural nutrition;

7 days purgation and liver;

7 days starvation on buckwheat porridge, or who can not, one day

Wet starvation.

2 nd month: Week 1 - Day 1 wet fasting or 2 days for those who are not starved for

buckwheat porridge;

2 - week - 2 or 3 days moist starvation

3rd week - 3 or 4 days of SH;

4 - week - 5-7 days for all the SH.

Third month: Week 1 - Day 1 SU;

Week 2 - 2 days SG;

3rd Week - 3 days SG;

Week 4 - 4-5 days in SG.

For those who have endured all kinds of fasting, you can do so - it

It is more efficient:

1 day hunger - 2 days of eating;

2 days starvation - 3 days of eating;

3 days starvation - 4 days food;

4 days hunger - 5 days of eating;

5 days of hunger - the output of the SG.

To fix the effect of fasting is recommended

The following schemes of maintenance therapy:

- Undertake cleansing the liver and intestines every quarter before changing seasons.

In late February, early May (most efficient), at the end of August, in late November.

- Held once a week 24-36-hour dry starvation.

In this preliminary purgation is not required. But days before and after fasting should be "half-starved, with decrease in total calories.

- Held once a month 3-day starvation, the training was not needed.

- Once a quarter - a five-day dry hunger, preferably after bowel cleansing and liver.

#### **BOTTOM attention of CI and O TZYVY patients LLC**

Altai - the dry hunger in Filonov 7 +5 + (2 on the water)

She feels great - the restoration was still in the Altai

- On a dry hunger happens amazingly quickly. I was short story, which I address to all comers.

Thus, the detailed story.

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Hungry, my mother and a total of 14 days - 7 to dry, then a break in 7 days and 5 days on dry + 2 on the water. I do not thin much, probably only 5 kilos in the first hunger and the second only 1 kg 200 g. The people that were with us - with serious problems such as fibroids, arthritis, hepatitis C and other nasty things in second time otgolodal already 9 days to dry! True, some 9 Day already had an unusual gleam in his eyes ... but it passed all. We began to starve at home, and came to Altai on the 3rd day fasting - the whole group (14 people) gathered in Barnaul with all the former Soviet Union - Ufa, Riga, Ekaterinburg, Russia, Khakassia, St. Petersburg, Tyumen, Vladivostok, etc. Arrived with serious problems - no match for our - Hepatitis C. a businessman from St. Petersburg, almost all women - fibroids, fibroids, cysts, in one - arthritis. Some clients come to their cars, which drove the same way and during fasting. We were taken to the base - so the 100 kilometers from Gorno-Altaisk. Cute little wooden houses, baths, amenities, unfortunately, in yard + colorful "caretaker" basis - a young man from the story Evdokimova: "I'm at one end of the village not bothering anyone, and his father - On the other, with the temperament of a hippopotamus and a very strong nervous system - I think if he was approached by a bear, he would invite him to drink tea and smoke a cigarette. We have settled, have spent two nights and we were taken to chelushmanskuyu valley about 400 miles from our base - ochchchen beautiful place, but and down there, I assure you, scary - the length of the saddle 3,5 km and at an angle of 30-40 degrees. We stood there day, then we taken to the lake, not far from the valley - three lakes, one blue and extraordinary purity - water directly turquoise - my mother talked I swim there - something she was bathing in all the lakes and rivers that we come across, despite the envious looks hungry (remark: dry starvation in its pure form - no contact with the water - even can not wash their hands and brush their teeth, but since we have no problems with health, we had a few indulgences such as brushing teeth with water and permission to swim). We spent 2 days - the second was particularly noteworthy, because both were marked by the release of starvation. The technique This doctor went compote of dried fruit - my God, in life seen such a fuss over cooking compote! at the end ends of all took into his hands the businessman from St. Petersburg. a result, instead of 6 am people crept up to compote at midnight. Then returned to the base, and began a vegetarian gluttony - we have 7-day, the people - 5. It was just an incredible amount eaten watermelons and melons - especially watermelons. At the exit we were again taken to the trip, for rafting - I really did not go, because well, I do not like the cold in any form. And then began the second stage. It the weather is slightly marred - 3 days have been rainy and cold - mostly house stoked stove and all the people going there - a small one and half

