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EDUARDO CORASSA

HYGIENIC FASTING

NATURE'S SURGERY



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NATURE'S SURGERY

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The information described in this book is the opinion of the author. As such, this book was not written as a substitute for medical or nutritional information. Application of the information contained herein is entirely at the reader's discretion. Readers should not follow this book's recommendations without consulting their physician and nutritionist. The author shall not be held liable for the misuse of the information contained herein or for any damages or harm resulting from it. The primary purpose of this book is to share the studies and writings by key experts on the topic for purely scientific and didactic purposes. Readers should consult their health providers before making any changes to their habits, diet, and lifestyle.

"If we are slaves to unfounded fears, we are also slaves to beliefs and practices and action which are inconsistent with our well-being. So it is a matter of necessity that we understand fasting and all its facets if we are to overcome the fears that are associated with it.

Many people attempt to solve the problems of life, the distresses of the body, and the anxieties of the mind with food and drugs. They have great fear about not eating because they have experienced the headaches, the weakness, and distress they associate with it, and they are convinced that food and drugs are the answer to their problems.

How can you convince someone that going further without food is a matter of necessity for the recovery of his health? Only through knowledge and enough suffering to change his attitudes. The best way to dispel unfounded fear about fasting is with knowledge, knowledge that breeds confidence, confidence that engenders beliefs, and beliefs that result in correct action."

–Dr. D. J. Scott, Hygienist and fasting supervisor

Dedication

To the entire human race and to the planet, to relieve the immense suffering that increases with each passing day. To all the millions of people around the world, who are oblivious to the fact that fasting and simple lifestyle habits—such as eating raw fruits and vegetables, exercising, and getting sun—are a matter of life or death, of joy or suffering. To all those who have suffered in vain. Too many have died without ever discovering that their illnesses were caused by the excessive intake of the wrong foods and that simple physiological rest (or fasting) could aid in the restoration of their health. They die without ever learning that the practices commonly used in modern times are, in fact, harmful instead of healing. I am convinced that this book can save and completely change the lives of those who read and apply the concepts it contains. It is my heartfelt desire that people's greatest asset—their true health—be theirs for their entire lives. To achieve this, they must simply apply the concepts suggested here.

Testimonials

"One of the best books on Hygienist research, which should not only be read but also studied in depth. Congratulations, Eduardo Corassa, for your efforts in sharing this knowledge."

Vladimir Luiz Pigozzo,
Boxmeer, The Netherlands

"For a paradigm shift to occur, the first step is to convince the mind of the best path to take. Thank you, Eduardo, for leaving me with this conviction after I read your book."

Letícias Perdoncini, Santa
Cruz de la Sierra, Bolivia

"I finished reading your book and thought it was fantastic! This exceeded all my expectations for it! I'm totally motivated now to begin a fast, and my mother as well."

André Garcia, São Paulo,
SP, Brazil

"This book struck me as quite ethical, rational, logical, sensible, and in agreement with natural principals, to the point that I feel confident to say this is the medicine of the future."

Dr. Euclides C. Miranda,
Campinas, SP, Brazil

"In my opinion, this is the best-written, most interesting book I've read on the topic. The author was able to convey the key scientific points in straightforward language."

Rafaela S. Cundari, Rio de
Janeiro, RJ, Brazil

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Introduction

After two decades of terrible eating habits, subsisting off the standard modern diet that's rich in protein and animal fat, cholesterol, and processed carbohydrates, I was suffering from low energy, extreme back pain, and several other health issues at the ripe old age of 22. Sure there was a cure out there and convinced that being in the condition I was in was abnormal, I spent years pursuing the most varied health treatments that, at the time, were all I knew was available. The two popular paths I tried were conventional medicine and what is known as alternative medicine. With these models for reference, I tried every therapy and treatment you can imagine: physiotherapy, postural therapy, allopathic and homeopathic medications, acupuncture, osteopathy, chiropractic care, anti-allergy injections, as well as the usual nutritional recommendations, such as eating "lean" meats, cereal bars, and "superfoods" like honey, propolis, and the like. When nothing worked, I was about to follow medical advice and undergo two surgeries. This is just a small list of everything I tried in the quest to fix my health issues, start feeling good again, and resolve my constant and persistent symptoms.

After years and years of failed attempts, watching and feeling my health problems only worsen and becoming discouraged with the lack of results, even after faithfully following medical recommendations, I decided to stop the incessant search for professional help and educate myself on the subject. I began reading obsessively, pouring through books, articles, and other publications by professionals around the world, who were globally recognized for achieving stunning results that traditional medicine would have deemed impossible. And, during this research and pursuit for better health, I happened upon what is known as the raw food diet and, several months later, the health model that is completely in opposition to "orthodox" and alternative medicine. I discovered Natural Hygiene, or Hygienism.

Six months after practicing a raw food diet, I was much more in touch with my body. After extensive reading on the practice of Natural Hygiene, I had a better understanding of how human health worked and,

as a result, convinced myself that my body was begging me to fast since childhood. I always noticed that I was rarely hungry. Despite overeating and being overweight a considerable portion of my life, I noticed that I never felt any desire for natural foods, and never ate raw fruits or vegetables without them being altered, cooked, spiced, or completely mixed in with various other ingredients.

