

*~Deeper Wisdom on Fasting~*  
*by Lady Nenari, Princess of the Sea, Lady of Glencoe, Highlands Scotland*

For over 20 plus years now I have been on the path of detoxing the body in healing in various forms. When I began such I was quite poorly in my health with loads of health issues as weighing over 400 pounds and a plus size 4X. My first fasting was a cold turkey 40 day seasalt and water fast. Back nearly 15 years gone in my second book I shared the wisdom of seasalt and water and its healing properties because of my own experience with it.

As I grew in my understanding and have done various fastings and continuously daily intermittent fasting for over 15 years (including one meal a day and/or fasting for at least 12 to 18 hours and having two small meals, 8 of those hours being whilst I slept so as to allow the body to rest and RejuveNate then, fasting every other day and eating one meal a day, many variations I have done of this) I have been asked how is it that I look so youthful for my age and also despite having cancer and nearly healed from it how is it that I Am able to do such and rid of the weight I had and heal what was so poorly within me. Thus, as part of what I teach more in~depth in my Divine Feminine Goddess Course and also other courses and things here is some wisdom on this topic for all of the many of you whom have been asking me 'Ok, so where do I start with all of this?, How do I begin?'~

Four day cleansing fast (Holiday from Food)

\* Day One~ easing into it two meals for the day instead of usual three or how ever many you eat. Water with himalayan seasalt ( $\frac{1}{2}$  tsp for every litre of water; drink 2 to 3 litres of water a day, more if you feel you need it), herbal teas, and coffee alright (decaf though for Divine Feminine encouraged or chickory coffee with coconut creme in it instead of milk or if you prefer heavy creme is fine as well. There are other variations of this that can be used such as placing a tablespoon of butter in such along with MCT oil and such but this is more for as you fast more).

\* Day Two~ Juice fasting only. Either juicing such fruits and/or eating them, only fruit and water and seasalt this day

\* Days Three and Four~ only water with himalayan seasalt ( $\frac{1}{2}$  tsp for every litre of water; drink 2 to 3 litres of water a day, more if you feel you need it), herbal teas, and coffee alright (decaf though for Divine Feminine encouraged or chickory coffee with coconut creme in it instead of milk or if you prefer heavy creme is fine as well. There are other variations of this that can be used such as placing a tablespoon of butter in such along with MCT oil and such but this is more for as you fast more. Other sources instead of coffee can be Lion's Mane and Green Matcha both give a slight different essence of brain alertness and Green Matcha (tea, powder, capsules) in caffeine without the harsher side effects) and also Also, Exogenous ketones in the form of beta hydroxybutyrate (BHB) powder (salts, which is BHB mixed with either magnesium, potassium, or calcium) can help ease the transition in fasting as well bringing you mental clarity and alertness (and is a better alternative to caffeine), fullness, staving off the hangries until you can come into producing the ketones on your own (endogenous ketones) through fasting and low carb means and nothing else than this above

for these days. Using BHB can also help you to extend your fasts longer than these four days here as well.

break your fast (which is where the word breakfast comes from actually which is for breaking your fast) after the full day four is over (ie on Day 5) wait until 1 hour before your usual dinner time (about 5pm) and break such fast with a small portion of meat if you eat meat (preferably chicken or fish, lean meat with little fat) and 1 vegetable, if not and you are vegetarian or vegan then 3 small portions of vegetables and then wait an hour and have an actual meal (with a bit more fat is fine and soluble fiber (chia seeds is great!) in slowly go back to eating and see how your body feels.