sofa housed 5 people - 3 povdol and 2 feet. Sex distinctions blurred - we held hands. So it was easier to spend time - on hunger as it would slow down as well - so far waiting for their turn to massage until it is done - that evening pass, and in the morning somewhere drove ... in reserve, for example, where bred guinea fowl, rabbits, chickens, turkeys, ducks - it's nice was to feed livestock warm bread (from the smell of which just giddy), and just chat with brazen goats

Lisa and Masha, but still there was a red deer - deer, quite simply, a still a huge owl - an impressive birdie two feet in height, girth with a decent wood yardstick claws and completely zingy yellow-orange, his enormous eyes - feed the bird live pigeons and rats. And there lives a wild goose, which 1964! Very family-style by the way - it there a separate "Premises", where he lives only with his family.

When the weather is established, we were taken to the camp next to Teletsk Lake: something about 80 km from thereof. The base was called "the devil Lake and apparently was organized by former military - big double-layer canvas tents with wooden beds, wooden floor in a tent, wooden sidewalks - all very clearly thought out down to the mat at the entrance and urns with trash bags.

Lake there is a small, pretty murky with silt bottoms (that did not stop the mother from swimming). But there were pedal boats and the people enjoyed this, even though very remote, contact with water. We sunbathed, but since there was no sweat at all, I am personally long lacked.

Stayed there for 2 nights, went to second on Teletskoe lake - it very large, 80 km in length, in the form of a comma - the widest position in width - 5 km, the deepest place - 365 meters Madly beautiful water - is black, but transparent. it flows into rivers in 1975 and rivulets, and follows only one - Biya. We take a walk katerke on the lake to the waterfall (carbonate, in my opinion) 2,5 hours the road at one end - a waterfall is very beautiful and powerful energy there.

In the evening the same day my mother came out of dry fasting - we given herbal tea with honey - it was a thrill (compote in the first time for some reason has not made such an impression on me), mom me a laugh, because after the first cup

I was kind of like an alcoholic - a red nose, face osolovevshee and ears are almost on their shoulders.

Returned to base, where our people have suffered a further 2 days. at one women in their second fasting resorbed tumor in his chest. someone then bled from the nose at someone - from the gums, the heat was almost everyone, but in general people are caught stable and almost no one is whining.

The main problem - the almost complete lack of sleep, 2 hours a day, and some do not sleep. And then there was a second output, and again vegetarian gluttony.

My personal feeling - a feeling of lightness, energy, purity,

force. All the troubles during the famine were as strong heart rate during a sharp rise in the mountain, feeling weak and very the slow passage of time. Did not want to drink, although water dreaming severe dry mouth appeared only when I started rinse your mouth with water. The dream was nice.

During the exit - the feeling of fullness in the stomach, a headache for 1-e day - that's all trouble. Chair recovering from their own and very fast, at the very first day out. Mama younger, prettier, has blossomed. In general, the unpleasant memories of the famine, how about something terrible there - apparently, after all, for an organism is natural process of purification. More subjective impressions: not was "a marble grid" after a bath, and the famine was breathing for some reason breast, although usually breathe stomach.

Filonov Sergey - a doctor with a very rich clinical experience, a true professional, I think some did not survive to starvation, if not for him and his support.

For those who want to talk, my e-mail: mailto: mariam-g@list.ru

Mariya Zhukova

### **My dry starvation in the Altai.**

Of course, I wanted to write a diary for myself, but when after two month has passed inspection, I have not found a cyst and I am now pregnant. I sent my diary Sergei Ivanovich - let he publishes it online. in our town a lot of young, yes and in general women with similar diagnoses, they have absolutely no know what to do and so many are afraid of starvation, not to mention of dry. I took it all herself, has achieved its goal. Yes were moments when he wanted to quit, but I knew that no way back.

