

FRUIT FASTING

Ideally, for optimum body function and health, the pH balance -- or **balance of alkalis to acids in the body—should be approximately 80% alkaline to 20% acidic**. Most people, however, have a 20% alkaline to 80% acidic internal environment from the diet, lifestyle and chemicals they are consuming. Over time, this can overburden the lymph system causing acid accumulation (acidosis). Malabsorption/malnutrition, inflammation leading to disease, cyst/stone/mass formation, pain, electrolyte depletion (dehydration), swelling, convulsions, etc. are all the result of too much acid. Hence, if your diet falls largely on the acid side of chemistry, your ability to feel good, eliminate pain, heal and regenerate will be very low. It does not matter how clean you eat, how many pills or supplements you take, how much exercise you do, how long you sweat in a sauna, etc. None of those things will reverse the cause, which is too many acids. You need to make sure you're focusing on the right side of chemistry...more alkaline and less acid. No disease or cancer can breed in an alkaline medium.

The Path to Healing is Paved with Fruit

Today, it's difficult to find AMA textbooks or research studies on the efficacy of fruit in reversing illness and regenerating tissue. However, there are a lot of anecdotal case studies of Naturopathic doctors, herbalists and ordinary people who have healed themselves of cancer, degenerative diseases and even re-connected a severed spinal cord just from eating fruit. My advice is if something resonates, try it out for yourself. Common sense, observation and experiential learning should always supersede science.

Hence, try this experiment. ***Eat ONLY raw fruit for 2 weeks*** (aka fruit fast) and witness the difference for yourself.

- What is a Fruit Fast? – A fruit fast is a diet of fruit ONLY (aka mostly melons, berries, grapes or whatever sweet fruit you can find in season). You want to minimize the more acidic fruits like lemons, limes, grapefruit, etc. If you cannot find organic, make sure you thoroughly wash them to minimize pesticides. Eat as much fruit as you want. Raw, organic fruit juices are also acceptable. Also, when drinking water, stick with distilled water or highly purified water to minimize adding new chemicals into the body. Do not use tap water. *Note: do not worry about counting calories or macros when doing a fruit fast.*
- WHO can do a Fruit Fast? – A fruit fast is safe for children, adults and older people. While I recommend fruit fasting before trying to get pregnant, I do not recommend it once a woman becomes pregnant.
- WHY Fruit Fasting? – There is no better or efficient way to clean, heal and rebuild the body than through detoxification and regeneration of its cells than by eating fruit. Benefits:
 - ✓ Astringent. Fruit is astringent...meaning it pulls out toxins, chemicals, plaque and obstructions out of your tissues, even interstitially between tissue membranes (aka veins, arteries, intestines, etc.). This is why fruit is considered the best cleaner of the lymph system.

- ✓ Hydrating. Fruit is hydrating. Hydration is what creates “space” for activity in and amongst cells of tissues.
- ✓ Energizing. Fruit has the highest electrical properties of any food...meaning it brings “energy” and “movement” to the atoms within cells. Energy is an essential component of regenerative health. It takes a lot of work (aka energy) to tear down and rebuild a house.
- ✓ Alkalizing. Fruits are alkalizing, meaning they reduce acidity by bringing the internal chemistry up to pH of 7 or more.
- HOW to Fruit Fast? – Start by eliminating all meats/fish, dairy, grains, legumes, caffeine and/or alcohol for 1-2 weeks before starting the fast. Just focus on raw fruits and vegetables. Then, move to 100% fruit.

NOTE: Please check your urine regularly to make sure you are eliminating metabolic waste. If you don't know how, follow the directions for the At Home Snow Globe Test in the Freebies section of my website.

- WHEN to Start a Fruit Fast – You can start a fruit fast any time. Although I would not recommend starting one before a vacation, during a big project or deadline or even during a pregnancy. Pick a time where you can take some downtime if needed.

Once the cleansing process begins, it will stir up toxins and mucous in the body with some noticeable, if not uncomfortable side effects. Some run into some intense and uncomfortable detoxification symptoms. A good detoxification specialist can help recommend herbs and other therapies to help you ride the detox wave. Please reach out to me at www.healthymarykay.com if you need some extra guidance.