

A SPIRITUAL JOURNEY OF RENEWAL,  
DISCIPLINE & CREATIVE EXPRESSION

*Spring*

*Summer*

CLEANSING  
WITHIN  
THE  
SEASON

THROUGH THE ARTS  
OF

*Fasting*

*Autumn*

*Winter*



RENEW



GROW



RELEASE



REFINE

BODY • MIND • HEART • SOUL • SPIRIT

# PREPARATION FOR A LIFE-GIVING FAST

Preparation for fasting is as important as the fast itself, because it conditions the body, mind, and organ network for the cleansing process. In Traditional Chinese Medicine, each season governs a specific set of organs that influence not only the physical body but also emotional and spiritual states. As the seasons change, the body must adapt, and this transition period becomes the ideal time to cleanse, nourish, and rebalance the organ systems. When we align our fasting practices with the seasonal cycles, we enhance the body's natural ability to detoxify and regenerate.

During the spring season, the Liver and Gallbladder are at their energetic peak, making it the most effective time to cleanse these organs while simultaneously balancing the Lungs and Large Intestine and energizing the Kidneys and Bladder. In the summer, attention shifts to the Heart and Small Intestine, while the Kidneys are balanced and the Liver is energized. Late summer focuses on the Spleen, Stomach, and Pancreas, which are responsible for digestion and the production of Qi and Blood. Autumn is the time to cleanse the Lungs and Large Intestine, while winter emphasizes the Kidneys and Bladder, which store essence, stores your DNA and govern vitality. By understanding and working within these seasonal relationships, the body becomes more efficient in eliminating waste and restoring balance.

The preparation phase begins seven days before the fast and involves gradually reducing the intake of heavy, mucus-forming foods such as meats, dairy products, processed foods, refined sugars, alcohol, and stimulants. These substances create Dampness and Phlegm within the body, which obstruct the flow of Qi and burden the digestive system. As these foods are eliminated, they are replaced with juices, herbs and water, that is if you are going too fast. The other method of fasting, cleansing, detoxing and nourishing your body is through eating green vegetable and fruits in season, and drinking herbal teas for a number of days with no starches, or proteins, to support your health, healing wellness and longevity.

During the initial days of preparation, meals should consist of approximately equal portions of raw and cooked foods, allowing the digestive system to adjust without shock. Gradually, the number of meals is reduced, and fluid intake is increased to support hydration and detoxification. The use of chlorophyll and green-based nutritional preparations enhances the cleansing process by nourishing the blood, supporting liver function, promoting cellular regeneration as you balance your organ network. From a TCM perspective, these substances help to cool internal heat, move stagnation, and support the spleen in its role of transformation and transportation.

As preparation continues, the diet transitions to primarily green vegetables, which are associated with the Wood element and support Liver function. At this stage, the digestive system begins to lighten its workload, and the body shifts toward detoxification. The inclusion of a liver-stimulating drink, such as a combination of 1 teaspoon of lemon, cayenne, olive oil (cold pressed virgin), and grade A maple syrup, supports bile production and encourages the Liver and Gallbladder to release stored toxins. This is particularly effective when taken in the evening, as these organs are most active between 11 p.m. and 3 a.m., according to the TCM organ clock.

Preparation also includes reducing physical and sexual exertion, as these activities draw upon the body's vital energy reserves. In TCM, excessive activity during fasting preparation can deplete Kidney essence (Jing) and divert energy away from the healing process. Instead, the focus should be on conserving energy, maintaining mental clarity, and preparing the body for the inward work of detoxification.

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## **DRY BRUSHING**

Dry brushing is a powerful external technique that supports the body's internal cleansing processes by stimulating the skin, lymphatic system, and nervous system. In Traditional Chinese Medicine, the skin is closely related to the Lungs and Large Intestine, which are responsible for respiration and elimination. As the largest organ of the body, the skin plays a critical role in detoxification by releasing waste through its pores. Dry brushing enhances this function by removing dead skin cells, opening the pores, and promoting circulation of Qi and Blood.

