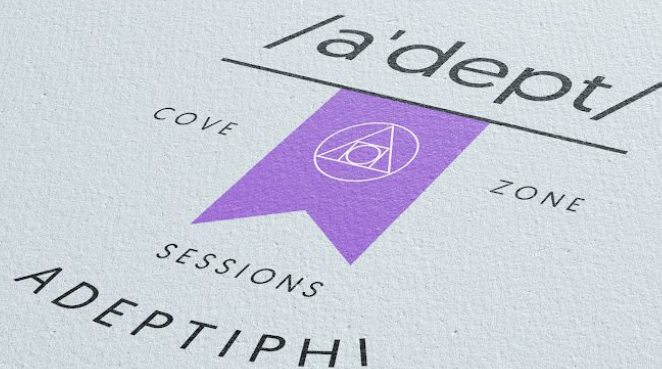


# ADEPTIPHI PRESENTS

December 21, 2018

## An Overview of Dry Fasting



### Welcome to this POWERFUL journey

If you are here and prepared to read this text it's because you have prioritized your health. Thank you for your confidence in me as your travel guide for this journey. The gratitude I have that you are joining me on this trek is immense. I started fasting at my 14th solar return and as I type these words I have now crossed my 44th solar return. That is 30 years of study, experimentation, trial, error, effort and amazing accomplishments utilizing the ancient discipline of fasting.

I have compiled information from a plethora of internal and external sources to bring them forward to you in this short presentation. It is my intent that this information empowers and prepares you to reach profound healing, balance and wholeness within the avatar your soul embodies.

@IAmOffshore

## Get ready to reset your system and extend your life

Throughout its life, every organism constantly undergoes the restoration and renewal processes. Birds periodically drop feathers and grow new ones while mammals shed and replace their coat, reptiles like snakes shed entire layers of skin and scales, and trees have their leaves fall every year and are replaced by fresh ones. No matter whether we are dealing with birds, mammals, reptiles or trees the process is the same, it is called physiological regeneration. In humans, the outer layer of the skin (epidermis) is constantly renewed, derivatives such as hair and nails are also capable of regeneration. Even bone tissue also has the ability to regenerate as the bones fuse after fractures.

Research confirms that fasting for three days regenerates the entire human immunity. The entire human immune system can rejuvenate by dry fasting in just three to five days, as it triggers processes that begin to reproduce new stem cells. Researchers confirm that starvation "turns on the regenerative switch" and promotes the release of stem cells into the blood, which is the stimulation of the physiological processes of regeneration.

Since dry fasting has a much greater effect than water fasting, in just three to five days (with a proper preparation and recovery period) it can regenerate the entire immune system, even in old age. Scientists from the University of Southern California say that this discovery may be especially useful for people suffering from damage to the immune system and cancer patients who have undergone chemotherapy. But is this not what even our own esteemed Dr. Sebi did with fasting and herbs? Because it is not just a process of healing, it can also help people who want to delay the aging process and whose immune system becomes less effective with age. This becomes a great way to boost immunity and energy as the efficiency with which the fluids that flow through and regulate the body operate optimally.

## Cleaning your pipes

Essentially your body is the house for the "conduit" of various fluids. Your body contains:

- Bile
- Blood serum
- Breast milk
- Cerebrospinal fluid
- Cerumen (earwax)
- Endo/Peri lymph
- Female ejaculate
- Gastric fluid
- Mucus
- Peritoneal fluid
- Pleural fluid
- Saliva
- Sebum (skin oil)
- Semen
- Sweat
- Tears
- Vaginal secretion
- Vomit
- Urine

Each of these fluids has channels to flow through and when those channels get clogged, inhibited, crimped, blocked, cut off or destroyed the body works to find a way to deal with the limitations it faces. Guess what is the most common inhibitor of these pipes? MUCUS. Mucus is enemy number one yet seems to be found within our pipes in an ever increasing amount. Most foods, environmental elements, pharmaceutical drugs and water we come in contact with seems to INCREASE the formation of mucus within our pipes. But what if there was a way to evict this mucus from our fluid systems while simultaneously increasing the quality of the fluid flow and content as well? Fasting is solution number one for this.

The practice of dry fasting is gaining increasing popularity among many people as the fastest and most effective way to solve various problems of their body (both spiritual and physical). This document is a blend of information I have gathered over many years. It contains data translated from Russian as provided by the dry fasting expert Anna Yakuba, information from Prof. Arnold Ehret, information from George W. Carey, Santos Bonacci, Hilton Hotema and myself. I have spent years reading, watching videos, studying, experimenting, and executing a plan for the most transformative fasting experience possible. Those years of study and experimentation have let me to compile this document instead of needing to repeat all those many hours I put in. Essentially, with this short free E-Book you can skip to the front of the line!

## What is and how I dry fast?

Dry fasting is the easiest discipline on earth to explain as essentially you stop consuming all solids and avoid the consumption of as well as physical contact with water. Such total abstinence has been labeled a “hard fast”, “black fast”, “total fast”, or “absolute fast.” There is also a version of dry fasting called a “soft fast” which still allows for bathing, showers, teeth brushing and other forms of personal hygiene which involves water contact.

