

Fasting

Written by

Saturday, 12 November 2005 16:00



Anyone reading this must be getting tired of me going on about how great the weather is here especially anyone experiencing cold, rain or snow. It's hard not to write about it though when it is so good and I have to say again, it's fabulous. This morning I was in the pool swimming at 9:30 AM and both the air and the water was incredibly warm even at that hour of the day.

Rick and I are fasting for the next few days to cleanse our bodies and give our digestive systems a rest, especially after the excessive eating we have been doing lately. Actually, as a result of two weeklong trips to Amish country this summer with a seven day cruise in between, we both ate a lot of things that we shouldn't have. We successfully completed this fast once before in May of 2003 and it really made a difference in our health. Rick's asthma all but disappeared and my energy level increased tremendously. However, the first couple of days, while our bodies adjust to all the liquids and the lack of solids, it can be very difficult. In the beginning, depending on how toxic we are, we can suffer from some negative side effects like insomnia, low energy, nausea and headaches. It does improve drastically after a day or two and the end result makes a couple of days of discomfort worth it.

Apparently I am more toxic than Rick because today, I was headachy and tired so while Rick enjoyed the NASCAR race outside, I spent the afternoon curled up on the couch sleeping. I had intended to clean the inside of the motorhome but I'm afraid my energy level (or lack of) and my headache limited my activities. Rick on the other hand, is faring much better than I and kept himself busy detailing Jack's truck and watching the race. Today is day two of our fast and I will report on our progress over the next few days. Wish us luck!