The practice begins at the feet, which contain numerous reflex points corresponding to the internal organs. By stimulating these points, dry brushing activates the organ systems and enhances the flow of energy throughout the body. The brushing motion follows the pathways of the acupuncture meridians, moving upward along the inner legs to stimulate the Liver, Spleen, and Kidney channels, and downward along the outer legs to activate the Gallbladder and Stomach channels. This directional movement supports the natural flow of Qi and encourages the release of toxins.

As the brushing continues over the abdomen, chest, back, and arms, it stimulates additional meridians, including the Heart, Lungs, Small Intestine, and Triple Burner. This comprehensive stimulation enhances circulation, supports lymphatic drainage, and promotes overall vitality. From a TCM perspective, dry brushing helps to move stagnant Qi, disperse Dampness, and invigorate the body's defensive energy (Wei Qi), which protects against external pathogens.

In addition to its physical benefits, dry brushing has a profound effect on the nervous system, promoting relaxation and mental clarity. It prepares the body for deeper cleansing by enhancing the connection between the external and internal environments, allowing the body to release toxins more efficiently.

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## **ENEMA AND COLONIC CLEANSING**

The cleansing of the lower bowel is an essential component of fasting, as it removes accumulated waste from the colon and supports the body's overall detoxification process. In Traditional Chinese Medicine, the Large Intestine is responsible for eliminating waste and maintaining

balance within the body. When waste accumulates, it creates Heat, Dampness, and stagnation, which can lead to a wide range of health imbalances.

Enemas and colonic irrigation work by introducing fluid into the colon to loosen and remove impacted waste. This process enhances the body's ability to eliminate toxins that have been dislodged during fasting. Without proper elimination, these toxins can be reabsorbed into the bloodstream, placing additional stress on the Liver and other detoxification organs.

Different types of enemas provide varying therapeutic effects. Coffee enemas stimulate the Liver and Gallbladder, enhancing bile flow and detoxification. Chlorophyll enemas nourish the Blood and support cellular cleansing. Lemon-based enemas act as natural astringents, breaking down toxic buildup and supporting the digestive system. Herbal enemas provide additional therapeutic benefits depending on the herbs used, such as reducing inflammation or promoting relaxation.

From a TCM perspective, these practices support the downward movement of Qi, which is essential for proper elimination. They also help to clear Heat and Dampness from the Large Intestine, restoring balance to the digestive system. After cleansing, it is important to replenish beneficial bacteria to maintain the health of the intestinal environment, as the colon plays a critical role in immune function and nutrient absorption.

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## FASTING

Fasting is the intentional abstinence from solid food while maintaining nourishment through liquids, allowing the body to shift from digestion to healing. During this time, the body redirects its energy toward detoxification, repair, and regeneration. In Traditional Chinese Medicine, fasting is seen as a method of clearing internal Heat, resolving Dampness, and restoring the smooth flow of Qi throughout the organ network.

As the fast begins, the body enters a state of conservation, lowering its energy output and focusing on internal processes. The Liver plays a central role in this process by filtering toxins and regulating the flow of Qi. The Spleen, which is responsible for digestion and the production of Qi and Blood, temporarily reduces its activity, allowing energy to be redirected toward cleansing. The Kidneys provide the foundational energy needed to sustain the body during this period, drawing upon stored essence to maintain balance.

The intake of juices, herbal preparations, and broths provides essential nutrients while supporting the cleansing process. Vegetable juices supply minerals that nourish the Blood and support cellular function, while fruit juices provide natural sugars and enzymes that cleanse and energize the body. Herbal supplements enhance detoxification by supporting specific organ systems and promoting balance.

Throughout the fasting process, the body undergoes a series of adjustments, including the release of toxins, changes in energy levels, and increased sensitivity to internal and external stimuli.

These changes reflect the body's efforts to restore balance and should be approached with patience and awareness. As the fast progresses, many individuals experience increased mental clarity, heightened awareness, and a deeper connection to their spiritual nature.

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## **THINGS YOU MAY EXPERIENCE DURING THE FAST**

During fasting, the body undergoes significant changes as it eliminates toxins and restores balance. These changes may manifest temporary physical or emotional symptoms, which are natural responses to the cleansing process. From a Traditional Chinese Medicine perspective, these symptoms represent the movement of Qi, the clearing of Heat, and the release of stagnation.

