

# Assembly Of Christian Israelites

## Guide To

# Fasting

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Fasting is specifically commanded in several places in the Scripture, and its prolific practice throughout makes it a Scriptural practice required of followers of Yahuah-Elohim. The instances of fasting within the Scriptures are numerous and significant, study:

*2<sup>nd</sup> Sam 12:21-23, 1<sup>st</sup> Kings 21:9,12, 2 Chr 20:3, Ezra 8:21, Neh 9:1, Psalm 109:24, Isa 58:3-5, Jer 14:12* [Yah hears our cry during fasting when we have a true heart and clear conscience] *Dan 6:18,9:3, Joel 1:14,2:12,15, Jonah 3:5, Zech 8:19* [establishes officially ritual fasting for House of Judah], *1<sup>st</sup> Esdras 8:50,73, 2<sup>nd</sup> Esdras 5:20,6:31,35,9:23,10:4, Judith 4:13,8:6, Baruch 1:5, Tobit 12:8, Matt 17:21, Luke 5:33, 18:12, Acts 10:30,14:23,27:33, 1<sup>st</sup> Cor 7:5.*

There are many reasons a person needs to fast, but these can be broken into two categories the most important of which is:

- ➔ The need for purification of the spirit.
- ➔ For physical/mental health and cleansing.

The act of fasting effects our souls, minds and bodies in ways that the medical field does not yet want to fully acknowledge. But which it has documented rather thoroughly. To cleanse your soul, clear your mind, detox your body and regenerate physically you **MUST** fast.

I need only cite to the fact that Yahshua our Messiah and King, fasted. In fact He did a “deep fast”, Luke 4:1-13. This puts all Christians on notice that you are required to fast. We must emulate Yahshua in any way that we can for He is our example!

But before I get into the particulars of fasting let me state clearly who should **not** fast:

1. People who are extremely emaciated or in a state of starvation.
2. Those who are anorexic or bulimic.
3. Pregnant women.
4. Nursing mothers.
5. Those who have severe anemia.
6. Those with “Prophyria” [A genetic metabolic defect that affects the body's ability to manage porphyrins].
7. People with a rare genetic fatty acid deficiency that prevents ketosis from occurring. [Enzyme Acetyl CoA].
8. Type 1 Diabetics.
9. People in any stage of kidney failure.
10. Anyone who has been exposed to high levels of the pesticide DDT.
11. People who's hearts are functioning at 90% or less. [Fasting causes a drop in blood pressure].

Now on to the myths! For those who are concerned with dying during or after fasting, I assure you that you do not need to be concerned at all. There have been only nine cases of death recorded in the literature, in 125 years. Seven of those cases were persons suffering severe chronic disease conditions where death was inevitable. The other two cases occurred because the men ate heavy meals after a deep fast. [Don't do that!!!]

There are two types of fasting that you can do, the first is a juice fast, where you only drink juice. The

second is a water fast. I personally recommend them both for different reasons. The juice fast should be done to ease one into a full on water fast. Or for those who feel that they can't complete a water fast. The real fast however is the water fast. Every effort should be made towards completing at least one "deep fast" per year. [A "deep fast" is a water fast that lasts for more than seven days].

Contrary to popular belief you can fast for long periods. Fasts of 120 days have been recorded. Everyone but the "starved" has at least 40-45 days in them before the secondary hunger sets in telling you its time to eat. The bulk of this study on fasting will be on water fasting, so I will give a juice recipe and leave it at that for the juice fasting.

10 oz Hot Spring Water.

2 tbl spoons fresh lime or lemon juice.

2 tbl spoons pure organic maple syrup or organic wildflower honey.

1/4 tea spoon of cayenne powder.

Drink 6-12 glasses daily, more if desired.

