

## Episode 7 - Water Fasting and Autophagy Cured My Lyme Disease

VAL: Hello friends and welcome to the Holistic Health Online Podcast. I'm your host Val Robitaille, and today I've brought back Heidi and David from the U.K. because they have some very important information to share with us.

DAVID & HEIDI: Thrilled to hear that you've got a very good and positive response from our last broadcast with you. So thank you for having us back.

VAL: I would like to begin by asking you, David, what was your experience with Lyme disease? Please tell us the whole story, what it was like, how you may have contracted it, where you were and what you did to cure yourself.

DAVID: I was in Taman Negara, I think it's the world's oldest rainforest in the north of Malaysia. This was back in 2005, and I was exploring the jungles with a guide, and succumbed to Lyme disease when I got back to the hotel after my three or four day trek.

I noticed that I had the typical bullseye mark on my left leg. And so I thought, Oh goodness, that's not good. And then very soon after that, I had a very high fever, very high, and it was a struggle to keep it down. So I wasn't sure exactly what was happening. I didn't know anything about Lyme at that time, except that I knew it was rife in the US in a couple of states out there. But when I was looking online, I sort of spooked myself and I thought, Oh goodness, this doesn't look good at all. So that's when I decided to book the next available flight back to Poland.

At that time I was a songwriter for EMI Music Publishing on a ten year contract. So because I was based in Poland, I would often fly from Poland to go to Asia, largely in the north of Thailand, in order to find some creative energy so that I could continue writing songs for that company. So I was often going from one country to the next.

When I arrived back in Warsaw, I went to a tropical disease clinic, and I was really not feeling all that great.

But when I arrived, I spoke to one of the head doctors and she said, Well, what we can do for you is we can keep you in hospital for around a month, perhaps longer, depending on how things pan out for you. And we will give you intravenous antibiotics. We will give you doxycycline 500 milligrams in the morning and 500 at night. So that's that's 1000 milligrams a day or should I say millilitres perhaps? So I thought, well, yeah, for how long, doctor? And she said, a month or maybe more. And I thought, that's going to do extraordinarily bad things to my organs, especially to my poor liver and kidneys that's already going through a great deal of agony right now, and my immune system because obviously it's trying to basically combat this foreign bacterial body that's attacking me. And I thought I just knew instinctively that that wouldn't be the right way to go. I just knew it. It's almost as though I had a voice in my head saying, Don't do it, you know, you can find the answers alternatively. And so I just said, Look, if I need to come back to you, I will. But for the meantime, I want to do some more research. So I actually decided at that time to eat well and to pay attention to what I was putting in my mouth.

I started to basically fruit fast and it helped me, it helped to lower the temperature, the fevers that I would get from time to time. I had more energy and I thought, well, this is a great coping mechanism. It's not an answer, but at least it gives me enough energy to go and explore what I need to explore to find alternatives.

So I went on my great voyage and I arrived in the north of Thailand in the small city of Chiang Mai. I went to my favorite restaurant The Blue Diamond, it's this lovely raw food restaurant. And in there I met this chap, an elderly gentleman who was a retired university professor from Queensland University in Australia. And he told me that he had been studying Chinese medicine for many years and we got talking and one thing led to another.

I told him that I have Lyme and that I was trying to find a way of curing it. And he said, Oh my goodness, then what you need to do is water fast. And that was the beginning of

my new, shall we say, venture into a life changing, affirming situation that would actually change my life completely. He explained to me what water fasting was. Now, this was back in 2005. So this was long before this Japanese professor, who's again whose name escapes me, discovered autophagy.

But at that time he said, Well, what you do is you need to allow your immune system to have the capacity to be able to heal your body. And it can do that as long as it's in a perfect state in order to be able to do so. So in other words, he was saying eat raw food first to prepare yourself before you go into a water fasting state, get used to eating some raw foods so that your immune system can gather more strength and momentum. So that's what I was doing, I was just eating raw fruits and raw vegetables, which was very easy to do because I was in the north of Thailand and I was living in a community where they used old farming techniques. They weren't using dangerous chemicals with regards to fertilizers and things.

You see, if you're eating raw food, then your immune system automatically knows that you're eating food in the true sense of the word. Because when we cook food, it doesn't recognize cooked food as being food because there are no nutrients, not even nano nutrients in cooked food. And even though the Ministry of Health in the UK, for example, in their infinite wisdom, would have us believe that by lightly steaming certain vegetables that they still retain their nutrients is a falsehood.

Nutrients are very, very delicate things that basically die and become completely defunct under very slight heated conditions. And she said that we know that to be a fact because when you eat a cooked meal, we can measure the white blood cell count and it's usually much higher, which is an indication of the fact that the immune system is attacking that food that has entered you because it thinks it's an alien invading bacterial or viral body.