Coldness in the extremities may occur as circulation adjusts and the body conserves energy. Headaches are often associated with the Liver's detoxification process, as it works to break down and eliminate toxins. Skin rashes may appear as the body releases waste through the skin, reflecting the connection between the Lungs and Large Intestine. Nasal discharge is another common symptom, indicating the elimination of mucus and toxins from the respiratory system.

Low energy levels are typical during the early stages of fasting, as the body shifts from external nourishment to internal reserves. This is a natural part of the healing process and often resolves as the body adapts. Changes in taste and breath odor may occur as toxins are released, while lightheadedness can result from the rapid movement of Qi and the cleansing of the bloodstream.

As the fast continues, many individuals experience increased mental clarity, heightened sensory awareness, and a deeper connection to their spiritual self. These changes reflect the body's transition from a state of imbalance to one of harmony and alignment.

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## **HERBS (EXPANDED WITH TCM ENERGETICS + PHARMACOLOGY)**

Herbs serve as one of the most powerful tools in supporting the body during fasting and cleansing, functioning as both therapeutic agents and nutritional enhancers. In Traditional Chinese Medicine, herbs are not simply substances used to treat symptoms; they are energetic medicines that influence the movement of Qi, the nourishment of Blood, the regulation of body fluids, and the balance of Yin and Yang within the organ network. Each herb possesses a specific

energetic nature—such as warming, cooling, drying, or moistening—as well as directional tendencies that guide its action within the body.

During fasting, herbs are used to assist the Liver in detoxification, support the Spleen in transformation and transportation, regulate the Large Intestine in elimination, and tonify the Kidneys to preserve essential energy. From a pharmacological perspective, many of these herbs contain active compounds such as alkaloids, flavonoids, glycosides, and tannins, which contribute to their anti-inflammatory, antimicrobial, detoxifying, and adaptogenic properties.

Psyllium, for example, acts as a bulk-forming fiber that gently cleanses the intestinal tract while protecting the mucosal lining. Its high soluble fiber content absorbs toxins and promotes peristalsis without irritating the colon, making it particularly valuable during fasting. Black walnut contains juglone and tannins, which exhibit antiparasitic and antimicrobial effects, while also supporting blood purification and balancing blood sugar levels.

Sarsaparilla functions as a blood cleanser and anti-inflammatory agent, containing saponins that support detoxification and hormonal balance. Sassafras, traditionally used as a spring tonic, stimulates the Liver and promotes the elimination of toxins, although it must be used with caution due to its potent nature. Flaxseed provides omega-3 fatty acids and mucilage, which soothe the digestive tract and support bowel regularity while nourishing Yin and lubricating dryness.

He Shou Wu, a revered herb in Chinese medicine, nourishes Liver Blood and Kidney essence while supporting longevity and vitality. Kelp, rich in iodine and trace minerals, regulates thyroid function and metabolism, although excessive intake must be avoided to prevent imbalance. Licorice harmonizes herbal formulas and supports the adrenal system, while also possessing anti-inflammatory and demulcent properties that benefit the digestive and respiratory systems.

In TCM practice, herbs are rarely used in isolation; they are combined into formulas that create synergy and balance. This ensures that no single herb overwhelms the system and that the overall effect supports the body's natural healing processes. It is important to use herbs with knowledge and respect, as their potency requires proper dosage and understanding of individual constitution and condition.

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## **JUICES (WITH FIVE ELEMENT + MINERAL BREAKDOWN)**

Juices play a central role in fasting by providing concentrated nutrition while allowing the digestive system to rest. In Traditional Chinese Medicine, foods and juices are classified according to their energetic properties, flavors, and organ affinities. Each flavor corresponds to an element and influences specific organs: sour relates to the Liver (Wood), bitter to the Heart

(Fire), sweet to the Spleen (Earth), pungent to the Lungs (Metal), and salty to the Kidneys (Water).

