

## Transitioning

Written by

Friday, 25 November 2005 16:00

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On Thursday, I suspected that my body was ready to come off of the fast that I have successfully been on for the past two weeks. I have been following the Master cleanser but I have also been consulting with the book "Juice Fasting & Detoxification" by Steve Meyerwitz. Up until Thursday, I was not experiencing any ill effects or hunger but I was beginning to feel weak and I started to crave food, both telltale signs that it is time to eat again. When coming off of a fast, it is important to be very careful when reintroducing food to the body. The stomach and bowels have been on a holiday for the past 14 days and reintroducing the foods is a very precise process.

Yesterday, I had Greens+ (just half of a serving) twice; once in the morning and again last night. Today, I had some for breakfast along with plenty of water and today we went shopping for food! For the next week I will be in Phase 1, just mono foods, (one at a time) but several times a day and I am starting with cucumber. It is high in water content, has no cholesterol and is a source of potassium, phosphorous, folate, vitamin C, vitamin A and dietary fibre among other beneficial nutrients. Providing I can digest it well, I can then try peppers, then tomatoes and finally veggie sprouts, not bean sprouts. Once I know I can easily tolerate all of those, I can start eating salads and within 10 to 14 days, I will be eating like a normal person once again.

Once we returned home, I carefully sliced up my dinner and never in my life have I enjoyed chewing so much. According to fasting specialists, I have reached the most difficult part of this whole process. I have to control my desire to rush right in and eat everything in sight and it will be tough. I will do my best and I will keep you posted with my progress. Please wish me luck; I'm going to need it!

I took this picture of the wind generators yesterday; I thought it was pretty cool!