

“Courage isn't having the strength to go on, it is going on when you don't have the strength.”

– Napoleon Bonaparte

I love this quote more than I can say because it's such a wonderful reminder of what courage truly is. Courage isn't something that comes easily to everyone. It truly takes a special person to go against what's popular and do what's right. Doing what's right not only takes courage, but it also takes strength. Sometimes, we don't even know how strong we are until we're forced to look deep inside and bring out what's probably been hidden. I'm confident that we're stronger and more resilient than we probably know and we likely won't know until we're tested. Trust me, we will be tested. I know I've been tested and have survived events and circumstances I never expected to encounter. Each one of us is stronger than we know. But I'm a firm believer that God never closes a door without opening a window. I also believe that things often look the darkest before the dawn. I know it's truly a gift to find joy in rising even when it seems as if we're falling, because at some point, we will fall. Unfortunately, there are some who just don't have the strength to get back up when they've fallen. We're living in a time when we must all be resilient and sometimes, we can be our own worst enemy. It reminds me of a quote from the great Edmund Hillary, one of the first people to summit Mount Everest. *“It's not the mountain we conquer, but ourselves.”* It's confirmation that we need to be strong in the face of uncertainty and to surround ourselves with those who are on the same mission as we are.

Yours in health,

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Is Fasting Right for You?



I never really gave much thought to fasting, until I came across a post on X from Dana White, which I'll provide later. But after watching it several times, it really got me thinking about fasting. Then my friend Dennis told me that he'd started doing intermittent fasting to detox his system and help it to fight disease naturally. That was right up my alley so I decided it was time to start looking into it and came across Dana's video. What I learned was pretty shocking and important enough to share. I hope you'll find it as interesting (and as helpful) as I did.

I'll begin by stating that I love food and the thought of not eating was the furthest thing from my mind. In fact, I couldn't even really imagine it. But after taking the time to learn about it, I decided it was worth the effort. What could be better than naturally resetting my system? If the ultimate result of fasting was improved wellness, that was a no-brainer for me. I was all-in on learning more. My research taught me that fasting is truly one of the best medicines available. It can help the body fight inflammation, burn fat and detox. But it must be done correctly or it can have negative consequences. Below is a list of the benefits of fasting. Then I'll share with you my experience of doing not only the 72-hour water fast, but also doing a one-day fast every month thereafter.

- **Helps with Inflammation:** A 3-day fast is probably the most important thing you can do as an anti-inflammatory for your body. It can help with lupus, rheumatoid arthritis, diabetes and even Alzheimer's and dementia. The reason it's so helpful is because by not eating, your digestive system becomes very quiet because it doesn't have to work on processing food. That allows your body to use its energy to repair itself. There are a number of diseases that start in the gut and a healthy gut helps with inflammation.
- **Helps with Detoxification:** This is because detoxing helps your body get rid of old and toxic cells and replace them with ones that are stronger. This is a process called autophagy, which allows your body to get rid of old cells. While you're fasting, growth hormone levels massively increase. There is thought that this process of *“getting rid of the old and letting in the new”* could help eliminate chronic illness. Think about this: almost every major religion promotes periods of fasting.
- **Helps with Fat Burning:** After 12-16 hours of fasting, something called lipolysis begins. During this process, the body goes from burning glycogen to burning fat. In a study of mice, they lost the most weight when all their food consumption was restricted to an 8-hour window. That's one of the reasons why intermittent fasting has become so prevalent and successful.

- **Helps Increase Stem-Cell Production:** Research shows that a 24-hour fast can help with gut repair, but a 72-hour fast can help with systemic stem-cell production. That means these stem cells can go anywhere in your body and do anything. I saw an interview with a woman who had an Achilles injury and nothing was helping her. She decided to try a 72-hour water fast and at the end of it, she said her pain was reduced by about 50%. She decided to stick with the fasting until the pain was completely gone. On the 5th day, her pain was non-existent and has still not returned. The only explanation is that stem cells became active in her body during the fasting period and repaired her Achilles. It appears that while fasting, the body creates stem cells, which know where to go to heal something.

Here's Dana White's X post that made me decide to try the 72-hour water fast. [Dana White Video](#). Please don't think I just watched it and decided to start fasting. On the contrary. I did ton of research into the good, the bad and the ugly of fasting before I decided to do it. What I learned was there were too many pros to not give it a shot. The biggest one for me was doing a total "*body reset*."

