



## ***“Healing Fast”*** **Part of the “Hormone Dysfunction” Series**

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For most of human history, fasting has been used for healing and spiritual reasons. Fasting is considered by some to be the most powerful of all spiritual disciplines. Moses fasted on Mount Sinai when he received the Ten Commandments, Jesus fasted before he was tempted by Satan, and David fasted when he found out that Saul and Jonathan had been killed. There are many more examples of God’s people fasting for spiritual reasons as a way to bring their undivided attention and devotion to God.

Historically, Hippocrates, the father of medicine, used fasting as far back as 466 – 377 BC, and Galen (131 – 299 AD), Plato, and Socrates all utilized and taught on the physical benefits of fasting. Even back then, they spoke of the powerful therapeutic process that provides a period of physiological rest that allows the body to devote itself to healing. Animals do this instinctively when sick or injured, however human need to learn the art.

New research suggests that a special type of fasting and caloric restriction not only extends your life, but also causes hormonal and metabolic changes that aid in weight loss and can ward off heart disease, diabetes, and even cancer. Not all fasting and caloric restriction is beneficial for weight loss, however.

There are numerous studies from years of research indicating the life extension and health benefits of caloric restriction. Caloric restriction, however, has never been proven to be successful for long-term weight loss, unless driven by a hormonal change that shuts down our desire to eat. The data indicating life extension from caloric restriction relating to humans are from epidemiological studies (those of distinct human populations) that look at the diets and life spans of different cultures. The people being studied are not cutting calories in an attempt to lose weight, they simply are eating until full. It just so happens that their calories at the end of the day are low, but their nutrient-to-calorie ratio is very high. This means that although they don’t eat as much in a day as Americans do, they end up consuming far more beneficial nutrients due to the quality of food being consumed. This has a profound effect on their health as well as their hormones. It is a hormonal signal that tells their brains that they are finished and satisfied. They do not battle cravings for sugar and bread, nor do they struggle with weight gain. In fact, their healthy hormone balance is the key to their success. If you are simply trying to muster up enough will power to cut calories to lose weight without a healthy hormonal balance, you are doomed to failure. Eventually you will give in to the cravings. The 5 - 10 pounds that you lost by pushing the food away, most of which is muscle weight, will quickly be gained back, because without correcting the hormones, you will be overcome by the desire to eat more, especially breads and sugars (carbohydrates).

## Leptin: The Weight Loss Hormone

There are specific hormones that signal your brain to start and stop eating. Leptin is a hormone that not only tells you to stop eating, but to burn fat when you're not eating. The hormonal ability to burn fat for energy (especially when not eating) results in a natural caloric restriction diet (like those in the studies). If you have the hormonal ability to be a fat burner, you simply eat less without cravings while your body feeds on fat. The benefit here is obvious; you stay lean and age more slowly. The bottom line is if your hormones are not right, you will not be able to permanently lose weight or be successful on any diet.

I know what you are thinking: "How do I fix my hormones?" At least that is what you should be thinking. I have said it for years now: In order to fix the hormones, you must **fix the receptors to the hormones that reside on your cells**. Inflammation blunts these receptors, and the hormones cannot get their messages to the cell. I developed a Cellular Healing Diet that specifically targets the three main causes of inflammation and therefore hormonal dysregulation that leads to weight gain, which most often will not respond to diet changes or exercise.

The new research on fasting gives us some additional insight and another tool to reduce the cellular inflammation (fix the hormones) and receive the benefit of life extension, better health, and weight loss. What I am referring to here is what is called "Intermittent Fasting." For years, I have called it "Cycle Fasting." These are short times of severe caloric restriction of 500-800 calories/day which, according to the studies, will qualify you to receive the many benefits.

## Intermittent Fasting and the Obesity Epidemic

Unlike long-term fasts or caloric restrictive diets, studies show that "**intermittent fasting**" improves hormone receptors, leading to a metabolic shift and making you into a fat burner. A 2011 study published in the International Journal of Obesity compared two fasting groups. Both groups lost weight, but it was only the intermittent fasting group that improved in hormone sensitivity. Our genes are programmed to deal with sudden sporadic drops in calories. This is part of the survival mechanism that is in all of us from birth. Experts say that during these times, the body triggers protective processes in the brain. It is said that due to the anti-inflammatory effects of this process, there could actually be a benefit to the brain that would protect against degenerative diseases such as Alzheimer's and Parkinson's. Professor Mattson, a leading pioneer in fasting research, states in his studies "Brain-cell damage can be reversed by the two-day fasting regime". According to Mattson, intermittent fasting affects both leptin and ghelin, two hormones involved in appetite regulation and weight loss. Perhaps the greater benefit comes from the fact that these two hormones are also involved with renewing brain cells, especially in the hippocampus (the area of the brain involved with memory). His definition of an intermittent fast is dropping calories to 500-800/day for just two days a week, and the other five days resume normal caloric intake.