So I did that for a couple of couple of weeks first, and that actually did help. It put me in very good stead. I had more energy even though I knew I was ill. And he said, Right, so now you need to water fast. What you must do is fast for about maybe 20, maybe 25

days. And when he said that to me, I thought, how am I going to survive 20 to 25 days with no food and just sipping water? And he said, You will. Something miraculous will happen in your body after day three or day four. So he was explaining that for the first two or three days, you will have great hunger. Your body will be telling you that you need to insert food in your orifice. You'll have great hunger pangs. But as long as you just get through that, you know that after day three, you no longer have those sorts of desires for food.

In fact, you won't at all feel hungry.

He explained the process to me even further: Make sure that when you drink water, that you sip water, don't guzzle water, because if you do, then you will be washing away over half of your body's electrolytes. And that's not good for you. You will end up in a very serious situation that way. So just make sure that you're sipping water and you can do it constantly throughout the day until you need to sleep. He also said, Don't move, try to rest in a hammock or in one place.

Ensure that you've got plenty of good, clean water. He was saying that it would be essential to have, if you can get it, distilled water in glass bottles and make sure that you purchase lots of them because you'll need a month's worth of water and keep it at hand in the same room that you're in, he said. The only time that you should move is when you need to go and have a very quick shower and by quick a couple of minutes or to go to the toilet to relieve oneself. I thought, Wow, that seems quite harsh. I said, Is it dangerous? He said, Well, it can be if it's not done the correct way.

Anyway, let me explain what happened and something about the process. So I brought all of the water I needed. I also got myself a couple of apparatus with which to check my body's vitals so that I could take my pulse, check my heart rate, check my blood pressure and my temperature. And I'd have to do that on a daily basis. You also must have to ensure that you have a person that you trust who can come and see you every day on a daily basis just to ensure that you're okay and to make sure that you are checking your vitals or you can get that other person to check your vitals for you. It's

essential that you find someone to partner you, someone who can come along and just make you just make sure that you're okay. As long as you stick to the process, you should be fine.

What happened to me on day one, I was lying in my hammock and I was surrounded by all these water bottles. I couldn't get hold of distilled water out there. But anyway, I had good clean water and I was just lying there. And for the first day it wasn't as bad as I thought it was going to be. I mean, I've never gone a whole day without food, but I managed it. Yes, I was hungry at times, but I was just trying to read. I was trying to take my mind off thinking about food.

And I managed to get through the first day when I woke up on the morning of day two, I didn't have hunger really until around 1130 mid Day-ish. Then I started feeling hunger and I thought, well this is mind over matter, David, I just have to ignore it and continue. And I did and I got through the next day.

Then we came to day three and around about late afternoon the hunger pangs stopped entirely. I had no more hunger. I felt absolutely fine. I felt as though I didn't need food. I didn't feel as though I had just had a nice, big, satisfying meal and therefore I have no more hunger pangs. I just felt as though I didn't need food, so I knew that something was working internally.

What was happening was that on day one, day two, and day three of you starting a water fast, the body is constantly looking for food in your stomach or maybe even the intestinal tract. I don't know. But that's why it keeps giving you the signals that you're hungry. It can't detect food there. But because I was ignoring my hunger pangs. What then happens is that the body needs to find sugar so that it can feed your brain. So it goes straight to I can't remember what they're called. Is it glystates in the liver? I think it makes glucose or Something like that. So it takes that from your liver and it converts it to sugar for the brain so that you can function well.

VAL: Excuse me. I'm sorry. I was muted. I had something to say. Actually, the body turns it into glycogen.

DAVID: That's it glycogen. Glycogen. So it turns it into glycogen in order to feed and sustain perhaps the most important organ of your body, which is the brain. And then after that, once it's exhausted, the glycogen that is taken or that is converted from what it finds in your liver, it then goes to your muscle mass. And what's interesting is that a lot of people say, Oh, it's not good for your muscles, because if you don't eat, it will eat away your muscles and it will just waste you away. And it's not true. Yes, it is true that it does take a small amount of your muscle mass, but it will never take more than 5% of your muscle mass. Now, obviously, if you're a bodybuilder and you have lots of muscle, it may take more, but it won't take more than it needs in that it won't leave you in a serious, unhealthy situation.

Then after it's exhausted all other avenues, the only thing it can do is to then take your fat, and that's what you want it to do. And that's when something clicks in. Internally, you no longer have hunger pangs because the body is feeding from the fat that's within. And I know that the ancient Egyptians called fat the golden elixir of life, because obviously, if you've ever seen what fat looks like under the epidermis, it's it's almost golden. It's quite, quite rich. And fat is full of nutrients and vitamins, minerals, everything your body needs in order to survive. And so I think that there's a misconception in life because we assume that fat is a bad thing for you, but it's not. It's actually there for you to be able to heal yourself should you need to fast. And we know that that's what the ancients were actually doing. Our ancestors were fasting and they've been doing it for thousands of years.