Once I started on a Hygienic lifestyle, and even before reading about the benefits and the incredible recoveries from incurable diseases that patients treated with Hygienic fasting had achieved, I began noticing that my body was asking for rest and abstinence from food. I noticed that the lifestyle of a raw food Hygienist had put me more in touch with my body and raised my awareness of my real needs, and, consequently, I realized that my body had been asking for a fast for decades. Since a young age I never had an appetite, and was always running away from mealtimes and rejecting raw and natural foods, since my appetite had been perverted. I only wanted “foods” that were highly processed and cooked, such as meats and industrialized foods. After reading up on Hygienism and the scientific literature, I noticed that my symptoms were exactly what diseased humans and animals exhibit, what poorly fed organisms express as a way to signal that something is wrong.

And so, after five months of adopting a raw diet composed primarily of fruits and vegetables, I went on my first long fast as soon as there was a holiday break from my university studies. Although I still had little information and experience with the subject, I figured that in 20 days I'd be able to reverse all the health issues caused by 22 years of the worst possible habits. The plan was to fast a maximum of 20 days. However, I was unaware that it's wrong to pre-determine a certain number of days for a fast, since it's your body who tells you how long it needs, and there's no way to predict that in advance. Your own body uses various physiological functions to tell you when you should break the fast, once it has finished its regeneration process and is again working at optimal levels.

Because I felt the need to, I ended up fasting for 24 days. Unfortunately, I had to break it off early because the holidays were over and I had to resume classes. There was a sense that it wasn't time to break the fast and that my body needed more time, that continuing for a few more days, another week or two, would have been beneficial, but my

duties and obligations from modern life took precedence and I ended it prematurely. Even so, it was definitely the most impactful experience of my life, creating an unfathomable sense of well-being, something inexplicable that I'd never felt or experienced before. It was completely unprecedented and definitely the most significant experience I've had to date. All of my longer fasts ever since were pleasant, not the deprivation one would imagine, and I have great memories of them all.

During that first fast, it was clear, through internal sensations and my external appearance, that I was quite explicitly recovering the health I'd lost, little by little each day. My appearance was increasingly youthful, with my hair and skin becoming softer, my teeth whiter, my eyes brighter, and my mood and mental clarity further enhanced with each passing day, reaching levels that I never imagined possible. I felt younger, more motivated and determined than ever before, like I could achieve anything, like I was unstoppable. There was plenty of energy now to take on any project I wanted to.

After the first few days, and especially after the first week, I was able to feel and see exactly each part of the problem that my organism was treating and regenerating at any given time. This was because each day or for several days, certain locations where there were strong pains or symptoms that had gone on for months or years became flushed. I could feel blood flowing strongly to that region, then some light pain in the spot, and then, after a short period of time, maybe just a few days, it would stop hurting completely and the stronger blood flow would return to normal levels.

This was clearly discernible, since by looking at certain regions you could see the blood pulsing strongly, and when touched I could feel the heat and the pulsation much more strongly than usual in that area. The regenerative process is visible and perceptible to both the person fasting and to external observers. The increased blood flow routed to the area where there is some sort of damage is literally a large amount of "food" (nutrients) being reallocated, so that the work of cellular repair and renovation can take place.

In the final days, I felt infinitely better than when I started, a sense of internal purity, as if my organism had been cleaned from the inside out. There was relief from countless aches and pains I'd experienced for many years. The results I'd sought had been achieved and exceeded, the

same ones I'd never obtained through the usual methods in vogue. I became incredibly happy to realize my intuition was correct, and that studying and adopting the principles of Natural Hygiene was the correct path, instead of continuing to waste time, health, and money on the standard medical procedures, which are expensive and invasive.

It was also wonderful that I didn't need to be sliced open with a scalpel and injected with anesthetic drugs in order to cure myself from these diseases. Discovering that the path to health was so easy, simple, and accessible to all was a source of great joy. Finding Natural Hygiene was liberating and gave me a sense of power and control, a sense of freedom, since I no longer needed anyone beyond myself to manage my health. It was my own initiative that was required if I wanted to recover.

On the morning of the last day, a few hours before breaking my fast, I started to cry. But it was unlike any sort of crying I'd experienced before, as if my body, and not me, were crying tears of joy and pain at the same time, in a reaction that felt subconscious and uncontrollable. And while I cried, it was as if it was asking me why I waited so long to simply follow its cues, to obey my own instincts.

And due to all these incredible benefits, knowing and feeling I was on the right path to achieving unimaginable levels of health and living a long, productive, disease-free life, I promised myself that I'd share this knowledge with the greatest number of people possible. Because I'd received this gift, this priceless information that saved my life, I was going to dedicate the rest of it towards helping people achieve what I had. With tears streaming down my face, I swore to myself that if it were up to me, the entire world would come to learn about Natural Hygiene and how the only thing we need to be healthy is to know and apply the concepts behind it. This book is based on one of these concepts, that of physiological rest for the organism that is popularly known as fasting.