This will reset your body and the cravings for sugar, sweeties, breads, pastas etc will be less and get more and more less the more you fast. You will also lose weight naturally due to autophagy (the body eating itself or eating/using the excess glucose stored as brown fat (adipose fat) and is really where the term cannibalism came from and is really meant as that is what it means yet this word got bastardised to mean people eating one another which is free from being what it is and is about autophagy as written here) in the body. First 24 to 36 hours you may feel flu like, tired or just plain yucky, which is perfectly natural as this is the body beginning to detox. Make sure you take more seasalt (Himalayan and non white as that is bleach and the mineral content is taken out so make sure it is pink that you can see the minerals in it which will look like different shades of pink) as per given above and this will help, along with 500mgs of magnesium if needed if you have leg cramping etc. and this will help you to feel less yucky. Any hunger or hangryness (as it is now called as of 2018) you feel will also be helped with this. Around 24 to 48 hours (may be longer if you are insulin resistant meaning have loads of fat stores (adipose fat) ) you will feel much more energy. You will also notice more mental clarity, calmness, centredness, focus as you are fasting.

Longer fasts you can build up to as well with this after doing this fasting above here, try such now and then in a fortnight from now. Giving your body and organs time to rest from having to process food all the time is the key to RejuveNAtion (RNA~ RejuveNAtion) the body, healing it, and also is the true fountain of youth as our bodies are not meant to be processing food all the time as this wears down our organs and causes premature aging and early death. It is also a misconception that we are to exercise loads to burn more calories to lose weight and to be healthier when it actually does the opposite. Exercising in sort spurts two to three times a week max is good but any more than that places the body into a constant body stress mode which causes more adrenaline, cortisol, and other such hormones in the body to be released causing more stress on the organs thereby creating what I wrote above on our organs.

Fasting has been done by us as humans for thousands of years (great masters such as Jesus, Buddha, Gandhi and others have also done such) to help heal the body. Back in the days of hunter/gatherer we did this as well because we ate off the land and whatever we had that we foraged we ate and some moments we had no food around to eat for days or weeks in~between. Even in Lemuria (which is our first existence on this earth, before Atlantis), we actually began as ethereal soul beings and then into physical being and in physical form we first 'ate' if you will prana/chi/energy. This is why things like Tai Chi and meditation and such are so effective as this is what we lived on originally is this energy. Then from there we did sun gazing which is another form of living off prana/chi/energy. Then as we devolved in

consciousness came fruit, vegetables, herbs, plants which absorb the sun's light/energy thus is prana/chi/energy of life, of Source we are eating (along with the water/seasalt/mineral essence in them that we too are). Then animal sources after that in that they roam the earth (usually when humanely done) and thus are another reflection of the absorption of the sun's light/energy thus prana/chi/energy of life, of Source. Our mitochondria is our vibrational energy factory that represents this prana/chi/energy of life, of Source.

We have become far too gluttonous in eating as much and as often as we do. Our bodies do not require that much to live on. We have been indoctrinated to think we are to eat three meals a day and graze and all sorts, and it is simply not true. The hunger pains we get actually are the addiction we have to food attempting us to get our next fix much as an alcoholic or drug addict does. Fasting is a natural way that has been around since the time before time really, to actually give the body a what I call a holiday away from food and breaks addictive patterns in the body and the mind really. Fasting detoxes the body and the organs and can heal so much build up that causes all of these things and brings us back to the original Source (of Source energy) and also of how we were created as Merkaba (Lightbody) Soul essence. It is never about calorie restriction as that is another thing we have been indoctrinated into believing, it is about carb restriction and adding fats and healthy food into our way of life.

As your body adjusts to fasting, you can then go to eating just one meal a day (OMAD) and you will feel most satisfied. Benefit of this as well is you are free from having to spend loads of time and energy on thinking about/buying/preparing food all the time. Having to do so all the time is nothing more than a distraction keeping you from focusing on your passion and why you are here on this earth and healing what is within you, feeling such and healing such. You have loads more time with one meal a day (or every other day and fasting the other day) and is what keeps the addiction going.

To go forward within eating a more healthy balanced way, the key is to keep your carb intake as low as possible (between 20 and 100 grams) per day to sustain autophagy and ketosis (which is where the body produces ketones in the liver which has the body start and maintain the autophagy process). Avoiding processed foods is most important as well as too many things that say vegetarian/vegan have loads of chemicals, sugar, carbs, and things processed and hidden in them that are still as harmful as eating other processed things. Read and watch what is in such things choose as purely as you can.