HEIDI: The great minds all that's right. Aristotle.

DAVID: Yes, Aristotle and Pythagoras, you know, they were great people. Yes. They would fast for up to 12 or 13 days before going into council Or taking an exam or a test.

HEIDI: To sharpen their mind.

VAL: And animals also naturally fast when they're ill.

DAVID: You're absolutely right. Absolutely. And of course, what do we do? We try to force our animals to eat. Come on, eat this. You're not well. Animals don't want the food. They want to fast, you know. And of course, lots of hibernating animals, such as brown bears, for example. They hibernate for months on end. And then at the end of it, they may walk up to 100 miles looking for their first meal, you know. So how can they do that? Because they have the energy, because their bodies have been eating the golden elixir, as the Egyptians called our fat cells.

It was an amazing state that I felt on day four. I had no hunger. And then all of a sudden, day five, I felt all of my all of my senses were sharpened. My sense of smell was far greater than it had ever been in my life, my sense of hearing, my eyesight, mental clarity. And I just felt so charged and centered and balanced because for the first three days before I reached autophagy, I was thinking to myself, Oh my goodness, I'm hungry, and how can I sit here? Lying here for 25 days is going to be impossible. I mean, I don't like to sort of lie down and do nothing all day, but when you reach the stage of autophagy, you're so well balanced and so well centered. You can lie there. You can lie there all day without issue

But when you do have to get up, you have to get up very slowly and carefully. You don't want to get up too quickly, otherwise you might collapse and faint, you know. So you have to do everything methodically and carefully and slowly. But it was actually an enjoyable experience. It was a spiritual experience for me. It was an out-of-body experience, even though I was in my body. It was a remarkable experience. Yes.

HEIDI: You had moments where you had your highs in your lows. Yes, there were highs and lows and you've got to just persevere.

DAVID: Well, with regards to the lows, I didn't feel any lows with how I felt emotionally. I actually felt constantly happy and constantly high. But I did feel that there were areas on my body. Yes, on my body where there was some deep cleansing or maybe deep

healing happening. Anyone who's ever suffered a broken bone or if anyone's had an operation or their appendix removed or anything like that, you can feel it work. In those areas where you've got old injuries or old issues, but it sort of moves, it's Mending. You have the sense that you are being healed. I can't describe to you in words. It's an instinctual thing. And so that's what I mean by a spiritual experience. You just knew what your body was actually doing and how it was healing you.

Of course, my friend, this lovely elderly gentleman would come and see me on a regular basis just to make sure that I was okay, too. And around about day 18, day 19 I just felt absolutely great. I thought I can take on the world. And he said, right, so soon you'll be coming out of your fast. And I said, Well, how will I know when to come out of my fast? He said, Because you will start to feel hungry again. He said that is your body telling you that it's time to feed now that all of the healing has been done. I said, that's remarkable. How can the body do this? Well, the body knows everything about you. It's the best hospital you could possibly enter or have. It just knows instinctively and it will tell you when it's time to re feed.

Sure enough, around about day 25, day 26, I started feeling very hungry. And now this is the most dangerous part, if you like, and I'm going to use the word dangerous. I mean, as long as you fast properly, it's no issue. You know, it's quite safe, but you need to follow certain instructions. And Heidi is going to tell you shortly how to re feed. But let me just give you an example.

When Napoleon sent his troops to invade Russia and of course, they were unsuccessful when they were marching back to France, it was a harsh winter. And Napoleon lost many of his troops on the march back. But as soon as soon as the troops reached old Prussia, they headed straight for the staminase. And these are places which are sort of big food halls that will sell all sorts of foods and oodles of wine and things of that nature. Well, when the soldiers entered these staminases, they sat by the fireside to warm their cockles, and they ordered large meals and they started devouring them. But of course, because they hadn't eaten for many, many days, they overdid it. They ate and they

drank merrily. And many of them died Because what they didn't realize was, they'd had too much sugary items and alcohol. And literally the heart just gave way.

They had an insulin spike.

HEIDI: The important thing to do is when you re-feed, you must do it very carefully and you must do it as follows.

