



Detoxify: To Fast or Not to Fast

By Judith Pentz, MD

We live in a toxic environment. It can come in many flavors – sound/noise pollution, air pollution, over-indulgence in food, over stimulation with electronics (cell phones, gaming on line, texting), negative media coverage and our negative thoughts/emotions. What is a person to do?

Consider a FAST from one or more of these toxic influences! Spring is around the corner. Many cultures and spiritual traditions typically recommend a fast of some sort this time of year – this is so to be in tune with the change in the season. As nature shifts, so do we – and fasting allows us to reset for the new season.


Certain things to consider: pick one thing from the list to NOT be exposed to or overdo for at least a day – even better, for a week. The news fast can be an easy one. Notice after the first day what differences might be present. Possibilities include less stress, improved sleep, and fewer scary thoughts about the world.

Noise pollution: Limit the volume of noise around you – even be in silence for an hour or all day. Air pollution: spend time in the outdoors, preferably in nature. Our homes can be so airtight now that there is a stagnation or level of toxins in the home itself.

In the past, I have written about negative thoughts and limiting/monitoring their presence. Imagine a day with NO negative thoughts. Now that is true indulgence in the midst of a fast!

If interested in limiting your food intake, this requires planning and awareness of your physical limitations. Consider a fruit and vegetable fast, rather than a water fast. This is a gentler approach and still provide great benefit. Try if for a day and stay hydrated throughout the process. Timing it on a day that you are able to rest is important for the full benefit to be realized. What ever fast you choose, proceed with love and gentleness. Honor yourself for doing *any* of the above!

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