



THE SEVEN BENEFITS OF FASTING

1) **Autophagy** - Autophagy (greek for self-eating) is the process in which the body removes and recycles old, damaged cells.

2) **Stem Cell** - Stem cells are new cells that can generate any cell of the body. People pay a lot of money for stem cell therapy, but the wonderful news is that our body will make stem cells for free when we fast!

3) **Ketones** - Ketones are made in the liver from fatty acids (the breakdown of fat). They can be used to create clean energy for the body. Cleaner energy means more energy.

4) **Hormone Balancing** - While fasting our hormone communication improves. In other words, our hormones become more efficient - we need less to get the job done.

5) **Healthy Gut Bacteria** - Fasting will repair the gut bacteria and the gut wall. Fasting is restorative allowing the gut time to heal. Fasting also starves out the wrong "gut bugs" - adding an additional benefit to your lifestyle.

6) **Epigenetic's** - Today when we hear "it runs in the family," we think that means that genes will be passed down to us, but this is not true. GENES are NOT your DESTINY. Epigenetics refers to how our genes are expressed based on our lifestyle - for better or worse. It is helpful to know that a healthy lifestyle (with fasting) can turn off "bad genes".