Entirely, mono fruits, watermelon and water. But for myself, I'll be talking about another part of this a little bit later. But you know, it's really good to have the supervised element of help in the re-feeding aspect. So. Yeah. But basically, I'll just put it in a nutshell. It really depends how long you fast. But ultimately, it's all to do with water and watermelon. Now, the idea is that you consume three litres of water per day without fail, and you sip it to the point of every minute. You need to have a sip of water through the 25 days or however long the fast is going to take. So that's crucial. Now, when you get around to actually re-feeding, you have to have only two ounces of watermelon every 2 hours from 10 to 6 p.m., and that's got to be literally timed to the tee. And you can't exceed it because two ounces is the most smallest quantity and you think you're so hungry, so you're very tempted to eat so much more. But on day one, it's two ounces of watermelon every 2 hours, between ten and six. On day two, it's four ounces of watermelon every two and one half hours from 9 to 7 p.m.. Day three, depending on how you did on day two, you can then step it up to 6 to 8 ounces of watermelon every 3 hours from 9 to 6 p.m. day 4 to 7. You then increase it again by four ounces or so each day, eating four times between nine and 6 p.m. and then from day eight. So remember it could be two weeks of re feeding, but from day eight to let's say two weeks past that you then start to add the crucial, ripe organic fruits and simple green salads with a tiny little bit of fat. It's very important that actual meal representation is clear.

DAVID: So just to end my little story with regards to how I cured myself from Lyme disease after I completed my fast and I re fed appropriately, I felt so energetic and so good and so healthy. I felt so much better than I'd ever felt in my life. And, you know, it was a remarkable experience And I was advised by my elderly friend to continue to eat,

A high raw food diet. If you want to eat cooked meat, then go for white meats, you know, go for birds and fish.

Well, I couldn't wait to get back to Warsaw because I had to hand in a few songs that I had completed to my publisher. And on arriving I thought, Right, I'm going to see what is in my body with regards to this aggressive spirochete bacteria that is known as Lyme disease. So I went back to the Tropical Disease Hospital in Warsaw and I managed to see exactly the same doctor I saw the first time, and she remembered me. And I said, Look, I feel fine. I'm not sure if I'm completely cured, but I feel so good. I was trying to explain to her what I did with regards to water fasting. And she sort of looked at me with an air of suspicion. And I said, Look, I really need to do something. I need my blood to be tested just to see if I have this bacteria in me. And she sort of laughed. She kind of kind of chuckled and in a sort of arrogant way, said, well, you know, it's always going to be there. It always lies dormant in the system, and if later in life you get stressed or upset or your immune system becomes compromised, it will rear its ugly head again.

I thought, well, can I please be tested? She said, Well, only if you pay for it. And I said, Yes, of course. I had to wait a good two and a half weeks because apparently it takes a great deal of time for them to actually do the test. Anyway, I got a phone call from her and she said, Look, I'm so sorry, but we seem to have messed up because the results have come back as completely clear, which is impossible. So she said, We'd like you to take the test again. Of course, you don't have to pay this time. And I thought, Yeah, okay, fine, I'm not going anywhere. I'm in Warsaw.

So I went back and gave them some more samples. And a couple of weeks later she said, Would you mind coming to see me? I said, Not at all. And when I arrived, she said, I don't understand it. There are no traces of this bacteria in your body. We cannot detect any. And then she said, Could you explain to me again, but in great detail what you did? And I did. And she really listened. She took it on board. So she really believed that obviously what I had done actually cured me. It wasn't a Band-Aid. It cured me. Now, of course, all that happened in 2005 to 2006. And how many years are we on now? It's

2022, and I haven't had a single issue as far as I know. And as far as I'm concerned, I don't have Lyme.

VAL: I was also diagnosed with Lyme in I guess it was 2000. I didn't know a whole lot about it back then and I was in the middle of some kind of life crisis and I had to go to Virginia Beach to stay with my aunt and my uncle. And so they put me on one month of doxycycline, And told me to stay out of the sun and not to eat grapefruit.

So I did what they said. But I thought every now and then it would pop up for me, like when I was under stress, like if I was traveling or something like that, I would get some types of symptoms. And what I'm intuiting is that autophagy is the thing here that may be difference between what you did and what other people do that will always have the spirochete in their cells. From what I know about this process, it cleans up the damaged cells and takes care of all kinds of issues.

DAVID: Apparently, that is what it does. Lyme attacks the mitochondria, which is sort of the nucleus of the cell.

VAL: Mitochondria is not the nucleus, but it is within the cell. It's called an organelle and it's the little powerhouse of the cell because it produces the energy that the cell needs to function.

DAVID: Exactly. I know, too, that the chromosomes that are in the cells, each ends of the chromosomes are protected by telomeres. So in other words, I suppose I could liken it to a shoelace. So let's say that the shoelace is the chromosome and the tiny plastic caps on each end would be the protective telomeres that stop the shoelace from becoming worn and frayed.