### **Spiritual Detox**

The incessant drone of the T.V. and the continual sound and sight of technological civilization, the chatter that is continually bouncing around in our heads. These all fill us with distraction and take us away from Yahuah-Elohim. These are the things of the world. We are heavily cautioned NOT to love the world. To reset your spiritual connection to the divine you must pray and fast. I recommend that you read the Scriptures during your fast, because the Will and Mind of Yahuah-Elohim and all His Kingdom mysteries lie within its sacred pages.

For many of you, you might be far more interested in the physical side of fasting which is okay, Yah, will still make use of your receptive state! So here it is:

### **Physical Fasting And Detox**

Many amazing things happen to the body during a fast. Yahuah-Elohim has designed our "meat suits" [bodies] to allow for periods of plenty and periods of little. We benefit greatly from both. Fasting allows the body to detox and heal. During this time the body moves into the same kind of detox cycle that it normally enters during sleep. Instead of using energy to digest food, your body uses it to expel accumulated toxins and to repair parts of the body that are injured or ill.

As a fast progresses, the body consumes everything it can that is not essential to bodily functioning. This includes bacteria, viruses, fibroid tumors and any buildup around the joints, and stored fat. The result is that the body eliminates its toxin accumulation, just as during a fast the emotional and spiritual bodies eliminate theirs.

It is in the first three days of a fast that the most dramatic physiological changes occur. Normally the primary form of energy the body uses is **glucose**, a type of sugar extracted or converted from the food we eat. Throughout the day the liver stores excess sugar in a special form called **glycogen** that it can call on as energy levels fall between meals.

There is enough of this glycogen to last 8-12 hours, and it usually is completely exhausted within the first 24 hours of a fast. Once the stores of glycogen are gone the body then shifts into **ketosis** [ketone production] which is the use of stored fatty acids as fuel instead of glucose. This shift begins on the second day and is complete by the end of day three. In the interim period there is no glucose available and energy conversion from fat is insufficient, but the body still needs fuel so it accesses glucose from two sources. It first converts **glycerol** available in the body's fat stores, to glucose. But this is still insufficient. So it makes the rest of what it needs by breaking down the amino acids in the muscle tissue, using them in the liver for **gluconeogenesis** or the making of glucose. DON'T panic!

Between 60 and 84 grams of protein [muscle tissue] are used on the second day, that is roughly 2 to 3 ounces of muscle. PEANUTS compared to the amount of fat that is consumed as you will see.

By the third day ketone production is sufficient to provide nearly all the energy the body needs, and the body's protein [muscle tissue] becomes **strongly** preserved by the release of T4 hormone from the thyroid gland. This drops the catabolization of protein down to just 1 oz of muscle per day for the rest of the fast.

During a 30 day water fast a person generally loses 1-2 lbs of muscle tissue. From the third day onward, the rate of the breakdown of fatty acids from **adipose** tissue [fat] continues to increase hitting its peak on the 10<sup>th</sup> day. The 7 day period after the body has completely shifted over to ketosis, is where the maximum breakdown of fat tissue occurs. As part of its protein conservation the body seeks out all non body protein sources of fuel such as fibroid tumors, degenerative tissues, bacteria, viruses etc.

When the body begins using fat stores, they are consumed in reverse order. That is, the most recent fat deposits will go first. A person on a water fast will lose 5 pounds in the first 3 days and then about 2 pounds of FAT per day. [On average, I lose 17 pounds every time I do a 7 day water fast.]

The presence of so many acidic ketones cause a shift in the body's delicate PH balance. This is how many viruses and bacteria are killed off, as they exist within our body and are adapted to our normal PH levels. Once these are dead the body converts them to fuel as well.

For overweight people reading this article, please take heed! There is no better way to shed weight. If you are fat, then fasting will give you results that would take **six months** of workouts to duplicate. And this method of weight loss puts much less strain on the heart, tendons and joints.

