



### **FASTING: WHAT IS IT REALLY ... GOOD OR BAD?**

Fasting and its benefits come back regularly in the news. We lend it many virtues but what is it really?

Historically, people who undertake fasting do so to "cleanse" or give the body optimal healing conditions. It has always been associated with spiritual or religious practices. Even in nature, it has been observed that animals instinctively stop eating when they are sick or injured.

#### **But what is fasting?**

Fasting consists in abstaining from all food (solid and liquid), except for water, for a longer or shorter period in order to rest, detoxify and regenerate the organism. When there are dietary restrictions (e.g. eating only fruits), it is more like a fad.

#### **Are there any benefits associated with fasting?**

Fasting would contribute to the maintenance of good health, same as healthy eating, physical exercise and emotional balance. Fasting would allow the digestive system to rest and other organs to purge through the elimination of toxins and bad fats.

#### **Are there any contraindications to fasting? YES.**

In cases of fatigue, eating disorders, weakness of the immune system, heart disorders, diabetes, nutritional deficiencies, kidney disease, cancer, pregnancy. Fasting should be avoided in people with psychosis or addictions. It is recommended that you seek the advice of your doctor before starting a fast, especially for anyone taking one or more medications.

#### **Are there any side effects to fasting?**

It is possible to feel different symptoms, such as, headache, insomnia, nausea, dizziness, skin irritation, body odour, muscle pain. Fasting should be done under medical supervision, in order to have daily verification (pulse, blood pressure, weight and temperature).

#### **Does fasting really cleanse the body?**

NO. Validated studies have not shown that depriving food for longer or shorter periods of time allowed us to purify our body.

#### **Conclusion:**

The human body is an incredible machine, which could be described as self-cleaning. Of course, some foods will help clean it, for example: fruits, vegetables, fiber, minerals and vitamins necessary for the proper functioning of our organs, as well as water.

There are also foods that contribute to clogging or "dirtying". For example, eating a lot of fried foods (fries, chips ...), some foods high in fat and refined sugars (pies, cakes, chocolate, etc.) and alcohol.

You can certainly help your body, without fasting, simply by choosing the least processed foods possible (the closest to the earth), no added sugar, no added fat and low fat. Eat less, control your serving size, drink plenty of water are all ways to promote proper functioning of your body. Being active every day will help promote good sleep habits and reduce stress.

#### Sources

1. [https://www.passeportsante.net/fr/Therapies/Guide/Fiche.aspx?doc=jeune\\_th](https://www.passeportsante.net/fr/Therapies/Guide/Fiche.aspx?doc=jeune_th)
2. Extenso, centre de référence sur la nutrition de l'université de Montréal (Le jeûne, mythes et réalités).
3. <https://nutritionisteurbain.ca/actualite/le-jeune-est-il-bon-pour-la-sante/>

**For more information,  
do not hesitate to talk  
to your dietitian or  
doctor.**

#### **Important Dates**

**Registration is mandatory  
\*with valid health card\*  
613-632-1111 ext. 52701.**

November 23rd, 2018:

Cooking Class and Grocery Tour  
- from 8:30 am to 12:00 pm.

#### **Squash and Curry Soup**

##### **Ingredients:**

2 medium butternut squash, cut into pieces  
15 ml (1 tablespoon) olive oil  
500 ml (2 cups) finely chopped yellow onions  
30 ml (2 tablespoons) curry powder  
1000 ml (4 cups) low sodium chicken broth  
2 peeled apples, cut into pieces  
Salt and pepper to taste

##### **Method:**

Heat the oven to 350 F. Cut the squash in half and remove the seeds. Place the squash on a baking sheet, cut side down. Bake 45-60 minutes until skin is easy to remove and squash is easy to cut into pieces.

In a large saucepan, sauté onions in olive oil until tender.

Add the curry powder and cook for 2 minutes, stirring to prevent sticking.

Add chicken broth, squash and apples. Bring to a boil.

Reduce the temperature and simmer 20-25 minutes.

Use a hand blender to obtain a smooth and creamy consistency.

Makes about 8 servings  
100 calories, 2 g fat, 20 g carbohydrate, 3 g fiber  
and 3 g protein.

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