Vegetable juices are particularly rich in minerals such as potassium, magnesium, calcium, and iron, which are essential for maintaining cellular function, nerve conduction, and muscle activity. These minerals support the production of Blood and the regulation of fluids, making vegetable juices highly nourishing during fasting. Green juices, abundant in chlorophyll, have a cooling and detoxifying effect, helping to cleanse the Blood, reduce internal Heat, and support Liver function. They also contribute to the building of red blood cells and enhance oxygen transport throughout the body.

Fresh vegetable juices, such as those made from carrot, celery, beet, and leafy greens, strengthen the immune system, reduce inflammation, and assist in removing excess fats and metabolic waste. From a biochemical perspective, these juices provide antioxidants, phytonutrients, and enzymes that support detoxification pathways, including liver enzyme systems responsible for neutralizing toxins.

Fruit juices, on the other hand, are more cleansing and energizing due to their natural sugars and high vitamin content, particularly vitamin C. They act as natural solvents, breaking down mucus and waste within the tissues. However, their strong cleansing action must be used with caution, as excessive intake can overstimulate the body and lead to symptoms such as skin eruptions or increased mucus discharge. This reflects the TCM concept of releasing excess Heat and toxins too rapidly.

The separation of fruit and vegetable juices is important, as they digest differently and can interfere with each other's absorption. Vegetable juices are more grounding and nourishing, while fruit juices are more dispersing and cleansing. Apples are sometimes considered an exception due to their malic acid content, which supports digestion and promotes bowel movement.

Juices can be tailored to specific health conditions by selecting ingredients that correspond to the affected organ systems. For example, beet and leafy green juices support Blood and Liver function, while cucumber and celery cool Heat and reduce inflammation. By aligning juice selection with the Five Element Theory, the fasting process becomes a targeted and effective method of restoring balance.

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## **BREAKING THE FAST (CLINICAL + SAFETY EXPANSION)**

Breaking the fast is one of the most critical phases of the cleansing process, requiring careful attention and discipline. After a period of fasting, the digestive system has been at rest, and the organs responsible for digestion—particularly the Stomach and Spleen—are in a weakened and

sensitive state. In Traditional Chinese Medicine, the Spleen is considered the foundation of postnatal Qi, responsible for transforming food into energy and Blood. If overwhelmed too quickly, it can become impaired, leading to symptoms such as bloating, fatigue, and digestive discomfort.

The process of reintroducing food must be gradual and intentional, beginning with easily digestible foods such as fresh fruits or lightly steamed vegetables. Apples are especially beneficial due to their ability to stimulate peristalsis and gently awaken the digestive system. These initial foods should be consumed in small quantities, allowing the body to adjust and begin producing digestive enzymes once again.

From a clinical perspective, the length of time spent transitioning back to solid food should correspond to the length of the fast. For example, a three-day fast requires several days of gradual refeeding before returning to heavier foods. During this period, raw foods are preferred, as they are rich in enzymes and easier to digest. Cooked foods should be introduced slowly, followed by more complex meals as the digestive system regains strength.

Improperly breaking a fast can have serious consequences, including digestive distress, toxin reabsorption, and metabolic imbalance. In extreme cases, overeating after prolonged fasting can lead to dangerous shifts in electrolytes, a condition known as refeeding syndrome. Therefore, it is essential to approach this phase with patience, mindfulness, and respect for the body's condition.

In TCM terms, breaking the fast is the process of rebuilding the Spleen and Stomach Qi while ensuring the smooth flow of Qi throughout the body. Warm, simple foods such as vegetable broths and lightly cooked greens help to support digestion without overwhelming the system. Eating should be done at appropriate times, particularly during the peak digestive hours of the Small Intestine, to maximize absorption and efficiency.

Ultimately, the breaking of the fast is not merely a return to eating, but a continuation of the healing process. It is an opportunity to establish new dietary habits, improve digestion, and maintain the balance achieved during fasting. By honoring this phase, the benefits of the fast can be preserved and extended, supporting long-term health and vitality.

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## **FULL CLINICAL FASTING PROTOCOL SYSTEM (TCM MODEL)**

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### **7-DAY THERAPEUTIC FAST (FOUNDATIONAL RESET PROTOCOL)**

The 7-day fasting protocol is designed as an entry-level therapeutic cleanse that initiates detoxification, restores digestive balance, and begins regulating the flow of Qi, Blood, and body fluids. From a Traditional Chinese Medicine perspective, this protocol primarily addresses **Qi stagnation, Dampness accumulation, and mild Heat conditions**, while gently supporting the Liver, Spleen, and Large Intestine.

