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A properly carried-out fast must never be confused with “starving.” It is always the shortest cut to health and is our most effective weapon in the fight against disease. Relieved of the work of digestion, the body is able to concentrate all its energies on dissolving and eliminating the stagnant residues from the tissues. This is the point where the internal “spring house cleaning” begins, which is the first essential step on the way back to health.

During the fast the cleansing process must be assisted in every way by enemas or colonic irrigation; also, wherever possible, by some form of *Sauna*,\* or steam bath, and exercise in the fresh air.

At all the sanatoria run on the Waerland lines in Sweden, Germany, and Switzerland, a fast is the most important factor in the treatment. It is amazing how quickly the body can rid itself of accumulated toxins when unencumbered by the work of digestion. A fast on raw juices is usually carried out without any unpleasant sensations, although the patient may feel slightly hungry during the first three days. In isolated cases, where the organism has become overloaded with toxins, there may even be some nausea, but this soon passes. After these initial disturb-

\* See Glossary.

ances the fasting goes on with increasingly pleasant sensations of ease and well-being. The symptoms of disease disappear more and more as the blood and tissues are cleansed. A fast like this can be likened to a rebirth.

If the patient does not take a sufficient quantity of fluids, the poisons which have been gathering up in the tissues will overflow into the bloodstream. They cannot be carried away in the natural way by the organs of elimination, *which are unable to function without fluids*. The poisons will then be forced to find a way out through the skin in the form of eruptions, boils, and sores. The fast, which should be pleasant, will become a nightmare, more painful than the disease, and will do very little to bring the sufferer nearer his goal.

Most of the experts on fasting understand the need for fluids but, unfortunately, very few know the best way of carrying out a fast in a physiologically co-operative manner. Many of them still allow their patients to fast on water only, or on fruit juices and teas. It is true that some good is done by cutting out the work of the digestion, but experience and science have now taught us that even better results can be achieved.

Dr. Ragnar Berg, the well-known nutritionist, has carried out extensive tests in connection with fasting and has established the fact that, during a fast on fruit juice or water, the excessive acidity of the body is increased so much that it loses its ability to dissolve the accumulated toxins. The urine becomes dark and thick, a condition which is interpreted by an inexperienced person as an indication of copious excretion of poisons. This is a mistake.

On the contrary, the clear, pale urine of a person fasting on raw alkaline vegetable juices contains a far larger proportion of residues which have been set free by the solvent and neutralizing properties of the fluids taken.

In order to gain the greatest possible benefit from a fast, the body must have a plentiful supply of raw alkaline juices.

When I took over the direction of the Kiholm Health Center in the autumn of 1950, I immediately introduced fasting on alkaline raw juices without having heard of Dr. Berg's researches. In doing so, I was led, as in several other cases, by a certain instinct which was proved correct by my own practical results and later confirmed by Dr. Ragnar Berg's findings. All these fasts were successful.

Since that time I have watched over hundreds of fasting patients, many of whom had already tried a water or fruit-juice fast. They all declared that my fast had been a revelation. They had never imagined that a fast could be accompanied by such a feeling of physical ease and well-being and alertness of brain.

With regard to the treatment of cancer by fasting, there is some diversity of opinion among the specialists in natural healing. Great authorities such as Dr. Johannes Kuhl in Germany and Dr. Gerson in America prescribe fasting on raw alkaline juices, and my own experience has been that precisely in such cases a fast is often the only effective remedy. Even in so-called "hopeless" cases, wonderful results have been achieved by a physiologically planned fast which uses the body's own resources in dealing with the diseased tissues.

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In advanced cases of cancer, where there is no possible hope of recovery, a fast on these lines, if begun in time, will do much to help the patient toward an easier, less painful death.

In practically every disease the highway to health is fasting plus other forms of encouragement given for the elimination of poisons. But, in cases where the heart or kidneys are defective, or there is nervousness, neurasthenia, goiter, or tuberculosis, fasting may have to be avoided.

I am looking forward to the day when these methods may be scientifically tested and their value proved in some of the larger hospitals.