Autophagy is also the process whereby not only does it eradicate deceased cells and and produce new healthy cells, but it also strengthens the telomeres of the chromosomes, which is why the actual cells have more longevity. And I think that's one

of the reasons why this Japanese professor was awarded the Nobel Peace Prize in 2016, 2016 for discovering autophagy.

VAL: Yes. By the way, his name is Ohsumi However, he's not the one that discovered this process. The autophagy process was discovered back in the 1950s by someone named Christian LeDoux, but he didn't have a microscope, so he couldn't see the lysosomes, which are the cells that produce the digestive enzymes that eat away all the stuff. But we'll give Ohsumi the credit.

DAVID: Yes. Fair enough. Auto and phagy are both Greek words, and auto means self and phagy means eat. So in other words, to eat your self or to self eat or self devour, it sounds like something out of The Walking Dead, but it isn't. It's eating all of the bad stuff that's in you, all of the debris that needs to come out of you. And it just helps to regenerate a healthy community of cells.

VAL: Right. And it also it helps the body to produce immune cells, and also stem cells.

So, Heidi, can you tell us a little bit about your water fasting experience?

Yes. So for me, well, David's experience goes way beyond the fact of we'd never met for many years before that time. So this was without me. The time I did my water fast was at a time that David was in my life. And he had told me this amazing experience of his. And as you could probably appreciate, when someone has been as unwell as David was at the time and was completely back to normal in physical and mental health, I thought, well, at that particular time I was a 20 a day smoker and I was about 310 lbs very overweight and just in general kind of without interest to sort of get myself up and running in life, unmotivated, low in myself, etc., etc..

When I heard the experience of what David had gone through and I did my own research, I thought this may be a good idea for myself, but what was important for me is I didn't just suddenly, you know, go straight into a water fast. By no means. David said,

Hold your horses, Heidi. You need to get yourself into the right mode before you go into such an extreme body experience.

I had to really start losing weight naturally at the beginning. And the big thing for me was having enough rest and sleep. David said I had to make sure I could sleep for 8 hours in complete darkness every night.

It was during the summer months, so I had to go outside and make sure that I had sunlight on my best skin for vitamin D every single day for about 20 minutes. And what that does is it actually does something to your nervous system. Apparently, it sets into a proper functioning for your nervous system.

I started to exercise, I was going on long walks because I wasn't particularly fit. And We were doing some light cardiovascular exercise.

He put me on an optimal diet, so it was just mono water, fruits. I just had watermelon for a good couple of months before I embarked on my journey, I started to learn how to drink three litres of water a day. So again, that's a technique. I would train myself to continually drink water throughout the day before I started.

My emotions were in turmoil at the time. So I would start doing a bit of meditation and ground myself. All these things had to come into play before I embarked on my own 19 day water fast. And David was to be my buddy during that 19 days and he didn't leave my side for the entire time. The contextualization of the experience wasn't to throw yourself straight into it, because it's impossible to the process of water fasting. Your body knows automatically the minute you start to water fast, it's already ready. You don't have to train it. It knows how. You've got to prepare yourself for it. So it was for health reasons that I wanted to do a water fast and a lot of what David has said with the experience was very, very similar to mine. The difference being was David had Lyme disease.

I didn't know how long I was going to fast for. And we half expected that perhaps day ten I would stop and David would say to me, If you stop after day ten, that's fine, that's amazing. But let's just see how far we go. But really, for my own research, you have to get to day seven of water fasting before the true meaning of water fasting happens. So in other words, your body gets prepped for seven whole days. And remember what David said. Day three, the hunger goes. Day four, you feel elation and day five. Your body starts to eat its own fat, and then at day seven, that's when the real healing happens. So we knew I had to get to day seven for anything to happen, and anything from day seven onwards is a bonus. So we didn't know where I was going to go with it. And it was very exciting because my sentiments of my experience align very nicely with Davids. So we had security in knowledge of that and David knew exactly how to treat the whole what felt like a medical experiment for me because I didn't know how I would react.

You know, being extremely overweight and perhaps my heart rate being a bit erratic, all these things had to be meticulously watched and monitored. And we actually got a spreadsheet together and I took my pulse, I took my blood pressure, I took my temperature, all these things on a daily basis. And my weight was recorded every single day because that was the bit that I was most interested in at the time. So the process was similar, but for me from day 14 it started to get heavy. And so I survived another four days after day 15. But being a lady, I was coming up to my menstrual cycle. And that was for some reason a really hard moment. And actually, because of my period cycle, I had the most extreme levels of lack of iron is what David thought. And I was so, so tired out, so washed out for the last four days of the 19 days. And that's why we decided to stop and for no other reason. And we could have gone on further. But my body knew it had to perhaps regain a food cycle and get myself back to normal. So that's why I stopped after day 19. And then the feed process was again, very delicate and very important. And that's it in a nutshell, really.

