

**THE MOST RADICAL
HEALING METHOD!**

**(IT WORKS ON ALMOST
EVERY KNOWN DISEASE)**


HealthGlade

BY ADAM ROTH

I'll get straight to the point. What is the most radical healing method?

Fasting!

It's radical in the sense that if you were asked what the #1 healing method in the world is, you would never expect something so simple.

You would think it's a pill you have to take, or some type of fancy modern machine, or even a bodily technique.

Would you ever think it is something that, dare I say, many people may consider as "primitive" or "religious"?

It's radical because no white coat doctor working within the confines of the pharmaceutical industry would even consider.

In fact, I would bet that they would dismiss it, and claim it could never possibly work to heal any disease, let alone almost every one.

But there are some doctors outside of the claws of the pharmaceutical industry who recognize its powerful healing effects.

One of these is Dr. George Weger, who practiced as a physician around 100 years ago, and was firmly against the conventional medical system.

He said this about fasting:

"Nothing is more gratifying, no work more inspiring, than actually to witness complete recovery during comparatively short periods of fasting in diseases such as chronic eczema, urticaria of years standing, varicose ulcers, gastric and duodenal ulcers, asthma, arthritis, colitis, amoebic dysentery, endocarditis, sinusitis, bronchitis, neuritis, Bright's disease, acute and chronic appendicitis, tic douloureux, fistula, psoriasis, all kinds of digestive disorders---urinary and biliary calculi, pellagra, glaucoma, lump on the breast, epithelioma, migraine, acidosis, pupura, hemorrhagica, epilepsy, paralysis agitans, Reynaud's disease."

You may not be familiar with all of those terms, since in the past 100 years, many have become obsolete. For example, paralysis agitans was the original name given to a new condition by Dr. James Parkinson, but it later became known as Parkinson's disease.

But as a practicing physician, Dr. Wegner had great success treating a whole range of diseases of the time, using fasting as the remedy.

Fast forward to today, there is an abundance of science proving that fasting is the best way to combat disease, and much of it involves using fasting to induce autophagy in the body, which is a process where the body will literally eat itself (in a good way).

During autophagy, the body will eat anything that is useless, harmful, and not supposed to be there. This includes fat, crystal deposits, toxins, cysts, lumps, tumors, damaged proteins and cells.

It's a trigger for regeneration, with older, weak, and damaged cells being replaced with fresh new ones, that help us to heal better. It also triggers the production of beneficial chemicals and hormones.

Autophagy is not only beneficial to humans, but studies have also found that microorganisms, plants, insects, and animals use it too. In humans, it normally takes between 18 hours and 4 days of fasting to induce it.

A paper in the [Journal of Pathology](#) noted that autophagy plays a key role in preventing diseases such as cancer, neurodegeneration, cardiomyopathy, diabetes, liver disease, autoimmune diseases, and infections.

A study in the Journal [Cell Stem Cell](#) found that fasting literally creates a new immune system, shifting stem cells from a dormant state to a state of self-renewal. Plus, interestingly, they also discovered that fasting was so powerful, it could protect cells from the toxicity of chemotherapy.

[The American Journal of Clinical Nutrition](#) published a review of human and animal trials on the effects fasting had on chronic disease prevention, and they found it helped with cardiovascular disease, diabetes, and cancer, especially in those who are overweight.

We can go on for days, but it has been proven that fasting causes [insulin levels](#) to drop, huge increases in [human growth hormone levels](#), [fat loss](#), prevents [diabetic retinopathy](#), [cancer](#), plus [Alzheimer's and Parkinson's](#), and [Huntington's](#), as it [grows new nerve cells in the brain](#), helps with all diseases stemming from [inflammation](#), induces [cellular repair and waste removal](#), changes gene expression to help [protect against all disease and live longer](#).

In fact there was a longevity study on rats published in the [Journal Gerontology](#), where the rats who fasted lived an astonishing 83% longer, proving that fasting will definitely extend your lifespan.

Fasting is definitely the most radical curative remedy one can use in today's world, and it works on almost every known disease.

In addition to the science above, I'll leave you with some more quotes.

"Fasting is the greatest remedy-- the physician within."

- Philippus Paracelsus (one of the 3 fathers of western medicine)

"Fasting is the single greatest natural healing therapy."

- Dr. Elson Haas

"The best of all medicines is resting and fasting."

- Benjamin Franklin

"Fasting creates a condition of low concentration of toxic wastes in the circulatory system. This is sensed by the plasma membrane of each cell and each cell will then let go of its load of toxic wastes."

- Dr. Ron Kennedy

"A fast can help you heal with greater speed; cleanse your liver, kidneys, and colon; purify your blood; help you lose excess weight and water; flush out toxins; clear the eyes and tongue; and cleanse the breath."

- Dr. James Balch

"Instead of using medicine, better fast today."

- Plutarch

"Therapeutic [water] fasting accelerates the healing process and allows the body to recover from serious disease in a dramatically short period of time."

- Dr. Joel Fuhrman

"I contend that during illness feeding becomes a burden to the sick. It uses energy that otherwise would be used to fight the illness."

- Dr. Edward Dewey

"A little starvation can really do more for the average sick man than can the best medicines and the best doctors."

- Mark Twain

"I must say in all seriousness that fasting when combined with a properly selected diet is the nearest approach to a 'cure-all' that is possible to conceive-- profoundly simple and simply profound!"

- Dr. John Tilden

"I assert that fasting is the most efficient means for correcting any disease."

- Dr. Adolf Mayer

For further information on fasting, and other radical methods to heal from sickness and disease, please visit HealthGlade.com