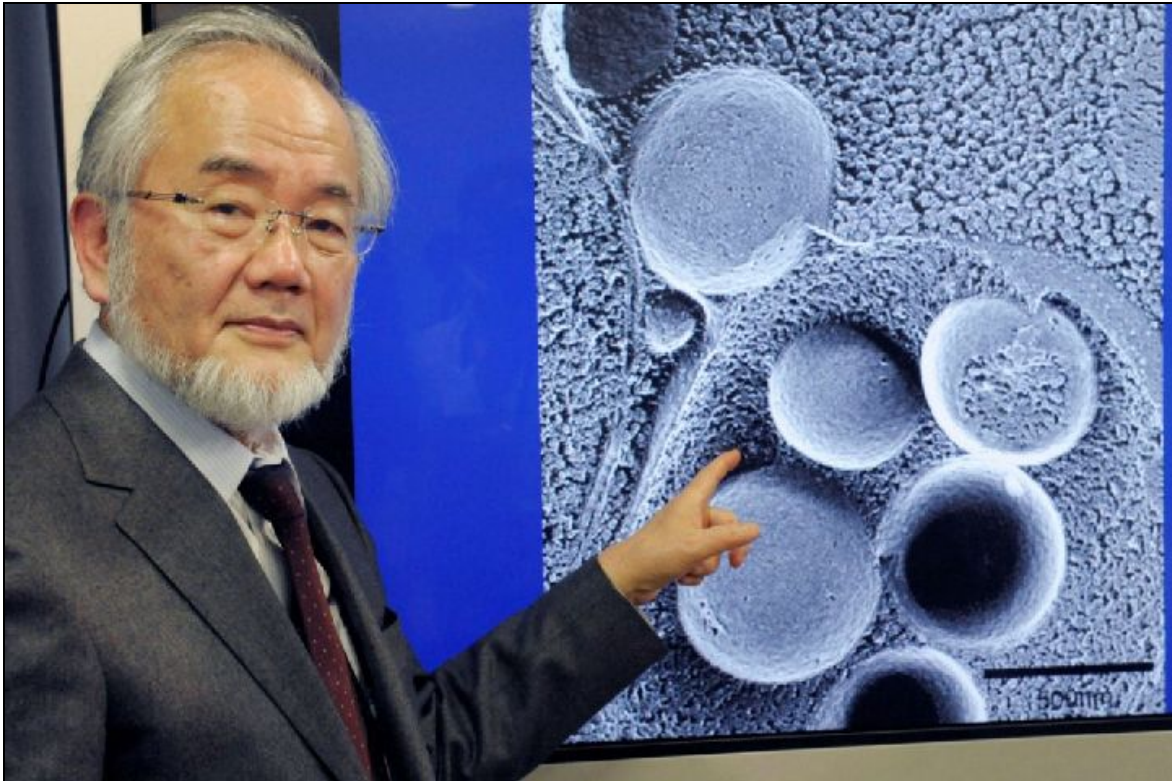
Dry fasting however is not the easiest discipline to practice as it requires an understanding of how the body functions on a scientific technical level. This understanding is necessary in order to properly manifest, monitor, manage and maximize a beneficial dry fast. I call this the four M's of dry fasting and I personally execute a 10 phase process for each dry fast I do.

The main reason for the execution of phases is due to the level of deep inner cleansing and healing which dry fasting promotes and based on the levels of toxicity we are currently subject to, this cleansing can be uncomfortable, difficult to endure and in some extreme cases dangerous for the overly toxic being. For this reason I submit the information contained within this document and I ask that all absorb and understand it as best as possible. Creating a curiosity about and a desire to experience dry fasting is my aim.

# Fasting and the Nobel Prize

## Meet Yoshinori Osumi

The Cell Biology Specialist from Japan who Became 2016 Nobel Prize winner in Physiology and Medicine for his discoveries about fasting.



The scientist who discovered the mechanism of preserving youth,

[The Nobel Assembly at Karolinska Institutet](#) has today decided to award

the 2016 Nobel Prize in Physiology or Medicine  
to  
Yoshinori Ohsumi

for his discoveries of mechanisms for autophagy

## Summary

This year's Nobel Laureate discovered and elucidated mechanisms underlying *autophagy*, a fundamental process for degrading and recycling cellular components.

The word *autophagy* originates from the Greek words *auto-*, meaning “self”, and *phagein*, meaning “to eat”. Thus, autophagy denotes “self eating”. This concept emerged during the 1960's, when researchers first observed that the cell could destroy its own contents by enclosing it in membranes, forming sack-like vesicles that were transported to a recycling compartment, called the *lysosome*, for degradation. Difficulties in studying the phenomenon meant that little was known until, in a series of brilliant experiments in the early 1990's, Yoshinori Ohsumi used baker's yeast to identify genes essential for autophagy. He then went on to elucidate the underlying mechanisms for autophagy in yeast and showed that similar sophisticated machinery is used in our cells.

Ohsumi's discoveries led to a new paradigm in our understanding of how the cell recycles its content. His discoveries opened the path to understanding the fundamental importance of autophagy in many physiological processes, such as in the adaptation to starvation or response to infection. Mutations in autophagy genes can cause disease, and the autophagic process is involved in several conditions including cancer and neurological disease.

## Degradation – a central function in all living cells

In the mid 1950's scientists observed a new specialized cellular compartment, called an *organelle*, containing enzymes that digest proteins, carbohydrates and lipids. This specialized compartment is referred to as a “*lysosome*” and functions as a workstation for degradation of cellular constituents. The Belgian scientist Christian de Duve was awarded the Nobel Prize in Physiology or Medicine in 1974 for the discovery of the lysosome. New observations during the 1960's showed that large amounts of cellular content, and even whole organelles, could sometimes be found inside lysosomes. The cell therefore appeared to have a strategy for delivering large cargo to the lysosome. Further biochemical and microscopic analysis revealed a new type of vesicle transporting cellular cargo to the lysosome for degradation (Figure 1). Christian de Duve, the scientist behind the discovery of the lysosome, coined the term autophagy, “self-eating”, to describe this process. The new vesicles were named *autophagosomes*.