VAL: Can you explain that heavy feeling a little bit and what we can attribute that to?

HEIDI: I think the deeper you get into your fast, the harder the journey seems to be.

It's a very individual thing I mean, I know I've heard of stories about people that have only needed to fast for about two weeks and remarkable healing had occurred for them. And then again with others, it takes longer. It really all depends on what's going on within you as an individual, I think.

VAL: I wonder if it didn't have something to do with the weight loss that was happening and the fat cells being broken down. We know that a lot of poisons also are in the fat cells.

HEIDI: Yeah, could have been. But that's why it's really important that you have someone there who's able to give a second opinion and also an unbiased one. Because if you're wanting to embark on this endeavor yourself, you always want to make it to the end. It's like, I must get there! It's like, I suppose a good analogy would be those hill walkers, climbers who want to reach the top of Everest and they push themselves too much. And then they run out of oxygen and they're in the dead zone. I think that when you're in this particular mental state, yes, you have great clarity and you think you're invincible. You think, oh, I'm I feel great. I think I can complete this. I must reach day 25. I must! you mustn't have that attitude.

If your vitals are recorded in a negative way, you literally have to pull it. You must stop. That's why it's so important to have a buddy there with you who can say, no, no, no, no. It's not looking so good today. Oh, but, you know, just let me carry on. No, You have to end it there. But I haven't completed my time. Do it in stages. You don't have to do it all at once. At least you know that you've reached day 18. That's excellent. And your body has healed so much already.

Now there are people who I know of. Who haven't quite reached day 25 or perhaps whatever limit they wanted to basically, or that they were advised to actually reach in order to heal something specifically. So what happens is if they only reach day eight or day nine, they think, oh, I'm a big failure, you know, oh my goodness, I'm going to have to do it again. And then they rush into doing it again and you mustn't do that. It's so important you don't do that because the body needs time to recover. You need to put

more nutrients and more vitamins and minerals back into your body before you attempt another fast. You have to live normally like that for at least 1 to 2 years before you attempt to do another fast like that. I know that there are people that don't quite realize that and then they get themselves into trouble.

The other thing to note, too, which is really important, is that when people look online, so any individual that thinks, right, I want to do a water fast, I heard so much about it and they start looking online, oh my goodness, there's so much danger out there with not getting the right information. There are people on there that say, hi, my name's my name's John, I'm from the US and I'm going to do this fast and it's going to be great and I'm going to record it and I'll let you know what happens and blah blah blah. And then he or she may come up with their own thing, such as You know what? It's much better if you add lemon juice to your fast because... No, no, if you add lemon juice, you come out of autophagy. It doesn't work. You can create all sorts of things. I mean, there are some people that say just add some Himalayan salt To the water. And magnesium.

You don't add anything to it. Now, if I can recommend one person, because Heidi and I did a lot of extensive research. Now there's this chap who has a clinic in Costa Rica, and he has been doing extended fasts for people in order to help them heal for over 22 or 23 years. So the doors of his clinic have been open for a long time and he's seen tens of thousands of people and he's seen incredible results from people who have fasted and left his premises. So Heidi and I watched lots of his lectures. We listen to him and we read and it's all on YouTube.

What may be interesting for any of your listeners out there is that they may know that Heidi is trying to recover from long COVID and she's already paid to Have A super fast with this guy, Loren Lockman. She will be doing a fast so that we can see how that helps her too with regards to her healing. So if anyone wants to learn more about water fasting, I don't think you could do any better in your research in finding this particular gentleman.

VAL: Thank you for that recommendation. So I think that we've established that autophagy allows the body to heal, and that's what's going on here. And without getting too technical, we want to periodically at least go into a state of autophagy. And that's where intermittent fasting comes in. Is intermittent fasting something that you also do?

DAVID: Yes. It's absolutely crucial. It's the first step to understanding what fasting does. And that window of time where you are not eating is vital because you can start small with it and then increase that window of time of where you feed during the day to allow your body to sort of train itself into a mode of fasting. Yeah, it's the best thing.

I think it's important to eat good food and raw food. If you're doing intermittent fasting, I think there's very little point in doing a fast and then you're perhaps one meal per day happens to be McDonald's. I mean, it's not really going to hurt you, but I know that there's some controversy with regards to autophagy in that usually it takes 3 to 4 days for true autophagy to actually work or to actually kick in. So if you're eating one meal a day, I'm not sure that autophagy is all that present. However, it certainly helps your immune system because it obviously doesn't have to attack unnecessarily cooked food that enters you if it only has to basically deal with one meal per day. If you like eating cooked food, then it's not going to be unnecessarily attacking that meal for 24/7 because obviously usually what we do in the West and indeed perhaps all over the globe is we tend to have three cooked meals a day, which means that your immune system's having to fight unnecessarily that cooked food for maybe 24/7. So I think intermittent fasting, yes, it definitely helps.