In a study a few years ago, Professor Mattson showed that fasting every other day had a dramatic effect on people with asthma. The people in the study lost 8% body weight and dropped inflammation markers by 90%!

## **Intermittent Fasting for Weight Loss**

Long-term fasting/caloric restriction has always been criticized for muscle loss and nutrient depletion. This is why it is not recommended for weight loss and why unhealthy individuals struggle to fast long enough to receive the healing benefits. Intermittent fasting removes this problem. It spares your muscles, maintains nutrient levels, and positively affects hormones involved in weight loss and renewing brain cells (leptin, insulin, and ghelin). Therefore, intermittent fasting for weight loss is very effective.

I have had great success combining this type of fasting with the Cellular Healing Diet. Both have a dramatic effect on cellular inflammation, and therefore hormones. Utilizing this method, I am able to help the person who is either underweight or overweight and struggling with an unexplainable illness. The person who is underweight will receive the healing benefits of the fast without further weight loss. Most will start to gain weight as their health returns. The health-challenged, overweight person will actually lose fat that they were never able to lose as they regain their health. It has been such a blessing to watch so many lives transform as they learn this art of healing. I truly believe it is a lost art that is unfortunately not suggested in our culture as a common approach toward healing. The body knows how to heal; it just needs enough energy and no interference to do its work.

## **How to Do Intermittent Fasting Properly**

Let me give you an idea of what I am doing and what some of these programs look like:

First of all, many of the people that I work with have major GI (gastro-intestinal) issues that typically need to be addressed before other detox methods can be performed. Conditions such as IBS (irritable bowel syndrome), Crohn's, Celiac, and food intolerance are a growing epidemic, and this is the only method I have found that really works long term for these conditions.

You must stop the food intolerance that is causing much of the inflammation. This is important, even with autoimmune conditions that are growing in number every year, such as Hashimoto's (autoimmune of the thyroid), Lupus (skin), Rheumatoid (joints), and Crohn's (gut).

As you can see from the definition of an intermittent fast, you are taking in 500 - 800 calories a day. I suggest doing this by the use of whey water. Not whey protein, whey water. As a matter of fact, it contains no protein, however it is loaded with trace minerals and good bacteria that are needed to fix the gut. These bacteria are also needed for our immune system and to signal our own DNA to perform certain functions. Whey water was nicknamed "healing water" by Hippocrates due to its effect on the three main detox systems (liver, kidneys, and GI). It has been used for thousands of years in healing spas in Greece, Italy, and Sweden. I prefer a whey water called SueroGold made by Beyond Organic (BHtv Expert Jordan Rubin's company) as it takes this fast to the next level. I really believe it's the key component of why we are seeing the incredible results that we are. The combination of the inherent powers of fasting with the pure whey water is a true Godsend.

Personally, I use intermittent fasting throughout most of my week. I start with one SueroGold for breakfast. A few hours later, I eat a cultured dairy beverage called Amasai (also by Beyond Organic) with hemp seeds, chia seeds, or raw nuts. Later in the afternoon, I drink another Amasai. For dinner, I have a meal consisting of meat and vegetables. This qualifies as intermittent fasting because you're fasting through the night as you sleep, and we're able to continue that fast through the day just by restricting the calories and eating a larger dinner. The combination of the restricted calories earlier in the day and normal caloric intake later makes it intermittent, therefore you become more hormone sensitive, unlike you would on a regular caloric restrictive diet. My energy levels have been amazing, and my body fat has dropped below 8% for the first time in fifteen years because I have become more hormone sensitive. I am a great example of someone who is already healthy and eating well benefitting from intermittent fasting.

This brings me to the final point I want to make referring to the study. It was noted that this type of fasting is of benefit to any body with or without health challenges. It was also stated that the greatest benefits are gained the longer it was practiced, meaning that it should be done with regularity as a part of a long-term healthy life style.



The people of Africa have a saying that before one can have authority, one must first experience victory. Having battled and emerged victorious over a debilitating battle with chronic fatigue syndrome, Dr. Daniel Pompa, D.C., has embraced his God-given mission to assist others who face similar challenges

Dr. Pompa completed his undergraduate education at the University of Pittsburgh and earned his Doctor of Chiropractic degree at Life University's College of Chiropractic in Marietta, Georgia, where he graduated second in a class of 150. He and his wife, Merily, are now raising five young children and actively participating in their home church, North Way Christian Community. Cycling, reading, researching, and lecturing also fill the doctor's "leisure" hours.

You can find his book detailing the Cellular Healing Diet at: [www.CellularHealingDiet.com](http://www.CellularHealingDiet.com)

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