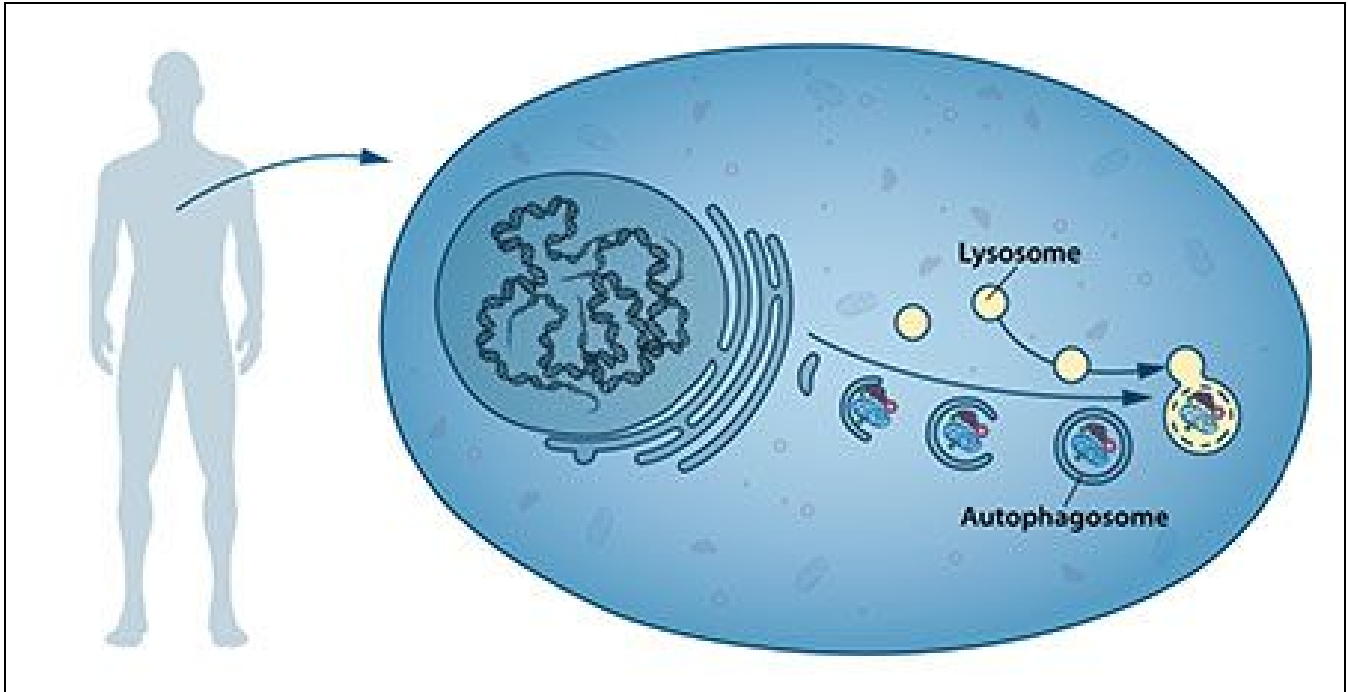


Figure 1: Our cells have different specialized compartments. Lysosomes constitute one such compartment and contain enzymes for digestion of cellular contents. A new type of vesicle called autophagosome was observed within the cell. As the autophagosome forms, it engulfs cellular contents, such as damaged proteins and organelles. Finally, it fuses with the lysosome, where the contents are degraded into smaller constituents. This process provides the cell with nutrients and building blocks for renewal.

During the 1970's and 1980's researchers focused on elucidating another system used to degrade proteins, namely the "proteasome". Within this research field Aaron Ciechanover, Avram Hershko and Irwin Rose were awarded the 2004 Nobel Prize in Chemistry for "the discovery of ubiquitin-mediated protein degradation". The proteasome efficiently degrades proteins one-by-one, but this mechanism did not explain how the cell got rid of larger protein complexes and worn-out organelles. Could the process of autophagy be the answer and, if so, what were the mechanisms?

## A groundbreaking experiment

Yoshinori Ohsumi had been active in various research areas, but upon starting his own lab in 1988, he focused his efforts on protein degradation in the *vacuole*, an organelle that corresponds to the lysosome in human cells. Yeast cells are relatively easy to study and consequently they are often used as a model for human cells. They are particularly useful for the identification of genes that are important in complex cellular pathways. But Ohsumi faced a major challenge; yeast cells are small and their inner

structures are not easily distinguished under the microscope and thus he was uncertain whether autophagy even existed in this organism. Ohsumi reasoned that if he could disrupt the degradation process in the vacuole while the process of autophagy was active, then autophagosomes should accumulate within the vacuole and become visible under the microscope. He therefore cultured mutated yeast lacking vacuolar degradation enzymes and simultaneously stimulated autophagy by starving the cells. The results were striking! Within hours, the vacuoles were filled with small vesicles that had not been degraded (Figure 2). The vesicles were autophagosomes and Ohsumi's experiment proved that autophagy exists in yeast cells. But even more importantly, he now had a method to identify and characterize key genes involved this process. This was a major break-through and Ohsumi published the results in 1992.