VAL: I am a very big raw food advocate because I believe in the energy of food. And I also know that if we're looking to get the right kinds of protein that anything cooked beyond 112 degrees, like proteins, denature, they lose their shape and they can't find their way back. So that's one of the reasons but something that is a little bit easier for people to begin with if they're not really chronically ill is 85% raw food. That's very helpful.

For the people that may not know too much about intermittent fasting, it's where you have a window of time, as Heidi was saying, where you eat. I would recommend that you start on a 12 hour cycle, within that 12 hours, you can have your food and then 12 hours don't have any food. And remember, like David was saying, you can't have lemon. You can't put milk in your water, nothing. That's food. And that will stop the process of autophagy. You could start with 12 hours, that's 1 to 1 ratio, and then you can switch that up and you can maybe go to 14 hour fasting and that's a little bit of a different ratio. And ideally the window of eating is 6 to 8 hours, a 6 to 8 hour interval.

DAVID: When we were eating just one meal a day, the energy was endless, wasn't it? I mean, we would wake up really early in the morning about six and be, wow, I'm awake. Let's listen to the birds, full of life!

VAL: Just the act of eating is inflammatory, and fasting is healing the insulin response. My last podcast is about the insulin response, and when the insulin is constantly in the bloodstream because you're constantly eating or you don't even have to be constantly eating, if you eat one meal you've still got insulin picking up the sugar in your blood and trying to take it where it needs to go. If you have too much insulin in your bloodstream, insulin literally becomes a substance called advanced glycation end product or AGE, which is a molecule that's involved in accelerated aging. We're really taxing the system. Some people say you should eat six small meals a day. I don't really agree with that because I know about insulin and blood sugar rising and insulin resistance, which is trouble. So the insulin has a lot to do with it. And then the body calls to secrete cortisol from the adrenals whenever there's any kind of stress going on. And cortisol raises blood sugar, when the blood sugar goes up, the insulin goes up. So there's all kinds of things that are going on there that are not issues when you're simply fasting.

DAVID: It's a life affirming experience. It's an affirmation. In many ways, it can be likened to a revelation. For lots of people. It's such an incredible experience. It's nothing to be afraid of.

So let's just get some misnomers out of the way. Number one, you're not going to die if you don't eat food because your body will be feeding, as we've already said, on all of the wonderful nutrients that are in these fat cells. Number two, it's not going to eat all of your muscle mass and make you completely useless and limp. It doesn't work that way. The body is intelligent enough to know when to stop eating some of your muscle mass. It usually takes up to 5%. Number three yes, you will feel great hunger, but only for the first two or three days afterwards. You won't feel any hunger whatsoever. You will feel great and you will probably feel much better than you've ever felt in your life. Okay. That's quite a statement being out there, but that's certainly been my experience. Don't be afraid.

Obviously, it's really important that you speak to a medical professional, if you have any concerns, if you have issues with your liver or any other organ or your heart. Then obviously it's important to seek medical advice first before contemplating doing anything like this. Now, of course, if you go and see your average GP, it's unlikely that they will really know anything about what water fasting is or what it does or whether or not you can handle it. So once you've spoken to a health care professional, it might be worth trying to contact someone like Lawrence Lockman because he's very easy to get hold of. He does have an email address. You can contact him and he responds. He responds very quickly.

Heidi, You have anything to add to that?

HEIDI: Yeah, really. In reference to Loren Lachman, I've set up a course I'm going to be embarking on in the next few months. I did an evaluation form with him, and that is a free service and it basically gets a complete overview of your health in the moment. And then the advice from the real guru of what he knows. He actually gives you an advice, detailed report, as to how many days you need to fast and to feed, it's a two part process for me at the moment. With my health as it is, it's quite important that we have that additional layer of doctoral understanding of exactly what's happening with the process of fasting.

VAL: Is Loren a medical doctor?

No, he isn't. He's a person who had all sorts of health issues when he was a young man. He knows what he's talking about. He talks about the internal workings of the cells, the whole process of autophagy, how it works. And through experience, you see he's the only person now, although you might have someone who is a medical professional who has always pushed pen against paper and knows a great deal about the workings of the human anatomy and all that. He is unique in that he's had this clinic for over 23 years and he served people in practice for extended fasts. Now there are all sorts of water fasting clinics all over the world, but they usually only address short fasts, anywhere from maybe two days to eight days maximum because it's quite safe that way. And then they're not sort of held liable, you know. But with Loren, He's the whole way. He goes, the whole hog. I think that is the difference.