Everything we eat has carbs (carbohydrates) in them. Yet there are lower ones of fruits and vegetables that can be eaten that can be of help to the body to keep the autophagy and ketones flowing. It is a misconception that we need fibre to go to the toilet or to have other sources of fiber and protein from certain sources. The truth is we get fibre and protein naturally. There is plenty of fibre and protein through fruit, vegetable, and plant based sources if you choose to be free from eating meats. Whey Protein and Pea Protein are also good sources for such as well that are low carb. Some of those lower carb fruits and vegetables are~

Olives

lettuces (all kinds of lettuces such as red leaf, green leaf, romaine etc. and also including watercress, rocket salad (arugula), kale, spinach)

courgettes (zucchini for those in America and Canada)

berries (raspberries, blueberries, strawberries)

cantelope  
watermelon (in small amounts)  
cabbage  
green beans  
onions and carrot (in small amounts)  
Raw Cacao  
flax seed  
pumpkin seed  
hemp seed  
chia seed (chia seed is amazing at expanding in the body, making you feel fuller and also absorbs the toxins in the body as it moves through eating it up and then expels it out when you go)  
peppers (green pepper is lowest, other colours are ok in small amounts but not much due to sweet content aka carb)  
asparagus  
bok choy  
sauerkraut  
broccoli  
cauliflower  
brussel sprouts  
aubergine (eggplant for those in America and Canada)  
brazil nuts  
macadamia nuts  
pine nuts  
pecans  
walnuts  
avocados  
quinoa (in small amounts)  
herbs and spices  
garlic (one to two cloves max per day)  
almond milk (in small amounts, coconut milk and/or coconut creme is a much better choice)  
almonds (in small amounts)  
mushrooms

We also have been told that eating fat makes you fat and/or causes heart issues etc. ANYTHING we eat in the body that is in excess is going to give us issues. It is important to rotate our food whether it is meats, dairy, vegetables, fruits. Yet healthy fats actually are healing to the body. Too much of our food has Omega 6 and 9 in it. More Omega 3 is most important. Some of the best healthy fats are~

Coconut (in any form~ milk (Koko brand here is the best original or unsweetened is best), creme, oil)  
avocados  
olive oil  
sunflower oil  
fish

eggs

cheese (actual cheese or vegan cheese made by violife is FAB and does taste like cheese)

raw cacao (can add a bit of stevia or raw organic honey to sweeten just be careful as this ups the carbs)

nuts (as above)

mayonnaise (or vegan/vegetarian equivalent though see notation above regarding that about processed foods)

cream cheese

guacamole

vinegarette

salsa

mustard

hot sauce

full cultured and greek yoghurt

ghee

Meats and eggs are also zero carbs and if you can eat such or choose to are a great source of protein with zero carbs. It is best to be free from having protein and carbs together. Always best to have fats and proteins together and whilst there are small amounts of carbs in vegetables and fruits this reference here is within having a balance of carbs of the low carb fruits/vegetables and being free from having things such as pastas, rice, breads, cakes, tatties (potatoes for those in America and Canada), and such things.

Things to avoid that are high in carb content (or only have very sparingly and after you have established a more deeper fasting protocol)~

bread, pastas, cakes, cookies, doughnuts, sweeties etc (even gluten free ones as it is free from being about just the gluten or the ton of glue which is what gluten, gluerton means as it is literally glue that gums up the body when we eat such and our bodies were never made to eat any sort of flours gluten free or not, it is about the carb content which can be anywhere from 50 to 100 grams of carbs in just one wee serving of any of these things which the body stores as brown fat as the liver can only hold about 100 grams of glucose in any one 24 hour period which means more than that gets stored as fat in the body)

bananas~ sadly one wee banana is 20 grams of carbs so be careful with these

tatties (potatoes due to lectin content and also due to saponins which is used to make soap and is lethal to insects as it is to us as humans as it dissolves the membranes of the cells in our intestinal tract causing many issues)

sweet potatoes

nips (parsnips)

beet root

rutagbega

corn

baked beans

beans and lentils (only in small amounts due to high carb content and lectin content)

mango, pineapple, apple, pear, kiwi, grapes, cherries, plums, oranges, peaches (only small amount due to high carb content)

bbq sauce  
ketchup  
maple syrup  
tomatoe paste  
tomatoes (due to lectin content)  
peas (due to lectin content)