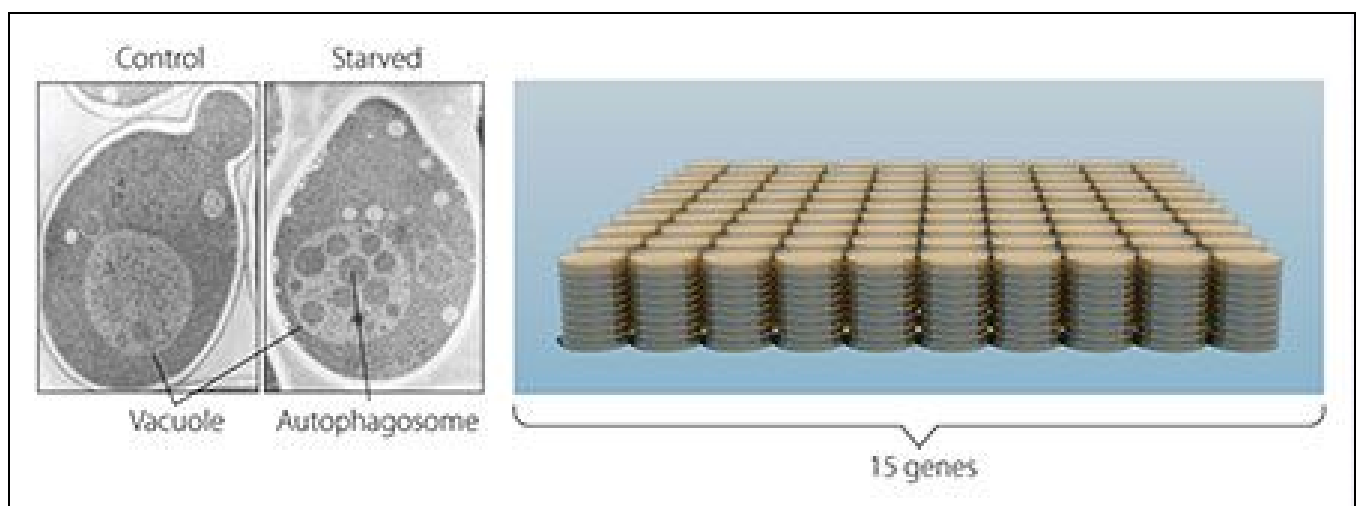


Figure 2: In yeast (left panel) a large compartment called the vacuole corresponds to the lysosome in mammalian cells. Ohsumi generated yeast lacking vacuolar degradation enzymes. When these yeast cells were starved, autophagosomes rapidly accumulated in the vacuole (middle panel). His experiment demonstrated that autophagy exists in yeast. As a next step, Ohsumi studied thousands of yeast mutants (right panel) and identified 15 genes that are essential for autophagy.

## Autophagy genes are discovered

Ohsumi now took advantage of his engineered yeast strains in which autophagosomes accumulated during starvation. This accumulation should not occur if genes important for autophagy were inactivated. Ohsumi exposed the yeast cells to a chemical that randomly introduced mutations in many genes, and then he induced autophagy. His strategy worked! Within a year of his discovery of autophagy in yeast, Ohsumi had identified the first genes essential for autophagy. In his subsequent series of elegant studies, the proteins encoded by these genes were functionally characterized. The

results showed that autophagy is controlled by a cascade of proteins and protein complexes, each regulating a distinct stage of autophagosome initiation and formation (Figure 3).

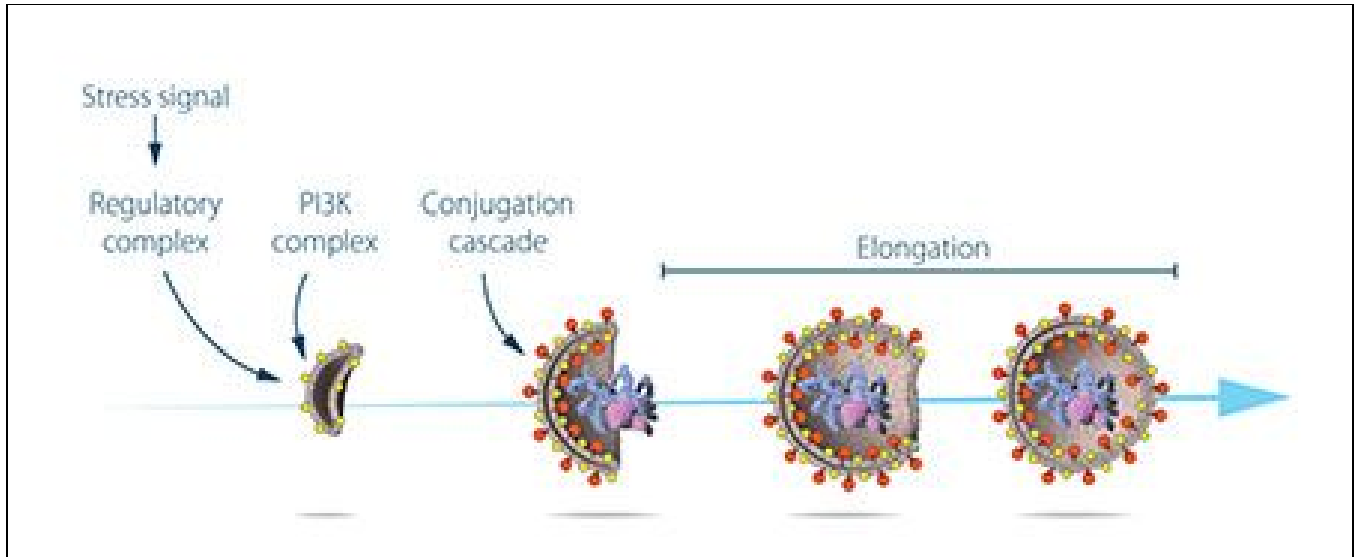


Figure 3: Ohsumi studied the function of the proteins encoded by key autophagy genes. He delineated how stress signals initiate autophagy and the mechanism by which proteins and protein complexes promote distinct stages of autophagosome formation.