Fasting also effects your body's production of HGH [Human Growth Hormone] which is produced in the **pituitary** gland and converted in the liver to other growth factors such as IGF-1 & 2 [Insulin Growth Factor]. HGH is short lived in the body, so the liver converts it to IGF-1 as a more stable compound. HGH production along with **testosterone** drops steadily in men over 35, and fasting restarts production of both of these! To keep the IGF-1 stable, the body binds it to **IGFBP** [IGF binding protein] which is very stable. Fasting stimulates more than a twofold increase in IGF-1 binding protein. Levels rise from an average of 30 ng/ml to 340 ng/ml during fasting. The IGF-1 binding protein produced during fasting is much more potent than the one the body normally produces. All of this translates to the dramatic stimulation of **MUSCLE GROWTH**, lean tissue development, fat loss, tissue repair and a dramatic improvement in overall **brain function**.

It also increases **bone strength**, **cell replacement**, and **sexual function**. Many of the effects of fasting reverse the impacts of aging, one of the greatest of which is that it causes **osteoblasts** which are responsible for new bone formation. Fasting therefore directly alleviates porous bone [Osteoporosis].

Fasting causes dramatic decreases in **serum glucose**, **c-peptide** and **proinsulin**. So although insulin levels fall during a fast, as the **leptin** levels decrease, the body's cellular sensitivity increases. For that reason fasting has been found to cure all but the most severe cases of Type-2 Diabetes. Since most instances of Type-2 Diabetes are caused by weight gain in middle age, it is not surprising that as the weight comes off quickly, the diabetes goes with it. Fasting is the most powerful tonic for your pancreatic function and cellular health.

Initially during your fast your **cholesterol** and **triglyceride** levels in the blood will rise. Even more so in people with cardiovascular disease [Hypertension], but by the end of the fast these levels will be significantly lower than before you started the fast. They will stay lower for a long time [Even if you return to a bad diet]. The body, during fasting will break down **atheromas**, this is the arterial plaque, which is nearly **pure** fatty cholesterol. The body breaks it down and transports it to the Liver for use as fuel during **ketosis**. This is the primary reason for the spike in cholesterol levels during the beginning of the fast.

The fasting process also allows your body to actually repair the walls of the arteries, which the

atheromas were there to band-aid. All the studies show that during fasting **endothelial** tissue heals significantly and especially in those people with cardiovascular disease. This causes **endothelial-mediated vasodilation** increases, i.e. LOWER BLOOD PRESSURE!

In studies, those with **Hypertension** stage 3 [over 180/110] experience average reductions of 60/17. All those who were taking blood pressure medications were able to discontinue it.

Fasting has also been shown in studies to cure outright **hypothyroidism** [slow thyroid]. Thyroid hormone levels [except T4] generally decrease during fasting. Thyroxine T4 levels normalize if they were low. T4 is important to the body's metabolic process.

This has been a mere overview of the benefits of fasting, now it is time to talk about the side effects during fasting:

1. Dizziness upon standing [It fades].
2. Confusion and mental fog as the brain shifts from glucose to ketones [It will pass within 2-4 days].
3. Cold extremities [The drop in blood pressure is the cause it will persist the whole fast].
4. Nausea [This is the body processing out toxins] it will pass, drink more water.
5. Headaches. These can be brutal if you're a caffeine user, I advise you to ween yourself off the caffeine prior to beginning your fast.
6. Coated tongue and bad breath [This is common and will last the whole fast. Get used to it.
7. Strong urine color and odor [Your body is voiding its toxins. Toxins are nasty. It will pass].
8. Metallic taste [This is from the ketones and will last the whole fast].
9. Lower or feeble pulse [This is from the lowered blood pressure, it's normal].
10. Severe Gout [This only happens if you drink less than 2 cups of water a day... Drink more water than that!!!].
11. Localized joint, muscle and bone pain [This is the body repairing injuries and will most likely pass],

Finally fasting combined with prayer will be an intentionally spiritual act, which opens us up to touch the sacred. It opens deeper realms of the self to our inspection and allows us to sharpen our capacities of perception and allows us to connect with Yahuah-Elohim and realize our appointed purpose in His will. May Yahuah-Elohim bless you and keep you!