

Explanations to dry fasting, Hump-36

At first I thought of writing no more than the information brought on the page “Lifetime extension“, as I believed those interested could find sufficient competent material regarding this method of starvation. However, when I tried finding materials online, I discovered that all it had to offer was useless knowledge, as the entire starving and fasting topic had been grouped into one. They combined fasting with water and without, 24, 36 and 48 hour fasting – all had been described similarly and mostly from the perspective of lowering weight.

In reality, 36 hour fasting without water is a completely SEPARATE and unique fasting method.

Why people (even scientists) mix these methods can be explained by the fact that the ordinary person has no idea what the essence of water is. Water is not merely water; it is an entirely UNIQUE substance, one of nature’s mysteries. It is so remarkable it could even be called a living substance, a creature from space. Scientists are completely convinced that water has MEMORY – it transfers information.

Now let’s see what the difference between wet (consuming water) and dry (without consuming water) fasting is.

During wet fasting, the body acquires water from outside.

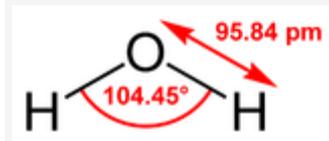
During dry fasting, the body is forced into harsher conditions; it has to rearrange itself so that it not only supplies itself with nutriment but also water. It needs to supply itself with both, because **water is the main factor in cleansing**.

According to the law of biological goal-orientation, by doing so the cell uses a minimal amount of its own energy, leaving the task of cleansing to the water molecules, which is how the process normally takes place – all types of toxins, poisons, residues are dissolved and figuratively speaking, the toxins are washed out of the cells into the intercellular space. Since water is extremely important, unnecessary, especially ill and deformed cells do not receive any water. Only the strongest and healthiest cells survive, as in such difficult circumstances they need to activate THEIR OWN, super quality endogenous water production. This endogenous water is of significantly higher quality than water received from the outside. It does seem to make sense, since the cell uses a lot of energy and any product of this process must correspond to the exertion made to create it. This is completely unlike the human mind, which can make many mistakes, when it is left to think for itself. This is wise nature that has foreseen all possible changes and done all it can to ensure that life continues.

External water (even if it is “clean”) can be compared to a poisoned river, where a chemical plant is directing its wastes, and endogenous water to a mountain spring emerging from inside the earth that merges with water melted from glaciers with all its healing energy.

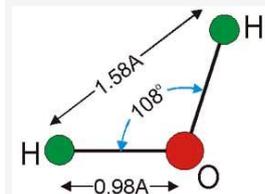
Water coming from the outside is full of all types of information, and in reality our MIND cannot know, whether these water molecules are friendly or hostile towards the cells of our body. However, the body itself does understand. If it realises the water molecules are not friendly, the water is reprocessed within the body; this, however, is energy pointlessly spent. In essence, the reprocessing means changing the angle at which the oxygen atoms are attached to the hydrogen atoms within the water

molecule. In a water molecule, this angle normally is 104.45° . Only a few decades ago scientists believed it was 90 degrees.



However, the angle may also change slightly. Water molecules have a tendency of attaching to each other, combining clusters that usually contain approx. 10 molecules. These clusters are water's memory and are used to store information. According to the nature of the information, the structure of the clusters varies slightly and thus also the angle that the hydrogen atoms attach at.

When water freezes, the connection angle changes due to the fact that ice expands – on average to 108-109 degrees.



However, since water can create very DIFFERENT ice crystal structures, this angle may vary between $86-132^\circ$.

Such an angle change is of PARAMOUNT IMPORTANCE! A change in the angle “erases” the water's memory and removes the information it contained. This explains, why melted ice water is much healthier than all other, including store sold “clean” water. ALL DAMAGING information that could harm our body's cells has been erased from melted water. The body can give melted water its OWN information that is beneficial and necessary for health.

The main advantage of dry fasting is that the old dead water in the body is replaced with high quality living water that has been synthesised by the body itself and that is used to erase all negative information that has been brought into the body from the outside or caused by ill tissues and cells.

During dry fasting the body's tissues decompose faster and the process takes place during a shorter amount of time. The stages of therapeutic fasting are the same for dry fasting as they are for wet fasting, although their duration is significantly shorter. Thus, the food irritation stage lasts less than 24 hours and the stage of increased ketoacidosis for 1 to 2 days. The sooner the acidotic crisis appears, the sooner it will pass and the more time the body will have to renew, heal and cleanse. Autolysis appears in the body significantly earlier and quicker with dry fasting compared to other types of starvation and thus all cystic formations and benign tumours also disappear significantly quicker.

