

Fasting

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Fasting is a natural physiological process. It is also a scriptural concept that was clearly practiced during difficult times. So, both from the biblical as well the scientific point of view, we can have confidence that fasting will not be harmful but beneficial when it is properly done. Some of the things that we must consider in fasting is the duration of the fast and the kind of fast that we will undertake.

Normally, fasting in the strictest sense of the word should be exercised with proper rest, and with water. That's what, in the strictest sense of the word, fast means. During the fast, then, we will endeavor to provide ourselves with the necessary sustenance, especially if you are going to have a fast with activity. Let me briefly explain about the two kinds of fast that you may undertake.

One would be a juice fast, which I would like to call it for the sake of practicality, and the other one would be a total water fast. If you decide to go for water, three days with moderate activity (even up to five days would be fine) without a stricter kind of supervision, but must be undertaken with some degree of caution. If you are going to take a juice fast, that is where your body will be taking in certain nutrients, and you will of course have the glucose that is provided by the fruit juices and some of the electrolytes that are provided by the green juices then that could be included with some degree of proclivity. This is what I would call a supervised fast, which we'll not deal with right now. The water fast for an extended period of time would have to be a supervised fast.

If it is a juice fast, I think you could comfortably fast up to the time that God would lead you. The emphasis in this conference has been to challenge people to fast, even a forty day fast. I recommend that you grow into that. If you have never fasted before, fast a day or two, a weekend - Friday, Saturday & Sunday provide an excellent three day type of fast with less activity and you can concentrate more on praying and seeking the Lord that you can during your regular work week. I would urge you, too, to depend on the Lord.

The time that I personally fasted for forty days the Lord spoke to me about that and gave me this friend and it was difficult. Yet, it was possible. It was difficult because in the middle of it I had to do some international travel plus at that time I had some emotional pressures that accompanied this period in my life. Let's just say you will begin a juice fast for three to five days. My recommendations are moderate exercise. Do not attempt to fast and go into heavy exercise. Rest as much as your schedule will allow. Short naps, if possible. Believe me it is not a sin, perhaps you never gave your body a break. Remember fasting is physiological rest and your body will rest from the process of digestion, assimilation of food and will concentrate on excretion. That is why during the fast you will experience foul taste in the mouth, pasty tongue, or the urine will

become darker and your sweat will even smell worse. Basically the body is cleaning itself up.

During the fast, proceed with the juices. We recommend and prefer freshly squeezed juices, orange and watermelon if at all possible. Take and put them in the blender. A watermelon fast, which may sound different, is excellent. Watermelon is basically water. I highly recommend the watermelon. People sometimes in colder climates want something warm. Again the best thing is fresh apples processed in your juicer. Black tea, coffee, and soft drinks are not to be taken during a fast. The caffeine, sulfuric acids, phosphorous in these drinks are not good. Green juice is a combination of one third each of celery, lettuce (romaine) and carrot. That makes a green juice that will definitely give you the minerals that your body needs for many of its functions, nerve functions and the like. Again, get as much rest as possible.

When you are coming off the fast, remember that even a fool can fast but it takes a wise man to come off a fast. The first day, if you have fruit, you can have a salad and then you can add to that a baked potato in the second meal, that day or the next. You can have steamed vegetables. That would be good. You can have carrots, cabbage, potatoes. You can add to that other things as you begin to have regular meals. Exclude salt & pepper, anything that would be an irritant for your body because your body has now regained its normality from the fast and it may respond, sometimes quite violently, to offensive things. Of course, stay away from coffee.

A fast becomes a turning point in your lifestyle of eating. Stay away from stimulants. Reduce the intake of meats and animal products. These tend to increase your weight, because most meats are 50-60% fat, but also are the causes of severe problems. One of the painful experiences of the past, which I did not mention in this conference, is gout caused by uric acid, severe pain in the lower back and the lower vertebrae and even clear up to the head. All the vertebrates, both cervical and pelvic, etc., will be very painful because of the uric acid which is a by-product of the metabolism of meats, animal products. That is one of the most discomforting things that can follow after a fast – uric acid.

This means you should attend to your diet. At least consider a reduction of some of these things. Stay away as much as possible from processed foods. Live on a simple diet of fresh fruit and vegetables, greens and, if you cannot take away meat, at least reduce or exclude as much as possible from your diet. Remember Daniel, after x number of days of steamed vegetables, he stayed better looking than all the other people who were eating the rich foods, etc.

If you are on medication, for example if you have diabetes, you need to consult with your doctor. In general, it is possible to fast, under some type of controlled situation. The reduction or the exclusion of your insulin is something you have to be concerned about. When a diabetic person fasts with water and bed and rest, where there is not any type of food being given, the situation is safer because there is no activity but, when you are in a juice fast, if you continue with the medication you may drain quickly all the

glucose and could go into a coma. A person would have to watch that. Rest for a day or two or three from the medication and have a mild kind of fruit, not too sweet. I recommend a watermelon fast. Check yourself, if something is not going right, if there is a buildup of insulin in your blood, immediately proceed with something like fruit or something to bring back balance.

There are other drugs that people are using, especially for high blood pressure, diet can for most people be liberation from medication. Again, you have to be very careful. Check your pressure and if you feel that things are not going well begin taking it again. These are some general instructions to help you. Pray through these things. Be sensitive to the Lord and consult your physician. Unfortunately, many doctors have not been trained nor do they understand this area and they would be fearful to have you undertake something that can be both a tremendous blessing and beneficial for your health, spiritually and physically.

This would be my recommendations for a group type of fast. There are three type of juices, liquids which could be used. I recommend fruit juices be diluted with 50% water. We have the green juice which I have mentioned and then we can add to that a broth. Boil a potato, carrot & celery with no salt. That produces a broth. That gives like a zippy little taste for the evening. People may like to take an herb tea. Take it easy on the honey.

People in the church have to be warned about the side effects which may accompany a fast. Headache, stomach ache or burning sensation in the mouth or the stomach with a feeling of nausea. Vomiting may take place. People just need to be warned that these things may take place. In a prolonged fast, it is not unusual to even have a fever. The body takes advantage of the fast and begins to heal itself of some of the things that may be lingering but not yet come to the surface.

I have had this experience even with my wife when she almost died because her immune system was so damaged. We began the juice fast and it made a tremendous difference. We had renewed vitality, strength, and in everything. In every way. The other recommendation for people in the congregation would be to avoid strenuous exercise, when hunger pains show up due to withholding of stimulants take in additional liquids. Get much rest, take not, not too hot showers and then rest. (A form of hydrotherapy which will help you get over that uncomfortable feeling).

If a particular juice causes you a problem, do not use it. Use the wisdom the Lord has given you. You know what foods you do not do well with. Ask the Lord and commit your way to Him. As for further questions and further information, contact Campus Crusade for Christ and we will try to provide you with more information. We encourage you to fast and seek the Lord. It is our prayer that you will be greatly blessed and that you will find healing both physically and spiritually and that as a result bondage will be broken in our lives and in our nation.