Operation, of course, is not so terrible they make thousands, but most the main reason remains. Just change something in your life and attaching the will and patience we can achieve success in his recovery.

Here is my story.

From his childhood as I can remember, I was constantly treated. Colds, colitis, stomach, liver, spine, etc. After another cold and treatment with antibiotics, earned more, and chronic bronchitis with asthmatic component. Autumn in cold weather begin to worry asthma. A year ago, I began pain in the right abdomen, irregular menstruation. Asked in a local clinic, it became clear that I still have a cyst and the right ovary. The doctor prescribed me medication. I'm pierced, but the pain disappeared for a while and resumed again.

The doctor said that it makes no sense to treat further, you need to do laparoscopy. I am 27 years old, married five years, no children, then age remain without hope of becoming a mother.

Decided, all sufficient, it is necessary to do thorough with their health. I read many books and articles. Talking with people who have achieved improve their health without drugs. Went on different courses,

seminars. Accidentally found on the Internet site of Sergei Ivanovich Intuition prompted - it's mine. Called Sergei Ivanovich In April, he told me that you can help me and the chances I have, but to go dry starvation and get good results need to prepare well and come in June. He explained to me that with my sores I had better go and dry fractional starvation. Its meaning is that at first I'm going through the first dry hunger as much as I can, the first hunger like soap coaching. Then we make a good quality output, and the second a hunger for the maximum, it is already healing. Here is how to hunger overrides hunger and obtained performance as if if we were just eleven days, but go directly to a term for an untrained person is very, very difficult, so physiological and easier to pass SFG. I sat on a vegetarian diet, cleaned intestines, liver. It is very hard for me dalas cleaning Liver: me nauseous, and vomiting was good although my husband supported. But after cleaning I was the first time in his short life felt that such health. Began to try dry starvation. The first day of the SG passed unnoticed, I was starving on a Sunday and we My husband and I all day went to the cottage to his parents. We have a good Nature. After cleansing the liver, I somehow lost my appetite, and hunger it did not exist. The first sip of water was very tasty - how can we, in our boring life not paying attention to simple things! After the first week of fasting, the weekend did two days of the LFG as the parents at the dacha. Hunger was relatively easily, the only reason for the second day very much like to eat. Next week going to the Altai. I certainly was not in the Altai, but on television saw what beautiful scenery there. I am Sergey Ivanovic said - if a dry hunger will take place normally, arrive on the third day of LFG. Weeks go by unnoticed, no fear of the passage of dry fasting, I was not, so more in such a beautiful place like the Altai, and the mood I was going to win. Late at night my husband at the airport, hugged and said: - You're my fellow and you will succeed. Flight I had a good, unique - irritated by the smell of food and chewing neighbors. But then we landed in the city of Barnaul. We met Sergei, with its on-Siberian Health nephew, Andrew. When we boarded the minibus "UAZ", I thought, but on such a machine are going to trudge a long time. But only in the Altai Mountains, when we went to the most beautiful places I realized the true value of this car. Drive us to our wellness center 320 km, Andrew said that about five hours. All the way asleep, woke up only in aggregates, the Motherland Shukshin. Vavilov, Andrei and Valentin (wife SI) went to drink tea. What a funky splices market - such the number and types of honey, I have never seen and how many there were any yummy. Even in the stomach, something

Home rumble. After Srostki appeared small mountain and beautiful river of Altai - Katun ride was much more interesting. Here we are at last arrived. Of course, I knew that the beautiful Altai, but this has surpassed my expectations. Cozy clearing in the woods, mountains, wooden houses, near a small lake (a mountain creek blocked by the dam) and, most importantly, close - five hundred meters - Beauty Katun. And what is the divine air - immediately dry mouth dropped. I settled on the second floor, I like this room immediately liked, is the balcony, and most importantly fresh and cool. The only drawback, a toilet on the street, but we all still on hunger, so I is not much worried. When we all were seated, I went to bed rest. In the evening we have with a neighbor Irina she had the same problems as me (polycystic ovaries), and went walk. What good has a place that is ideal for a walk. By forest is a road, about five miles. It ends where it is still Sema one river flows into the Katun. On the third day of dry starvation we quietly went back and forth for three hours. Time has passed on surprisingly fast, yet important during the passage of hunger - it will switch and do something.