By undergoing short term fasting without water, we force our body to reprocess the water already contained within itself and thus so to say renew ourselves information wise, becoming “virgin pure” in that aspect and forming an informational matrix with nothing negative stored in it from the outside environment. **This phenomenon is the main healing mechanism of dry fasting; and the mechanism appears in no**

other forms of fasting.

Many have noted that it is physically easier to tolerate dry fasting than it is to starve oneself while continuing to drink water, as a strong sense of hunger does not have time to develop and the intoxication is less. Due to the water shortage, the toxins do not get reabsorbed with dry fasting as they do with other types of fasting. This is why it is not necessary to perform enemas during dry fasting. The anti-inflammatory and immunity stimulating effect of dry fasting is several times greater than during fasting with water.

The thing is that inflammation cannot exist without water. Any random inflamed area will swell up. Microorganisms (bacteria and viruses) can, however, only multiply in an environment with plenty of water. A lack of water is fatal to inflammation. Competition appears between the cells of the body and the pathogenic microorganisms due to dehydration – who gets the water. The cells of the body, as the “masters of the house” take the water away from the microorganisms. However, the body is not only capable of synthesising endogenous water but can also absorb water during fasting through the skin from the outside air. Thus, showers may be lengthier during dry fasting. **However, saunas should be avoided**, as they are intended for sweating, i.e. EXCRETING fluids – we don’t need this.

Thus, healthy and strong cells get both energy and water, but the ill cells, viruses and bacteria cannot acquire it – thus, they die instantly. A higher level of biologically active substances, hormones, immunocompetent cells and immunoglobulins is achieved in the body’s fluids during dry fasting.

Internal temperature rises during dry fasting, giving a positive immunological effect. **Temperature is an important indicator of the body’s defence abilities.** If you feel an increase in body temperature during dry fasting, the likelihood of getting better is extremely high.

The body heating up was also mentioned in the Therapeutic Breathing section of my homepage.

Toxins are burned up during dry fasting since each cell activates an internal thermonuclear reaction when there is a lack of water – a specific extremal express method for destroying all excess, heavy or diseased appears within the cell. This “thermo reactor” that the cells have acts as a tiny oven that causes the body to heat up internally. This increase in temperature may not appear on a thermometer but it can be FELT. At this increased temperature, all residues, toxins and even cancer cells are destroyed or at least cease their harmful effect.

Some practical advice

1. **When to BEGIN fasting?** This fast is not begun in the morning, **but evening.** The reason is extremely simple – this way we can fit two maximally useful periods (TWO CYCLES OF SLEEP) into a minimally short period of time (36

hours). As we know, **night-time** is normally the time when the body restores itself and heals from diseases. By fasting like this, we allow these periods the maximal amount of opportunities for performing their tasks.

2. **Preparing water.** This fast is begun and finished by drinking water. However, as you have read above, water and water differ from each other; thus, we will be MAKING OUR OWN water.

We will be drinking water melted from ice. Prepare the water as follows: take any clear plastic bucket shaped or square shaped dish that widens at the top and fits up to 1 litre of water. Fill the dish with water and place it in the freezer with some isolating material underneath the dish (thick cardboard) to prevent the water from beginning to freeze from bottom to top and allow it to freeze from top to bottom. Check the freezing process from time to time. When a 3-4 mm layer of ice has formed on the top, remove and discard it. We don't need that part as it usually contains heavy hydrogen. Wait until two third of the rest of the water has frozen. This ice is the water that we need – the CLEAN water that we melt for drinking. Pour the one third of the water left in the dish away since it contains all the excess substances – salts, heavy metals, dust, rubbish, etc.

3. **Food once the fast is concluded.** The food that you need once you conclude the fast should be purchased beforehand, so that you wouldn't have to go to the shop DURING THE FAST, as seeing the plentiful selection of food might break your will.
4. **Which day and at what time to begin?** If possible, begin the fast on such an **evening** that you have the following **long day of fasting** off, so that you could avoid obligations and could spend as much time as possible on yourself. In most cases the fast is then begun on a Friday or Saturday evening. I propose beginning at **21.00 (9 p.m.)**, which is when you will be drinking your last amount of water – drink approx. 200 ml of melted water slowly with small sips. ENJOY the water as you will not be having any for some time.
5. **Preparing the body.** You should have lunch at approx. 12 noon and dinner at approx. 16.00 (4 p.m.) on the day you begin the fast. Such a time might seem too early to some, but it is EXTREMELY IMPORTANT. For dinner have something that exits the stomach in approx. 3-4 hours, e.g. 200 g of boiled poultry meat or beef, braised or fresh salad, etc. This is important, as we want to empty the bowels BEFORE beginning the fast to avoid the body spending energy on digesting the previous meal and have it switch to the reserves, i.e. hump as soon as possible. Since this dinner provides the body with no material benefits, its aim is purely **to receive emotional gratification before the fast**. The best way for emptying the bowels might be taking laxatives (not performing an enema of the colon), such as Bisacodylum or equivalent. By taking two laxatives some time before having dinner, the colon should be empty by the time you drink your last water before the fast.

