

Physician Perspectives On Fasting
 VG4
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 Dr. Letitia Dick-Kronenberg, ND

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Fasting:

Dr. Harold Dick always said there are 2 times to fast a patient.

- 1) When there is a **fever**.
- 2) When there is **pain**.

I have found these are the most effective times to fast. If you fast when the body is not ready to do so you can create problems such as unusual heart arrhythmia, blood sugar irregularities, and undo stress on the digestive tract. When the vital force is already mounting a cleansing response or is already trying to heal a condition with increased blood flow (thus inflammation) that is the time to give the digestive system a break from its job. Let it rest and give nothing but water.

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Fasting for a fever:

99+ degrees oral temperature - Water fast until the fever breaks and is below 99 for at least 6 hours before feeding them. Often, if this is a severe illness like mono., bacterial pneumonia, meningitis, or a septicemia, you may be fasting the patient 3 to 4 days. This is not unusual because the invasive nature of the infection. The immune system will need several days to kill all the invading agents and the fever is an ally in this war. It kills the infection so you must let it do its job.

*If the patient eats anything during the fever, the food will not digest, but rather putrefy in the digestive tract and provide more fuel for the bacteria/virus to live on, therefore, the fever will have to burn hotter and longer. **The best way to keep a fever under control is to not eat food until the fever breaks.**

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Fasting For Pain:

Consider a fast for people with migraines, arthritis, severe dermatitis with itching, an injury, recovery from surgery.

When the body is in a state of distress the digestive powers are sluggish because the vital force has diverted the blood to the area of concern and not to digestion. In these states a water fast can even further free up the circulation to focus on the task of healing. The healing response in this case will be twice as fast and the pain will be greatly reduced.

A short water fast of 12 hours after the "42" cocktail is given is a great way to relieve a migraine, help a tooth extraction to heal, speed recovery from a fracture and relieve pain if it flares up, etc.

For detoxification, a longer fast is often necessary.

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The minimum detoxification water fast should last 4 days.

Based upon the laws of "7" in a 4 day fast there will actually be only 1 day of cleansing where the blood will dump the toxins into the bowel. The first 3 days the blood is still putting the toxins into the tissues. In a 7 day water fast the body will have 4 days of actual cleansing. The length of fasts from there go to 14, 21, 28 days.

The longer fasts are often for the extreme conditions of chronic dermatitis, arthritis, ulcerative colitis, etc.

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Things to watch for on a water fast:

If the patient gets dizzy and can't walk then the blood sugar is too low and you need to break the fast.

If the heart beat become unstable, electrolyte imbalance is a problem.

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If constipation or headache occur then you need to push the bowel with the “42” combination and be sure the patient is getting a constitutional hydrotherapy daily and drinking enough water.

Generally a patient will lose 1 to 2 pounds of weight per day. As soon as the patient breaks the fast the weight will come right back on and usually will gain another 2 to 3 pounds from where they were before.

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Keep infants nursing / be sure to treat the Mother.

Children with viral infections will spike the fever at night and seem fine during the day. Feed easy to digest foods only – soup, broth, toast. NO peanut butter, banana, turkey, juices.

Children cutting teeth may appear to have otitis, strep throat, sinusitis - don't forget to look in their mouths! And don't forget cold sock therapy!

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Bone pain with a fever comes from the mobilization of calcium by the pituitary and parathyroid gland to change the pH of the blood to kill the bacteria or virus.

Giving bone broth or chicken broth relieves this pain quickly upon recovering from the fever.

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How to break a fast:

For any duration of water fast, it is required of the patient to break the fast on carrot and celery BROTH first before eating.

This ensures that the electrolytes are balanced and the kidneys are working well before protein is added to the diet.

If you don't do this the patient may relapse with a fever and have a much harder time getting their strength back to full capacity.

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Broth recipe

1/2 cup chopped carrots
 1/2 cup chopped celery

Boil in 2 cups of water until the broth is a rich color.

Sip a 1/2 cup of broth every hour. When the broth is gone, if the fever is still below 99, and the patient is still hungry then they can eat the cooked vegetables. If that goes well then they can proceed onto steamed vegetables and rice.

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If it has been a very long fast a beef steak may just be the ticket to satisfy the hunger. Usually good old homemade chicken soup is a great way to go as it's easy to digest and very high in protein, calcium, and other electrolytes.

If the fever reoccurs or seems to have a cycle of coming up every evening then the patient should remain on a very easy-to-digest diet (soups, steamed vegetables, or stew).

All fruits and fruit juices should be avoided during this time because the natural sugars in the fruit can feed an infection. Vegetables are your healers, proteins are the builders, so focusing on these foods are the most healing to the vital force.

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