

## 7 – 21 day Paracelsus Fast

### Introduction

Fasting is not Starving. Starving is not Fasting.

During starvation, a person's metabolic activity is considerably reduced and the whole body goes into a "saving mode". During a special kind of fast, an intensification of the metabolism takes place, along with the massive elimination of poisons, detoxification, and a regeneration and the increased oxidation of the cells and tissue.

### The Aim of the Fast

Is to relieve the load on the body's tissues, and to free the body from protein toxins and fatty deposits. At the same time the intestinal flora a major component of our immune system and indirectly the whole lymph system, is regenerated.

### During the Fast

Although being an exceptionally intensive time for the body, it rarely leads to weakness. During the fast it is no problem to continue working without any problems.

However, it is still recommended that a person takes it easy during the fasting period, ideally during a vacation, in order to experience the positive results most intensely. This also allows time to carry out the kind of activities that support the fast and the general purification of the body, such as taking an alkaline bath, light exercising or regular walking.

Day 2-4 are the most difficult. It is during this time that the so called fasting crisis occurs. In other words, this is the point where metabolic wastes and toxins have been released from the cells and tissue but are still circulating inside the body.

The fasting crisis can manifest itself through headaches, nausea, shivering, blood pressure disturbances, especially a drop in blood pressure accompanied by fatigue and dizziness. The fasting crisis responds best to large quantities of liquid, a hot liver compress or an enema.

### Liquids

It is extremely important to drink large quantities of liquid from the start. At least three litres a day is recommended. In spite of this, the fast leads to a loss of water in the body and a large part of weight loss is due to water loss. The actual weight loss amounts to about 2kg of fatty tissue a week.

It is recommended to drink half a litre of vegetable juice, best in small portions throughout the day. We highly recommend the juices made by Biotta, especially the beetroot juice, carrot juice or best of all homemade fresh organic mixed vegetable juice.

A patient with a sensitive stomach can drink a glass of potato juice once a day.

No fruit juice should be consumed. We further recommend juices made from organic produce to avoid the additional load of toxins from insecticides and fertilizers.

In addition to the basic quantity of liquid, one glass of alkaline powder drink should be taken at 10:00am and 4:00pm: Mix 1 measuring spoon of Dr. Jacobs's alkaline powder in half a glass of water.

The remaining quantity of liquid (approx. 2 liters) should be taken in the form of tea and Paracelsus alkaline vegetable broth.

We recommend the following teas which favour elimination: fennel tea, wormwood tea, nettle tea, lime blossom tea, and peppermint tea. These teas should not be sweetened with sugar. We especially recommend a cup of wormwood tea (Absinthium) daily, as it has a very strong and beneficial effect on liver and gall bladder detoxification.

## **Food**

It is very important to stimulate the digestive juices. In order to do so, ingest only a small quantity of food and chew it very thoroughly and slowly. This should lead to the digestion of proteins which have been stored by the body for many years. Now these can be processed by the gall bladder and intestinal mucous membranes. One must therefore eat only small amounts of food, which will also stimulate the digestive juices: for example, eating a hard roll and chewing each bite thoroughly 30 times.

Or take one spoonful of coconut yoghurt or one apple wedge etc. In the afternoon one should not eat fruit to avoid fermentation. Instead, eat vegetables or 1/2 slice of cracker, or one spoonful of coconut yoghurt.

## **Diet Program**

Day 1: In the morning, eat raw food or fruit. Be careful of pitted fruit which can easily lead to flatulence.

Day 2: In the morning, drink only tea with lemon. It is also recommended to take an enema or colonic during the morning. If this is not possible, we recommend taking Epsom salts in the early morning, which encourages intestinal cleansing.

In the afternoon, drink Paracelsus alkaline broth, if possible without vegetables (the vegetables are removed and a small amount eaten in the evening).

For lunch, you can eat 1/2 roll, chewed very slowly so as to be mixed with abundant saliva.

In the afternoon, take another cup of tea and lemon

In the evening, eat the cooked, pureed vegetables or 3 tablespoons of coconut yoghurt (not more!)

Days 3-6: In the morning, tea and lemon

At lunch, vegetable broth (1-2 pieces of fruit compote can be eaten)

In the afternoon, tea and lemon

In the evening, vegetable broth

We recommend another colonic or enema on the 4th 6th days. If that is not possible, then please take Epsom salts daily.

Day 7:           Morning, tea and lemon  
                  Midmorning, 1/2 apple  
                  Lunch, alkaline vegetable soup (only broth)  
                  Afternoon, apple or corresponding amount of compote  
                  Evening, coconut yogurt and 1 to 2 slices of cracker

### **The fast can be repeated once or twice**

No symptoms of deficiency should occur with this regime during a period of three weeks. We recommend however the addition of individual homeopathic medicines, which encourage detoxification, plus a combination of vitamins and trace minerals.

### **Accompanying Medicines**

3 x 1 tablet of Cela Multivitamin Mineral tablets (Burgerstein)

Homeopathic medicines from Heel to encourage drainage of toxins:

Hepar comp.	drink one ampule on day one
Hepeel Amp.	day two
Myosotis Amp.	day three
Muscosa comp.	day four
Ubichinon	day five

In addition, the rebuilding of the intestinal flora is initiated with Fortakehl at 2 x 1 tablet daily. Also, on day 4, Sankombi drops 2 x 10 drops (Sanum) per day.

Subsequent to this fast, one should continue with a diet low in animal protein for some time. This aids further detoxification, reduces inflammation and alkalises the body.

- no pork (including no sausages or cold cuts)
- no sugar or sugary products
- no dairy products or cheese (initially for 1 2 months, no dairy yoghurt or cottage cheese)
- in the morning porridge with little bit of fruit, in the evening no fruit
- no alcohol

In the evening, it is highly recommended to eat a baked potato with vegan vegetable spread, with a little butter and / or 1/2 avocado. However we do not recommend this during the first week.

During fasting it is good to begin boosting the immune system, lymph system and treat detoxification side effects. This can best be done with cold showers, exercise like jumping on the trampoline, hard brush massages, oil pulling and herbal liver compresses.

Fasting is suitable for everyone and leads to a strong mental and physical stimulation. It is especially helpful for rheumatoid problems, muscle conditions, chronic illnesses like asthma, decreased immune system and tendency to infections, high blood pressure, cardiovascular conditions and skin conditions. The cosmetic advantage is remarkable. Already after one week the skin is cleaner and tighter, the connective tissue strengthened and the eyes clearer. The accompanying weight loss has already been mentioned above. It is however by no means only overweight people who should fast. Fasting is also healthy for normal or under-weight people.

We wish you a successful fast and will be happy to support you whenever we can.