This will get you started on the path. Added bonus~ fasting also saves on your pennies in your purse as eating less allocates more financial abundance towards other things :) More to come so stay tuned....in tuned to the heart of the Soul that you are!

In Pure Love ~Lady Nenari, Princess of the Sea (originally written in 2008 and added to in 2019 to reflect the first paragraph and info about hangry/brownfat)

<https://www.facebook.com/photo.php?fbid=10216357654471985>

~~~~~

What is the secret to the fountain of youth?

How do you regenerate your stem cells and telomeres of your DNA and activate your Soul's essence of your RNA?

How do you heal from any dis~ease mentally, e~otionally, physically?

It is something that all the ancients did and knew....

and even we did since the hunter/gatherer times

one word....and its the F word....

nae, THAT F word lol!

it is Fasting!

Fasting is the first principle of medicine; fast and see the strength of the spirit reveal itself  
~Rumi

Eating three meals a day (and grazing/peckishness) was created due to egoic self righteousness and judgment rather than biological necessity. In my first book Life Long Learning that I published nearly 16 year ago, I speak about how it is best to eat by our own intuitive clock rather than because someone said to eat 3 meals. When European settlers came to America, they found that Native Americans ate when and as there was an urge to, often one meal and then with days in~between and this was seen as uncivilised rather than the intuitive tuning into the body and giving the body time to rest without having to process food all the time which wears the body down and causes premature aging and death, and so the European people forced the Native Americans to change to 'their' ways.

People always ask me how it is I look so young for my age? The answer is this secret that I have been doing now for over 20 years within this F word of fasting. There is a common misconception that a stable blood glucose is necessary for survival and that it has to come from consuming carbohydrates to maintain blood glucose. This is both unnecessary and can be a detrimental vicious cycle leading to ill health and premature death.

Why? Because what occurs is after you eat some carbohydrates- bread, pasta, rice, sweeties, etc. Glucose enters the bloodstream and insulin is secreted into the body from the pancreas to distribute the glucose properly. It is through the insulin receptor that glucose enters the cells to produce energy. The body, however can only hold about 70 grams of glucose total in a 24 hour period in the liver and about 200 grams in the muscle? So if you take in more than that (a wee piece of bread, a banana, or a cake can have anywhere from 25 to 55 grams alone just that bit) of carbs, the body goes into storage mode and stores it in your body as fat. And the more glucose in the body and stored as fat, the more inflammation of the body occurs.

So what happens is that as your energy levels start to wane if you are free from tapping into that stored glycogen in the body (which is what you are meant to do) instead you just eat another carb and it creates a vicious cycle to where you never use the stored fat in the body thereby making you more and more ill and aging more and more rapidly. There is an Egyptian Pyramid inscription from around 3800 B.C. that reads 'Humans live on one-quarter of what they eat; on the other three-quarters lives their doctor.'

All illness and aging in essence is the result of cumulative damage to your DNA. Thus all dis~eases mentally, physically, e~otionally from fibromyalgia, to cancer, to fungus, to diabetes, to depression, to anxiety, ADD, ADHD, OCD, you name it, is nothing more from the physical perspective (soulfully is another matter) is the result of too much glucose and the toxins related to it stored in the body embedded in the fat cells causing this inflammation, even if you are free from being 'fat'. If you appear physically fat though it can be even more pronounced.