## Autophagy – an essential mechanism in our cells

After the identification of the machinery for autophagy in yeast, a key question remained. Was there a corresponding mechanism to control this process in other organisms? Soon it became clear that virtually identical mechanisms operate in our own cells. The research tools required to investigate the importance of autophagy in humans were now available.

Thanks to Ohsumi and others following in his footsteps, we now know that autophagy controls important physiological functions where cellular components need to be degraded and recycled. Autophagy can rapidly provide fuel for energy and building blocks for renewal of cellular components, and is therefore essential for the cellular response to starvation and other types of stress. After infection, autophagy can eliminate invading intracellular bacteria and viruses. Autophagy contributes to embryo development and cell differentiation. Cells also use autophagy to eliminate damaged proteins and organelles, a quality control mechanism that is critical for counteracting the negative consequences of aging.



Disrupted autophagy has been linked to Parkinson's disease, type 2 diabetes and other disorders that appear in the elderly. Mutations in autophagy genes can cause genetic disease. Disturbances in the autophagic machinery have also been linked to cancer. Intense research is now ongoing to develop drugs that can target autophagy in various diseases.

Autophagy has been known for over 50 years but its fundamental importance in physiology and medicine was only recognized after Yoshinori Ohsumi's paradigm-shifting research in the 1990's. For his discoveries, he is awarded this year's Nobel Prize in physiology or medicine.



# Fasting for Health in Medical Journals

There is plenty of evidence that fasting can prolong life and slow down aging, but not fasting alone. Many things, disciplines, actions and even thoughts can inherently prolong your life. In this work I specifically intend on focusing on fasting. Here are some abstracts and summaries regarding fasting which support the fact that fasting prolongs life.

[Mech Ageing Dev.](#) 2000 May 18;115(1-2):61-71.

## **Influence of short-term repeated fasting on the longevity of female (NZB x NZW)F1 mice.**

### **Author information**

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### **Abstract**

Caloric restriction in rodents is well known to retard the rate of aging, increase mean and maximum life-spans, and inhibit the occurrence of many age-associated diseases. However, little is known about the influence of short-term repeated fasting on longevity. In this study, female (NZB x NZW)F1 mice were used to test the physiological effect of short-term repeated fasting (4 consecutive days, every 2 weeks). The results showed that fasting mice survived significantly longer than the full-fed mice, in spite of the fasting group having a heavier body weight than the control group. Mean survival times for fasting and control mice were 64.0 $\pm$ 15.3 and 47.9 $\pm$ 9.4 weeks, respectively. Short-term repeated fasting manipulation was also effective on the prolongation of life-span in autoimmune-prone mice.

### Summary of abstract

A fast of four days every two weeks prolongs the average life expectancy by 45%, and the maximum life expectancy by 38% for short-lived NZB mice. These are mice that suffer from an autoimmune disease when immunity attacks the body's own cells. This fact can give hope to such people if drug therapy is not available to them.

[Gerontology](#). 1982;28(4):233-41.

## Effects of intermittent feeding upon growth and life span in rats.

### Author information

Gerontology Research Center of the National Institute on Aging, Baltimore Hospital, Baltimore, USA. [Goodrick CL](#), [Ingram DK](#), [Reynolds MA](#), [Freeman JR](#), [Cider NL](#).

### **Abstract**

From weaning to death, 28 male Wistar rats were maintained on an ad libitum (AL) diet, and 24 counterparts were provided the diet every-other-day (EOD). The mean life span of the EOD group represented an 83% increase over that of the AL group. Furthermore, a Gompertzian analysis of mortality rates suggested that the rate of aging was retarded in the EOD group. While body weight and growth rate were reduced in the EOD group, their growth duration was 75% longer compared to the AL group. Significant positive relationships emerged between life span and growth rate parameters in the AL group; however, no significant relationships were found between life span and body weight parameters in the EOD group. Therefore, in support of the hypothesis that dietary restriction effects prolongevity through retarded development, evidence was produced only in the between-group comparisons of AL- and EOD-fed animals.

### Summary of abstract

Fasting every other day over eating whatever they want (ad libitum) prolonged the average and maximum life expectancy of medium-living Wistar rats by about 83%. In the rats there was a lag in development; meaning anything that would normally occur quickly under ad libitum circumstances became stunted. Cancers appeared much later, body weight increased very slowly - the rats who were on the fasting regimen were smaller in size than those who ate as much as they wanted. In essence over consumption can feed the growth of the wrong things, and fasting limits it.

[Cell Metab.](#) 2014 Mar 4;19(3):407-17. doi: 10.1016/j.cmet.2014.02.006.

## Low protein intake is associated with a major reduction in IGF-1, cancer, and overall mortality in the 65 and younger but not older population.

### Author information

Davis School of Gerontology, University of Southern California, Los Angeles, CA 90033, USA; Longevity Institute, University of Southern California, Los Angeles, CA 90033, USA. (Plus 10 other sources) [Levine ME](#)<sup>1</sup>, [Suarez JA](#)<sup>2</sup>, [Brandhorst S](#)<sup>2</sup>, [Balasubramanian P](#)<sup>2</sup>, [Cheng CW](#)<sup>2</sup>, [Madia F](#)<sup>3</sup>, [Fontana L](#)<sup>4</sup>, [Mirisola MG](#)<sup>5</sup>, [Guevara-Aguirre J](#)<sup>6</sup>, [Wan J](#)<sup>2</sup>, [Passarino G](#)<sup>7</sup>, [Kennedy BK](#)<sup>8</sup>, [Wei M](#)<sup>2</sup>, [Cohen P](#)<sup>2</sup>, [Crimmins EM](#)<sup>1</sup>, [Longo VD](#)<sup>9</sup>.