That's how flying is my third day of dry fasting, the only that bothered me - it's a small nausea during the trip and dry mouth. When we came to walk, our entire team sitting by the fire and talked with Sergei Ivanovich. I sat a little bit and went to bed - you should sleep until sleep. Sergei Ivanovich said that tomorrow we go on an excursion to Chemalsky GES, on the island Patmos, where the small female monastery. I woke up hours at six, slept well, failed again. Friend did not sleep, went with her for a walk. Still, as beautiful in the Altai, - white mist over the mountains, the air just nadyshatsya can not, you feel like charging your whole body and every cell. They walked slowly, quietly, enjoying nature, about thirty minutes sat on the Katun meditate. When they came to the base, they were all ready on the tour. Sergei Ivanovich we measured the pressure and we went weighed.

So, Day 4 SH. Pressure 110/70, pulse - 75 bpm. min., weight 80 kg. with an increase in 168 cm My weight loss with diet, cleansing and starvation was 9 kg. (Was 89). This is certainly good news. Today looked at his tongue, he is a very strong white-yellow bloom, and, basically, until everything is tolerated. Excursion to me very Bad, especially a good idea at the HES, where the river Chemal noise water and dust falls from the dam. There, all was well, we Sergei Ivanovich was asked to stay longer at the dam, feel the body through the skin saturate with moisture. Very beautiful place - the river flows into the Katun Chemal. Chemal such black, brown and white Katun and she would not want to tolerate in the river itself. two hours went to the base. Yes, Sergei Ivanovich well thought out, sight-seeing time has flown by.

at four o'clock on my massage to Andrew. After the trip again  
felt sick and was sick the waist. A massage to Andrew to go  
scary - a machine of the weight of about 120, rising by 190, will break  
FIG. To my surprise I really liked the massage. Andrei is very  
strong, but at the same time soft and gentle hands. When he bent down  
and went through my spine, I have it all began to crackle.  
Really liked the massage mayonnaise jar banks, first  
It was painful, but after that the full relaxation and a pleasant warmth  
around the spine. Nausea and pain after a massage  
passed immediately. In the evening, again walking with his girlfriend, were probably  
Six kilometers, tried to keep quiet and breathe only through his nose, as  
said Sergei Ivanovich, all the same it helps fight dryness  
in the mouth. After a walk ill right side, pain tolerance, but  
I remember the words of Sergei Ivanovich - anything that hurts the famine, the  
treated, let him. In the evening, once again sitting near the fire, noticed how-  
then I began to breathe better.  
The fifth day of LFG. Pressure 100/70, pulse 72 beats. min., weight 78.8,  
lost a kilo of two hundred, is very pleased with my feminine pride.  
Sleep was no longer mattered, sleep well, probably two hours.  
Dreamed a wonderful dream, as I have come to our clean mountain  
rivulet, got his big mug, I want to get water, but  
River recedes, then remembered after I did the famine. During  
walk all of a sudden I went phlegm green-gray  
with a very unpleasant smell. Think to myself: that's bronhitik  
my hunger hooked immediately on the soul was somehow easier. Talk  
harder, his voice goes down, ligaments dehydrated. Start  
appear weak. Today went to the lake Manzherok is about  
He sings Edita. Lake, of course, so-so, but there  
grows a unique endemic nut "Chilim, Sergey Ivanovich  
said that he grows still somewhere in Canada. Thought, of course,  
already confused. Stopped for one of the coolest rapids on the river  
Katun threshold "Manzheroksky. The spectacle of course, super. Such  
power, Katun rages, I'd probably could not go rafting here.  
Energy, of course powerful here, the body is very good  
feels. Pobyli on the threshold of two hours, the water and attracts both want  
bend down and drink. But still, as well on tour -  
half a day has passed, and the body is treated, let my dear,  
We must all go through. Today, massage is Andrew doing softer, so  
as after yesterday's all sore. Still massage - it's good  
and distracting, relaxing, and the spine is treated. In the evening went  
walk alone, once everyone starts little by little annoying. Found  
Katun on a quiet place, still good in our place  
- No tourists, no music, silence and solitude. Pobyla on  
Katun two hours, a little charged, still some strong  
Energy river! Do not want to eat but to drink - drank  
would probably have a bucket or two. Sergei Ivanovich said - this is an illusion  
Look at the output. Sit by the fire already feel like, I'll go,