Dana claims that by doing this fast, it gives you a 70% chance of NOT getting cancer, Alzheimer's and other nasty diseases. On this fast, you basically drink only water for 72 hours. Like Dana, for the first 24 hours, I only drank water, with electrolytes. The next two days, I added bone broth twice a day. This is the recommendation of many repeat "fasters."

Before I started, I mentally prepared myself for about a week and was blessed that my boyfriend wanted to join me so we could share in the experience. Mine was much easier than his. To me, it really was mind over matter. For the most part, I felt really good and whenever I was hungry, I drank some electrolyte-filled water or flavored no-calorie seltzer water. The bone broth on days 2 and 3 was a real treat. Unfortunately, he didn't have an easy a time as I did. He felt weak and his stomach often felt as if it were in horrific knots. This confirmed for me that every body is different. Given his uncomfortable reaction, I encouraged him to eat something, but he wanted to finish it. Day 3 was much better for him than days 1 and 2. All the days were fine for me.

The biggest takeaway for me was even though I'm a super healthy eater, I sometimes eat because of the time on the clock or because I feel like chomping on something. I realized that I often ate when I wasn't hungry. My 72-hour fast (which really turned into 84 hours because I didn't eat until the following morning), taught me to truly listen to my body and know when it really NEEDS, rather than WANTS food.

Here's a breakdown of the timing and what happens with your body on a 72-hour fast:

- In hours 12-18, the body starts to metabolically change. Insulin starts to fall and the body starts to enter a state of ketosis, which is the "*fat burning*" stage, rather than the "*sugar burning*" stage.
- Between 24 and 48 hours, autophagy begins. Cells start to repair themselves and old aging cells are eliminated. This is when the body essentially turns on itself and becomes more efficient at waste elimination, detoxification and cellular division. You're literally cleaning your body out at a cellular level.
- At 24 hours, your gut resets and you get intestinal stem cells that set in and repair the interior lining of the gut.
- At 36 hours, your body finds the stubborn fat on your gut and it starts to burn it for energy.
- At 48 hours, you're getting new dopamine receptor sites because your brain is motivated to go find food. So your body ends up rebooting the whole dopamine system.
- At 72 hours, the whole immune system reboots and recycles itself.

There is thought that fasting is the way out of chronic disease. If true, it's a pretty simple solution and MUCH better (and healthier and safer) than a pharmaceutical drug.

Here are the only things we consumed during our fast

- Water (flat or sparkling, which can be flavored if it has no calories or sugar). The sparkling seemed to provide a level of fullness the flat water didn't.
- Black Coffee (though I added stevia or monk fruit)
- Plain tea
- Electrolytes
- Bone Broth

I broke my fast with a protein shake, after a having a wonderful spoonful of natural peanut butter. My boyfriend broke his with eggs.

My biggest takeaway was that I need to eat only when I'm hungry, not because of the time on the clock. Fasting for 72 hours wasn't easy, but it also wasn't as hard as I expected. A couple weeks later, I did a 1-day fast, which was super easy and I plan to do it monthly. It seems to reset the mind and it wasn't nearly as hard as the 72-hour fast.

I was proud of myself and I was so proud of us for finishing what we started. Did it make a difference in our health? Only time will tell, but I think it did. My skin certainly looks brighter and smoother. My stomach is definitely flatter. Although I was pretty weak when I woke up the morning after my fast, overall, my energy level during the fast was high. Keep in mind that everyone's body is different and will certainly react differently to the 72-hour fast. For me it was worth it and will definitely be a habit. For my boyfriend, I'm not sure he'll join me again, but I hope he does.

After I completed the fast, I found a post on X by someone I follow, [Prince Fynn](#), who provided some great suggestions on how to prepare the body for a 72-hour fast. Since I plan to do this quarterly, I'll follow his recommendations next time. He suggests the following:

- Begin intermittent fasting at least 3 days before (16:8 method).
- At the same time, reduce carbs and increase healthy fats. This starts moving your body into ketosis.

At the end of the day, YOU have to decide what's best for YOU and what your ultimate health goals are. But if I can reset my immune system and make myself healthier, it's worth not feeding my face for a couple of days. My fast was certainly proof that if you put your mind to it, you can accomplish anything.

Be sure to reach out if you have any questions. Have a wonderful month!