### Abstract

Mice and humans with growth hormone receptor/IGF-1 deficiencies display major reductions in age-related diseases. Because protein restriction reduces GHR-IGF-1 activity, we examined links between protein intake and mortality. Respondents aged 50-65 reporting high protein intake had a 75% increase in overall mortality and a 4-fold increase in cancer death risk during the following 18 years. These associations were either abolished or attenuated if the proteins were plant derived. Conversely, high protein intake was associated with reduced cancer and overall mortality in respondents over 65, but a 5-fold increase in diabetes mortality across all ages. Mouse studies confirmed the effect of high protein intake and GHR-IGF-1 signaling on the incidence and progression of breast and melanoma tumors, but also the detrimental effects of a low protein diet in the very old. These results suggest that low protein intake during middle age followed by moderate to high protein consumption in old adults may optimize healthspan and longevity.

### Summary of abstract

In men aged 50 to 65 years, a decrease in the consumption of animal protein leads to a reduction in Insulin-like Growth Factor -1 (IGF-1). The reduction of IGF-1 is the main mechanism by which fasting prolongs life. And such a decrease in IGF-1 between the ages of 50 and 65 in humans reduces the risk of cancer by 4 times in the next 18 years of observation, and also reduces cardiovascular mortality and overall mortality. This indirectly can speak in favor of the fact that fasting can prolong life for people.

[Toxicol Pathol.](#) 1995 Jul-Aug;23(4):458-76.

## Age-related neoplasia in a lifetime study of ad libitum-fed and food-restricted B6C3F1 mice.

### Author information

Pathology Associates, Arkansas USA. [Sheldon WG](#)<sup>1</sup>, [Bucci TJ](#), [Hart RW](#), [Turturro A](#).

### Abstract

Longevity, body weight, and age-specific neoplasia were determined in 1,064 B6C3F1 mice as part of a coordinated study of food restriction (FR). Restricted animals were offered 60% of the diet consumed by the ad libitum (AL) group. Longevity data were derived from a set of 56 animals of each sex from each diet group, which were examined whenever dead or moribund. For cross-sectional data, a parallel set of 210 animals were sacrificed in groups of 12-15 at 6-mo intervals. Lifetime body weight was reduced in the FR mice approximately proportional to restriction (i.e., 40%). Food restriction increased the age at 50% survival (median) by 36% in both sexes and increased the maximal lifespan (mean age of oldest 10%) by 21.5% in males and by 32.5% in females. In 56 males of the longevity groups, there were 89 neoplasms in the AL subgroup versus 53 in FR; 56 AL females had 100, versus 58 in 55 FR females. Increase in lifespan of the restricted animals was achieved primarily by decrease in incidence and delay of onset of fatal tumors, of which lymphoma was the most prominent. This report catalogs all of the neoplasms (1,103) observed in longevity and cross-sectional groups, by diet, sex, and age. These data add to the existing knowledge base needed for future studies of dietary restriction and aging as well to evaluate nutrition of animals used in bioassays.

### Summary of abstract

Reducing calories to 60% of normal consumption extends the maximum lifespan by 21-32% to long-lived B6C3F1 mice. These mice are not prone to diseases of the heart and blood vessels. They die mostly from cancer. As a result of reducing calories in the diet, cancerous tumors were reduced by 60-80%. The maximum lifespan increased by 21.5% in males and 32.5% in females. The types of mice used in this experiment are extremely difficult to extend the life span of. However, by reducing IGF-1 (insulin-like growth factor 1) is the central mechanism by which proper fasting prolongs life.

# Eleven Powerful Points about Dry Fasting

The great dry fasting teacher Anna Yakuba has graciously provided us with what I consider the most comprehensive point by point overview of dry fasting, its effects and benefits.

## Point 1

***An intense release of stem cells into the blood, which activates regeneration and rejuvenation processes.***

The body is able to self-regenerate and self-rejuvenate. These processes are launched under the influence of stem cells. While a newborn baby has one stem cell per 10,000 cells, that ratio in a 50-year old drops to 500 000:1. The number of stem cells decreases with age along with the regenerating capabilities of the body, however it is possible to increase the release of stem cells into the blood with dry fasting!

During standar liquid fasting, a process of intense body cleansing is initiated as the body rids itself of sick and old cells, creating space in tissues for stem cells. Stem cells are released into the blood in higher volume, occupying this vacated “space” and launching regeneration and rejuvenation processes.

During dry fasting, even more stem cells are released into the blood, a fact that has been proven scientifically. In an experiment that was conducted at the “Cryocenter” headed by Y. Romanov, a Doctor of Biology, the subject Yuri Guscho fasted a week (after one week of preparation, with a recovery period of three weeks). The number of stem cells had dropped by the end of the 7th fasting day, but during recovery it soared. This experiment proved that after fasting, the body triples its production and release of stem cells, an effect that lasts for several months.

It turns out that the regular practice of fasting can extend life and youth by 15 – 25 years.

## Point 2

***Removal of edemas, tumors and inflammation.***

Dry fasting forces the body to obtain water from the cells. That is why the body’s “superfluous” tissues (fat deposits, edemas, tumors) are eliminated faster than in the case of water fasting.