6. **Difficult moments during the fast.** The time between 21.00 and 9.00 (9 p.m. and 9 a.m.) should create no problems as it differs only minimally from a normal evening and night. When you wake up in the morning, continue doing normal things, though skip brushing your teeth (nothing bad will happen to your teeth during the 36 hours of the fast), because the micro receptors in your mouth may be activated and force the stomach to produce stomach acid – we want to avoid this. It usually gets difficult at breakfast time because the “need” to eat has become as if a reflex.

Life passes by so quickly that we need to do SO MANY things in order to feel accomplished, including eat a lot. Food is accessible everywhere and all the time. We consume too much food; we love food so much that most of us are overweight and already at early ages suffer from various chronic diseases. Although people have been paying more attention to the fact that the food we consume is too processed and contains too much chemicals that are harmful to our health, wellbeing and life expectancy, it has not affected our obsession with eating, eating and eating. **Buying**, and seeking pleasure in general has become our obsession, we LOVE shopping and pleasure, as it has begun to stimulate all our five senses. However, this desire for material things takes us straight into a hospital bed, as it disrupts our inner balance, decreases our mental capacities and obstructs the development of logical thinking.

The problem is that if we constantly waste energy on digesting food, purchasing things and giving in to various other desires, we won't have enough energy for doing all those things. All we achieve is a full stomach, empty spirit and spoiled health.

Please understand that the body only has as much energy as the lungs manage to bring in when you breathe. The energetic value of this oxygen is 0.7 to 3 kcal per minute. Figuratively speaking, this means that according to average indicators, an approximately 40 year old woman needs to spend TWO HOURS of breathing in order to digest (**acquire energy from it**) ONE approximately 200 gram banana. There are only 24 hours in a day.

7. **Activities during fasting.** Instead of eating your normal meals (breakfast, lunch and dinner) do the Normal Breathing exercises brought on my homepage. This guarantees that you get the normal (the maximal possible amount) of oxygen during the fast and additionally helps “wash” your body with lymph, the body's own GP.

For the rest of your time, do everyday things, but only such that do not enable acquiring ADDITIONAL information; instead allow your brain to process existing information and give old information new meaning. Do things that are interesting but that you are not overly passionate about and will not set you off balance. Listen to Mozart on the background; believe it or not, Mozart's music HAS healing properties. Play simple board games (chess, checkers, etc.) with family members and friends. **If you think logically, ONE day isn't that much time to fill with simple activities.**

8. **Concluding the fast.** If you have successfully lasted the 36 hours of the fast, first CONGRATULATE yourself on the morning of concluding the fast for managing to complete the fast. Then take your glass (200 ml) of melted ice water and begin ENJOYING it anew. In order to enjoy it to the maximum and make it as beneficial for your health as possible, drink it through a straw and **taking small sips extend the drinking period to at least 15 minutes**. After drinking the water, don't drink or eat anything until 12 noon – give your body TIME to make sense of which way to excrete all the EXCESS and HARMFUL substances that appeared during the fast (through excrements, urine or sweat). At 12 noon drink some juice, slowly, savouring it. At 13.00 (1 p.m.) have a light lunch, e.g. heat processed vegetables or fresh salad with some fruit (the things you purchased before the fast). Do not eat banana or grapes as they are too heavy. After 16.00 (4 p.m.) you may have dinner normally, keeping the amount reasonably small.

YOU HAVE COMPLETED THE FAST! The following day is already like any ordinary day. Fasting in such a manner once a week increases your self-discipline, which is beneficial for your physiology, psyche, emotions and intelligence.

9. **Added bonus.** The fact that in addition to becoming younger and healthier you also lose excess (fat) kilos has a simple explanation. I began the introduction to dry fasting with a reference to the camel, and would like to do so once more. The camel is a wonderful animal that is capable of “squeezing” 107 grams of water out of 100 grams of fat during its own “fast” in the desert, where it is forced to resort to its hump for water. Humans are not as capable, but are still able to produce 60-70 grams, or at best 90 grams of water during the fast from every 100 grams of fat they have “stored”.

Best of luck!