Try reading. Little esteemed, very reluctant, but at dry hunger and feel like reading and watching television. Sixth day of LFG. Pressure 100/70, pulse 60, weight 77.7 kg. In the morning a long time lay a walk for some reason did not want. Overnight conducted with an open balcony, fresh, cool mountain air - is high. in the body began to appear some internal fever, it was good - went to present the treatment process. Mouth full related, general reluctance to talk. Today, Sergei Ivanovich promised we got a very narrow space on the Katun River, said try to come back later. It is very good - the important that the time passed quickly. Place really beautiful, and quite another nature than ours, although we passed all from our site 80 km away. Of course, nature is not so perceived as a normal well-fed condition. Necessarily come here with her husband in a car as tourists. We arrived an hour four, for a massage - in six hours. Took a camping mat, went to the place where our little creek flows into the Katun. There cool, this natural refrigerator, would lay the whole day. Problem one - when you go back, we have to climb uphill, pulse surpasses, one must relax. Well, that in the mountains there is no heat and stuffiness, as in the city, clearly - I would be in the city to pass such a hunger for what could not. Most difficult period, certainly the day.

On the massage was just unconscious. No pain, just relaxing. In the evening, she persuaded her friend to walk a little - Also has to pass. Come to our place. Interestingly, at Famine was called intuition, you start to feel the best energy space, namely for the benefit of the organism. Goest and you pull it to this place. Sit down to sleep - and immediately becomes easier. Again otharknula piece of viscous, gray-green sputum, breathing was easy, free. Probably my bronchitis and incipient asthma came to an end. It certainly pleases and gives stimulus. Phoned my husband, very my support, and encourages.

True, says, his voice has changed a lot and it was slow. Of course, it is nice that it supports, after his talk was sorry themselves, even the tears came. We must endure and suffer again, I must come home healthy.

Seventh day of LFG. Pressure 100/70, pulse 55, weight 76.5 kg. Morning they were all some slack, some have refused excursions said that they would simply lie near the river, and read. At this time we decided to go far from our base in the Botanical Gardens.

What I liked about this garden because it is the smell of herbs and a variety of Altai herbal teas. We were invited for tours, but we abandoned all together. Employees of the garden, of course, were amazed our mind and thus the tourists. After the tour went to his "Refrigerator", there has been a lot of our own. All just lie talk to no one wants. My mouth unimaginably

disgusting, viscous, foul. The most interesting thing that drinking has become want less hunting just swim. But as they say Sergei Ivanovich, the tougher the conditions the better the result. If swim, then dry and thirsty several times increase. One she bathed, yes, said first rush, but then much worse. I wish I did not. I suffer. In principle, nothing do not worry, though dry and there is, there is a thirst, weakness there, but when you lay in a good cool place, then everything is tolerated. This still better than to be patient and do the operation. Evening Sergei Ivanovich said, probably the most joyful news ever my life - "out in the morning!!! Of course, I tuned days nine, but then we came on a double hunger, so that all normal. Polpyatogo morning swim and we must start drink Vodicka, specially brought to us from St.