VAL: Well, the only reason that I asked is because if he was a medical doctor, I would consider that an impediment. And that's where I stand on that. So the fact that he's not is definitely a plus.

The only thing that I think I would like to add is that after 40 some odd years of food plans and diets and nutrition and schooling and everything, I've come out of that with a couple of mores, I guess. And one of them is like in graduate school, my teacher used to say when you put them on a diet and you give them these supplements and you monitor this and that, he said But in the end, if they can't eat a hot dog and drink a beer What good was it? And really what he was saying was, if they can't enjoy life because some people think eating a hotdog and drinking a beer is the height of living, and if they can't enjoy that, then what good is it? And I do understand that, of course, if you are very ill, you'll do whatever you have to do to heal. If you want to heal. Some people don't want to heal. And this is so very sad happened 3 of my clients. When I tried to put them on a food plan for cancer, they told me that they would rather die than not eat meat... and they're all dead. So we have to leave each to his own way how they feel they want to live their life. It's between them and their Creator. But the other more (I think that's the right word) is if I'm invited somewhere say once a year, it's something

special and they ask me, would you like something, I know that you're a nutritionist (because everybody looks at me like I'm the nutrition police, you know?) I tend to diffuse that particular situation with the following saying, I just say "I'll eat anything that's made with love." And it's true, I will. But I mean, I won't pig out over it. But, you know, because I have burnt out adrenals I'm very careful about things that might stress me out and something like a situation where there's food that I can't really eat will stress me out. And so I might just say that and take a little bit and then nobody cares. You kind of soften the situation around nutrition because everybody knows that they don't eat right.

Everybody knows they know they need to do better. Everybody knows, myself included. I wouldn't go for a hotdog and a beer, that's for sure, because that would kill me. Because, you know, we become more sensitive as we become cleaner, we become more sensitive. And I used to be able to maybe not for many, many years, but maybe I could eat three hotdogs and have three beers. But now I'm so sensitive, there's no way I could do anything like that.

There's a lot of different aspects to the food thing. It's really very convoluted, complicated. Some people can't do even 85% raw. They feel empty and lonely, depressed, especially if they're living in a climate like well, even like the UK. I used to live in Washington, which is very much like the UK and I knew people there that they couldn't do the raw food. They needed some hot lentil soup or something, you know, and we try not to be too terribly judgmental on ourselves because then that causes us stress and it raises our cortisol, which raises our blood sugar, which raises our insulin. And then we feel terrible. And the defeats the whole purpose.

Well, that was a tremendous amount of information about autophagy. And David, thank you so much for telling us your story in the jungles. And Heidi, you are just such an inspiration. That's a lot of weight to lose and people that lose that much weight, I'm just gobsmacked. What an incredible feat that is! And just as a little update Heidi did tell me before when we were on the pre interview call that she was feeling so much better.

For those of you that may remember the other podcast we did, Heidi is not only recovering from long COVID, she's recovering from the COVID vaccine reaction. She was double jabbed. So it's great to come back a few weeks later and get that news that you're feeling better. And don't be discouraged. But I have to say this. They sort of extended the spike protein replication going on in the body to 17 months I'm hearing now, right?

HEIDI: Yeah, that's understandable because it's such a strong toxin. It's the most awful thing in itself. And yet I believe that because I'm trying to center myself as to how I'm feeling and it's not there yet because I can feel something going on with that. But no, thank you for that update. I'll make note of that.

VAL: I think that brings us to July. August. And whatever it takes, we're just going to keep going because it could also be the effect of the graphene that's in the shots that are causing cells to put off these exosomes the reaction to that toxin because that's the toxin. And that's the reason why we want they want us to get the boosters because the graphene, when you're taking supplements to boost your immune system so that it can actually get rid of the graphene and they have to keep putting it in because then we have that whole other agenda, which is another podcast. But suffice to say that graphene that is definitely in the vaccines is toxic and is going to cause some problems.

I see people that aren't concerned about their immune system and they're not doing well after the shots. So for the listeners, I just want to say that if you want to listen to Heidi and David's last interview, episode number 2, and if you want to hear more about spike protein, not just about it being a toxin, but also how it's transmitted through morphogenesis fields from human to human, that's episode 4.

From time to time, we're going to check in with Heidi and David because they're on a health journey and they're also frontline soldiers in this war that we're all in right now. So we're going to keep this going. I appreciate you both so much. We love you.

HEIDI: We love you so much.



DAVID: And we would just like to convey our best wishes to everyone who's listening to this podcast.

VAL: All right, then. We'll see you next week. Bye for now.