So what is the SOULution (solution from and of the Soul)? That F word~ fasting as this is where ketosis comes in. If you stop eating for anywhere between 12 to 16 hours (longer if you have insulin resistant which means if you have loads of stored glucose in the body beyond the liver and muscles that is nae used up yet and the true breakdown of the glucose occurs when fasting between 24 to 48 hours or longer) the glucose stores in the body deplete and the body will start breaking down fat and using it for energy in the process the liver does of creating ketones. Ketones produce energy for your cells through similar pathways as glucose yet is a much more stable and efficient means of obtaining energy as your primary source of fuel and gets you out of the cycle of highs and lows of carb glucose addiction as it stimulates something called autophagy which is intercellular, ie occurs within the cell, of the cell eating itself and dying off so it can be flushed out of the body thereby creating energy and healing better than any medicine we can take. Fasting frees you in so many ways from having to prepare and cook food all the time, frees your body and mind to heal and thrive, saves you money, gives you time to spend doing the things you love (and with people you love if you choose) and living in your Soul and its purpose without the distraction of food all the time.

Professor of Genetics, David Sinclair and his team found that fasting stimulates sirtuin proteins in the body which are directly responsible for DNA repair and I will add can also RejuveNate (RNA) your soul essence of your RNA. Also, Professor of Neuroscience Mark Mattson, at Johns Hopkins University Neuroscience showed how fasting promotes the growth of new neurons in the brain and explains why fasting has been linked to the prevention of neurodegenerative diseases like Parkinson's and Alzheimer's and also helps with depression, anxiety, ADD, ADHD, and other diseases. When fasting your brain slows down in synaptic activity making you calmer, more clear headed, able to make proper choices because you are in a smoother recovery mindset.

At the heart of it all we as humans simply have no requirement for carbohydrates from outside sources of breads, pastas, rice, etc and only require little in terms of fruit and vegetable sources of carbs which are natural and much more healthy for us in small amounts. The liver on its own without the aid of man made manufactured carbs of breads, cakes, cereals, rice, etc. produces an infinite supply of glucose as we require it. Further proof of this can be found within a man right here in Scotland who fasted for nearly a year losing 276 pounds consuming only water and vitamin supplements with no ill effects. As it states here at the beginning of the article 'In 1965, a 27-year-old man in Scotland, Angus Barbieri, decided he wanted to lose some weight. At the time, he weighed 456 pounds. Under doctors' supervision, he began fasting and survived for more than a year without food, setting a new world record.' The article for this can be found here

<https://www.unbelievable-facts.com/2018/02/angus-barbieri.html>

more on what I wrote about this (and also on how to get started) as well here at this link

<https://www.facebook.com/photo.php?fbid=10216357654471985>

Fasting has been done by us as humans for thousands of years (great masters such as Jesus, Buddha, Gandhi and others have also done such) to help heal the body. Back in the days of hunter/gatherer we did this as well because we ate off the land and whatever we had that we foraged we ate and some moments we had no food around to eat for days or weeks in-between. It is said that Plato fasted for greater mental efficiency, the "Luther of Medicine" Philippus Paracelsus called fasting 'the greatest healing remedy' and Mark Twain suggested fasting to be more effective than any medicine. Why? Because the body has the incredible ability to heal itself and to function thrivingly for many thousands of years actually when given the proper ways of care and nurturing love. Will you love your body into thriving aliveness now in this OM, this One Moment?

~Lady Nenari, Princess of the Sea

<https://www.facebook.com/photo.php?fbid=10216517160379533&set=a.2234042248579&type=3>

~~~~~

For those who were very keen on my recent post regarding fasting and its benefits from my personal experience that I shared here on how to begin in such <https://www.facebook.com/photo.php?fbid=10216357654471985&set=a.2234042248579&type=3> here is some science behind fasting in how it helps with cancer, boosting immunity, and creating new stem cells in the body ~Lady Nenari, Princess of the Sea

<http://www.thedeenshow.com/scientists-discover-that-fasting-triggers-stem-cell-regeneration-fights-cancer/>