This mechanism is well-studied by science. During fasting, the metabolism is reformed fundamentally in three stages:

1. Psychological hunger. During normal fasting, hunger disappears after about three days. If a person practices medical dry fasting, psychological hunger passes in one day. (Most people who practice dry fasting note that it is easier to endure than water fasting, as hunger passes more quickly).
2. On the third day of dry fasting, a ketoacidotic crisis takes place, much sooner than in the case of abstinence from food only. The body's metabolism enters a ketoacidotic state.
3. In traditional fasting, the second ketoacidotic crisis starts between the 9th and 11th day. Its therapeutic effect is even higher. In dry fasting, a body goes into a state of autolysis faster than in the case of water fasting.

What does that mean? In autolysis a body looks for energy reserves inside itself. Where does it take them from and what tissues are used as "fuel"?

The body knows just what to do: it starts by burning everything that is superfluous and harmful in the body: fat, tumors, ganglions and inflamed tissues. During dry fasting, cells split faster as the body needs not only nutrients, but also water.

The longer the fast is prolonged after the second crisis, the longer it remains in a state of autolysis and the more effective the process of splitting unnecessary tissues is. That is why it is important to reach an acidotic crisis as quickly as possible, which is possible thanks to dry fasting.

### **Point 3**

#### ***Informational purification of the body with endogenic "water of life"***

During dry fasting, a process of intense cleansing begins as toxins are eliminated. But purification takes place not due to exogenic (external) water, but via the cleaner, high-quality metabolic water synthesized by the body. Under the extreme conditions of dry fasting, the body must activate production of its own endogenic water and only healthy cells are able to do that. Weak and sick cells are unable to produce the "water of life"; that is why they die and are rejected by the body.

However, this is not the most important part of the process in replacing exogenic with endogenic water. What is most important is how the endogenic water synthesized by the body is free from external content. Basically, "dead" water is replaced with "living" water and water, is a carrier of information and instructions. All the negative information that enters the body via exogenic water is eliminated.

Without external exogenic water, blood and lymph are purified intensively through a sort of internal filtration process. Renewal of lymph and blood during dry fasting takes place only thanks to endogenic “water of life”. As a result, by the end of dry fasting, two of the body’s most important fluids become almost completely pure. Correspondingly, all the body’s tissues through which blood and lymph circulate are purified of external content.

This **phenomenon of purification** is one of the main advantages of dry fasting. This effect cannot be achieved by abstinence from food only. This unique mechanism eliminates all the negative content that enters the body via “external” water and cannot be achieved through any other kind of medical fasting.

#### **Point 4**

##### ***Improvement of immunity, anti-inflammatory effect.***

During dry fasting, a body has a more powerful immune response and fights inflammation more actively. All inflammations are fed by water, which is clearly demonstrated by the edemas containing pus and lymph that form near wounds on the body. When the body is deprived of an inflow of exogenic water, it uses endogenic water very carefully: only for feeding healthy cells. Damaged cells, as well as various bacteria, viruses and parasites suffer from a lack of water and die.

During dry fasting, people often have a fever. The increase in body temperature that takes place during medical dry fasting leads to the creation of a strong immunologic response. The concentration of biologically active substances in bodily fluids also increases. These include immunoglobulins and immunocompetent cells. As a result:

- The production of interferon rises;
- Antitumor and antiviral activity increases;
- T-cells proliferate;
- The bactericidal capacity and phagocytic activity of neutrophils increases;
- The cytotoxic effect of lymphocytes grows;
- The growth of microorganisms and their virulence decreases.

Fever during dry fasting is very good, as it indicates that the body is fighting infections. Each cell in the body is turned into a kind of small furnace or reactor and the toxins inside it are destroyed. If a cell is too damaged, it is eliminated completely. A great way to stay aware of the work the body is doing during the dry fast period is to measure body temperature and compare it across time from fasting preparation to fasting recovery periods.



## Point 5

### *Thorough cleansing without supplemental treatment*

There is no need to combine dry fasting with enemas, saunas and other hydrotherapeutic procedures as is the case with traditional fasting. In fact, the use of these supplemental treatments is not recommended. Although they are typically used to enhance the cleansing effect, during dry fasting toxins are effectively removed from the body thanks to “live” endogenic water.

Many people appreciate that dry fasting does not require the use of enemas or hydro colon therapy, which are unpleasant. The body eliminates toxins on its own, without additional water. We have already mentioned that body temperature rises during dry fasting. This mechanism not only increases the body’s immune response, but also turns each cell into a tiny nuclear fusion reactor, which destroys everything that is superfluous, harmful or foreign.

## Point 6

### *Intensive weight loss, mostly at the expense of fats*

The metabolism changes in the course of dry fasting, which facilitates effective weight loss and long-term weight stabilization. Fat deposits are burnt three times faster during dry fasting than during water fasting. Another advantage of dry fasting is that the fat tissue does not fully regenerate after the fast is broken, in contrast to water fasting.

The third important advantage is that during traditional fasting, both fat and muscle tissue are lost in almost equal proportions. Dry fasting burns mostly fat due to the transformation of metabolic processes. Since 90% of fat cells are water, they disintegrate 3 – 4 times faster than muscle cells during dry fasting. As a result, weight loss and toning takes place. The body becomes slimmer and more well formed.

Finally, dry fasting is less expensive. There is no need for special foods, meals or medicines. Moreover, as we have mentioned, dry fasting does not result in the significant loss of muscle mass and is therefore **the best way to treat obesity**.