During days one through two, the body transitions from solid food dependency into a state of internal regulation. The Spleen reduces its digestive workload, while the Liver begins mobilizing stored toxins. Clients may experience mild fatigue, headaches, or emotional fluctuations, which reflect the movement of stagnant Qi and the release of internal Heat.

By days three through five, detoxification deepens. The Liver's role in filtering Blood becomes more active, while the Large Intestine increases elimination. This phase often produces noticeable physical changes such as clearer skin, reduced bloating, and increased mental clarity. Qi begins to flow more smoothly, and the body shifts from a state of accumulation to elimination.

Days six and seven represent the integration phase, where the body stabilizes and begins rebuilding. The Kidneys provide foundational energy to sustain the process, while the Spleen prepares to resume its role in digestion. At this stage, clients often report increased awareness, improved breathing, and a sense of internal balance.

**Clinical Indications:** mild digestive disorders, fatigue, early hypertension, seasonal allergies, mild weight imbalance, stress-related Qi stagnation.

**Contraindications:** severe deficiency, pregnancy, advanced chronic illness without supervision.

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## 14-DAY DEEP DETOX PROTOCOL (ORGAN REGENERATION SYSTEM)

The 14-day fasting protocol expands upon the foundational cleanse and is designed to reach deeper levels of the organ network. This protocol targets **Blood toxicity, chronic Dampness, and deeper Qi stagnation**, while strengthening the Liver, Kidneys, and Spleen.

During the first three days, the body undergoes the same transition as the 7-day fast, but by days four through seven, detoxification intensifies significantly. The Liver begins to release stored toxins from deeper tissues, including fat cells, while the Blood undergoes purification. This phase may produce stronger symptoms such as fatigue, emotional release, or temporary discomfort, reflecting the clearing of long-standing imbalances.

From days eight through ten, the body enters a regenerative phase. Cellular repair accelerates, and the Kidneys begin to support deeper restoration by providing essence (Jing). This is a critical phase where rest, hydration, and proper herbal support are essential. The mind often becomes clearer, and emotional stability improves as the Heart and Shen (spirit) are balanced.

Days eleven through fourteen focus on stabilization and preparation for refeeding. The Spleen begins to regain strength, and the digestive system prepares to resume function. At this stage, the body has significantly reduced toxin load, improved circulation, and enhanced immune function.

**Clinical Indications:** chronic inflammation, metabolic imbalance, hypertension, blood sugar imbalance, skin disorders, hormonal irregularities.

**Contraindications:** severe Qi or Blood deficiency, elderly weakness, unsupervised fasting.

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## **28-DAY MASTER FAST (CELLULAR REGENERATION + LONGEVITY PROTOCOL)**

The 28-day fasting protocol represents a profound therapeutic intervention designed for **deep cellular regeneration, chronic disease support, and longevity enhancement**. In TCM, this protocol addresses **deep-rooted imbalances involving Jing (essence), Blood deficiency, and long-standing stagnation**.

The first week mirrors the initial detoxification phases of shorter fasts, but by the second week, the body transitions into a sustained state of internal healing. The Liver continues to detoxify, while the Blood becomes progressively purified. The Spleen remains in a reduced digestive state, allowing energy to be directed toward systemic repair.

During the third week, the Kidneys play a dominant role, supplying Jing to support deep regeneration. This phase is associated with significant physical and emotional transformation, as the body releases deeply stored toxins and patterns of imbalance. Proper supervision is essential, as this stage requires careful monitoring of energy levels and hydration.

The fourth week represents the culmination of the fasting process, where the body achieves a high level of internal balance. Qi flows freely, Blood is nourished, and the organ systems function in harmony. This phase supports longevity, enhanced vitality, and a profound connection between the mind, body, and spirit.

**Clinical Indications:** chronic degenerative conditions, autoimmune imbalances, severe metabolic disorders, long-term toxin accumulation.

**Contraindications:** must be supervised; not recommended without professional oversight.