Silver source. Throughout the night, of course, none of us slept. Gathered all of us, somewhere about four o'clock. But what does this buzz - swim in our pond! Refrigeration does not feel the body like thousands of needles pierced. After bathing, we started to drink hot silver waters. At first it seemed to me bitter, with bread taste (due to drug Linex), and bitterness, as he said Sergei Ivanovich, due to plaque in the mouth. But then we have cleaned teeth, rinse your mouth, the water became sweet. But what a delicious a compote of dried apricots, who cooked us a Valentine's Day. All of us the eyes have become transformed, eyes lit up, sparkled, appeared pink blush on the cheeks. We drank slowly, savoring every sip. in the evening we all already drunk, slept, slept as children. On Valentine's dinner we cooked a delicious vegetable broth. In the evening, just went to bed - and immediately fell asleep. Morning We waited for sparse, in the form of soup, buckwheat. All day went nowhere, just relax and enjoy the well-fed life. In the evening Andrew cooked us a fish broth - I like that in life ate. Output, of course, flying overnight. All we have prepared Valentine was a very, very tasty. I liked it very, as we went to Lake Teletskoe - is a mini-Baikal. Honestly to say, I was afraid the second hunger - if I can again go through such tests. But surprisingly, the second hunger was twice as easier to dryness and thirst only appeared on the sixth day, the weakness generally been tolerant. The second hunger I had for eight days. The only thing on the night of the seventh to the eighth day I was very high fever all night, had to sleep on the street. If, after first hunger in the toilet normally, I went on the third day, after the second hunger - on the second day, and intestines began to work as a clock. My weight at the time of departure - 70 kg, the A / D - 120/80. Tomorrow already home to a lot of energy, hunting all turn. Of course, not want to leave after such a wonderful nature in the stuffy, dirty city, but at home waiting for beloved husband and work.

## CONCLUSION

My dear reader, this book is written with the sole purpose of: help people regain their lost health. and although the book devoted to the seemingly dry subject of a relatively narrow therapeutic starvation, the reader, I hope, could make sure that when it talking about the human body, the conversation naturally grows narrow framework of the chosen topic. I would like you to also thoroughly wondered why a man overcomes illness. By and large, your disease - a result of your wrong actions. Desire to get rid from the disease - your battle with unreasonable habits which lead to wrong actions, deeds, queries. Indeed, the purchase disease is much easier than its cure. But if treated reasonably, it forces and means (and this is important in these difficult times) will be allocated to less. The main thing: not to panic after a doctor put you diagnosis, and as soon as possible to act. Because the disease is better treated until it is smarter and hid deeper. Any treatment will be successful, including the method of dry fasting, when it is applied time, and people set up to fight for his health to complete victory. Even if the results of treatment are not visible at first, in no case Do not give up, do not give up. Without faith in the healing you can not will help neither the doctor nor the healer or sorcerer - none. Only full confidence that you are cured, can bring you health. And most importantly - that you believe in the best of their ability. in fact that from any state of the disease, showing the will and perseverance of any state of mind can go, at worst to get out or crawl, turn 180 degrees and go in the opposite side. This is - never too late. Weak and sick people to become only when he agrees to be named. Installing "I am strong", backed efforts to promote health, able to turn the patient in a healthy and weak - a strong one. You can become much stronger, younger and healthier than they were twenty years old, and to make this transition, The transition is easy. And then you will want to preserve the newfound status. Thousands people cope with it. You are not worse than them. they are now more quality of life. Minor work to maintain their standards are not a burden - it bears no comparison with the costs of illness. On this, perhaps, possible and finish the book. I must admit, very much hope that you will find in it something useful that will help you not only recover, but not sick and maybe even write me or call on his comments and proposals.

Thank you in advance.

With love and respect, Filonov Sergei Ivanovich.

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Prior to the meeting and be healthy!

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