The results of dry fasting at their core are a function of health and creating wholeness and balance within the body. The management of weight is a natural byproduct of bringing the body into sound balance, but consideration must be given to all pertinent factors as weight alone is not a measurement of level of health. There are many who are fit yet extremely unhealthy.

## Point 7

### ***Rejuvenation***

Dry fasting has an incredible rejuvenating effect since it forces the body to eliminate weak and damaged cells that cannot withstand the extreme conditions. Cells become stronger and, correspondingly, result in “healthy offspring” once they divide. The skin, hair and nails glow with health and youth.

Submitting the body to extreme conditions by dry fasting launches the mechanism of natural selection, an internal fight between the body’s weak and strong cells. In that competition for the scarce resources produced as a result of autolysis and synthesis of endogenous water, cells that are undamaged, strong, healthy and well-functioning win. They also pass on this strength by producing new generations of healthy cells.

Weak parasite cells are incapable of passing such a stringent test in the absence of resources. Without dry fasting, these cells are free to produce new damaged cells, increasing the amount of “junk” in the body. But dry fasting eliminates cells that are unable to perform their natural functions. They are replaced by a new generation of healthy cells, leaving the body regenerated and rejuvenated.

## Point 8

### ***Prophylactic protection from radiation and other harmful environmental factors***

Dry fasting is a natural prophylactic mechanism that protects the body from harmful environmental influences, including radiation. Radionuclides are eliminated in 2 weeks of traditional fasting and in 5 – 7 days of dry fasting.

The practice of medical fasting was used to treat those exposed to radiation and suffering from radiation sickness as a result of the accident in Chernobyl. Strong antibiotic treatment and bone marrow transplantation in such cases is ineffective. Scientist and hematologist A.I. Vorobjov was the first to use fasting in his medical practice.

The results he obtained astonished the medical community: regeneration, an improvement in overall general health, a progressive decrease in the number of radionuclides in the body. Dry fasting delivered great results, where American and Japanese treatment methods failed.

## **Point 9**

### ***Effective prevention of oncological diseases***

Experimental research has shown that dry fasting is an effective means of disease prevention, including oncological disease.

The experiments of Professor Y.S. Nikolayev on white rats demonstrated that animals subjected to dry fasting after exposure to radiation are far less likely to develop blood cancer than the other rats. The experiment was conducted at Stavropol Medical Institute, where 120 white rats were divided into 4 groups. All of them were inoculated with sarcoma. The first group – before fasting, the second group – during fasting, the third – after breaking the fast. The control group was not subjected to fasting at all.

As a result of the experiment, all the animals from the control group died. In the first group, 50% of the rats survived; in the second group, two thirds survived. In the third group, where inoculation took place after breaking the fast, all the animals survived.

A similar experiment was conducted in the USA. Rats were exposed to radioactive irradiation, which caused blood cancer in all animals within the control group. In the experimental group, where rats fasted, the percentage of sick animals was 70% lower.

It might seem that after fasting the body would be weak and defenseless against illnesses, but in fact the opposite is true: having eliminated weak cells during fasting, the body is even more effective in fighting illness.

## **Point 10**

### ***Regeneration of energy, purification of energy channels***

In the course of dry fasting, the body's energy is renewed. Brain activity increases, creative abilities emerge and the soul achieves a state of harmony. Will power strengthens because dry fasting involves spiritual work and provides spiritual results that are equally astonishing: negative information is removed, negative energy is eliminated, energy channels are cleansed and chakras are opened.

The fever experienced by a person in the course of dry fasting affects not only damaged physical tissue, but also negative energy. Some of this material is burned; some leaves the body, unable to withstand the extreme conditions of dry fasting.

Areas filled with “hard”, “dead” water – pathological parts of the body where negative energy is concentrated – are restored. These areas appear long before the symptoms of an illness manifest. As a result of dry fasting, “hard” water disappears, replaced by the “live” endogenic water synthesized by the body. Pathology disappears along with the underlying causes of various diseases and psychological problems.

## **Point 11**

### ***A rush of energy, increased energy reserves.***

Participants emerge from the dry fasting process with new reserves of energy. They need less sleep and function more effectively. This seems counterintuitive: it would seem that a person who doesn't drink or eat would lose energy instead of gaining it. But this is no paradox.

Firstly, during fasting, the body draws energy from its surroundings. The intensity of this process during dry fasting is even higher.

Secondly, after breaking a dry fast, the body begins a process of super-regeneration, accumulating energy and creating energy reserves.

Thirdly, the purification of energy channels, or chakras, during dry fasting allows a person to receive energy from the environment freely. The body itself, cleansed and renewed, is able to accumulate more energy than before the fast.

As a result, after the dry fast is broken the body is overflowing with energy: 4-5 hours of sleep are enough, a person becomes highly productive and feels alive, optimistic and energised.

# Alchemical Dry Fast Program (ADFP)

Thank you for reading the compiled information herein, if you or someone you know are interested in engaging in the discipline of dry fasting and experiencing the benefits and effects on your body feel free to contact us at [adept@adeptiphi.com](mailto:adept@adeptiphi.com) to learn how we can assist you in that journey.

***\*\*Special thanks to Dr Sebi, Lisa “Lefteye” Lopes, A.I. Vorobjov, Anna Yakuba, Prof. Arnold Ehret, George W. Carey, Santos Bonacci, Professor Y.S. Nikolayev, Hilton Hotema, Martha M. Christy, Allen Albury, and Aminah Bey for all of the knowledge provided, inspiration induced, offerings given and support shown as I forge my path.***

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## Two books I recommend everyone read!