Over the course of a year, I underwent five medium and long fasts. The longest of them was the first one, of 24 days, and the shortest was a week long. After recovering my health and vitality, feeling whole and well, I resumed my normal life. Now, if I'm experiencing too much stress from a modern lifestyle or have too little time to sleep and rest, noticing that my body isn't able to recover from the influences to which it's being subjected, I simply take a day off on the weekend, or two or three days during a holiday, for a short fast, to simply provide my body

with the opportunity to recover and therefore keep my health up. Now that I'm aware of and in touch with my body, I no longer let these harmful conditions accumulate to the point that I need a long fast to recover.

As I resumed my regular routine and devoured the literature on Natural Hygiene, I became obsessed with the Hygienist dream and began writing this book and several others. I created a website (www.saudefrugal.com.br) and began offering lectures and cooking classes, and also enrolled in a university course for nutrition. These days, I assist patients with their nutrition using a holistic and naturalistic approach, doing everything I can to make this information accessible to the masses. The Hygienist dream involves a return to healthy living, allowing peace and equality to reign on earth so that we can once again live the utopian life for which we were designed. When human civilization is able to understand, accept, and apply Natural Hygiene, peace and health will become the norm instead of the exception. When we stop focusing on surgeries and pharmaceutical drugs as solutions, and instead emphasize nutrition and lifestyle as the primary form of treatment, the human race will begin to progress to a new era of peace and harmony, like the paradise we once lived in before the Fall.

In university, I ended up learning that literary genres such as pastoralism and naturalism shared a similar vision to that of the Hygienists, believing that humans, in ideal conditions and living in alignment with nature, are peaceful and essentially good. They termed this the "myth of the noble savage", which holds that society, civilization, and the abandonment of natural practices were responsible for corrupting man.

While writing my book entitled *Fruit-Based Health: A Guide to Raw Eating, The Original Diet*, I interned with one of the greatest Hygienists of modern times, Dr. Douglas N. Graham. He has been supervising fasts for over twenty years. I spent a month and a half at his fasting retreat in Costa Rica, attending classes on Natural Hygiene, fasting, nutrition, anatomy, physiology, health in general, and Hygienist raw food cooking classes, as well as learning how to care for and monitor people undertaking fasts. I watched over and cared for many people during their fasts, and witnessed two cases of individuals who suffered from multiple sclerosis become cured through a Hygienic fast and lifestyle. There was even a woman I met who had cancer for over

thirty years who was cured, after finding and adopting the concepts of Natural Hygiene.

During my internship, I had the pleasure of watching the fasting process from the other side, as a spectator. It was an honor to observe the bodies, minds, and souls of almost ten people rejuvenate themselves, to watch the regeneration occurring and health problems becoming a thing of the past. It was an unparalleled experience to live alongside these people, practically all of whom had already undergone long fasts and had practiced a raw, fruit-based Hygienic diet for an extensive period of time. My beliefs were only reinforced, since throughout that entire period I only witnessed joy, health, and high levels of energy.

Never in my life have I experienced an environment of such calm, joy, productivity, high physical activity, and well-balanced emotions. Throughout the entire period, there were no conflicts or stress whatsoever. Everyone was constantly energetic but calm, patient, and caring at the same time. Happiness and contentment remained strong there, and everyone sat at the table together sharing delicious raw fruits and vegetables. There were no cooked, processed foods, meats, or mammary secretions of any animal being “enjoyed” by participants. What I saw confirmed what I’d experienced for myself before, that health and natural lifestyle habits allow individuals to reach a state of inner peace, happiness, and productivity: our birthrights. It became clear that the world must live Hygienically if we are to attain a sustainable future and everything that humans innately dream of: happiness, peace, health, and prosperity.

As I both witnessed and experienced, fasting is nature’s way of helping living organisms regenerate more quickly, and the only tool for true rejuvenation. Since starting on a Hygienist lifestyle, I watched diseases and health problems that had been plaguing me throughout my life simply vanish, and now look younger than before I started on this journey and much younger than my actual age, while feeling exponentially livelier than even when I was a child.

I sincerely hope that I’ve done this topic justice through this book and that, in the pages that follow, I’ve presented enough evidence so that people and even animals can use fasting for extended periods of time in

order to obtain these benefits, instead of suffering any harm from the process as is still commonly believed.

For these reasons, I want to share the information that radically transformed my life beyond my wildest dreams.

I present as follows one of the most important aspects of Natural Hygiene: Hygienic fasting.

Note: For a more comprehensive take on Natural Hygiene and its dietary and lifestyle recommendations, please refer to the book *Fruit-Based Health: A Guide to Raw Eating, The Original Diet*.

Chapter 1: Fasting

"A loss of appetite is a sign of disease and nature's way of indicating the path towards the cure. It indicates to the organism its own and only remedy. Its only remedy is abstinence." –Dr. Herbert Shelton, world-renowned fasting expert

Fasting is the practice of abstaining or depriving yourself of something, generally for a long period of time. In most cases, when someone says they're fasting, it's from food, an abstinence from all types of foods. Although there are various forms of fasting and purposes for it in use for centuries, fasting was until relatively recently practiced by humans unconsciously, instinctively, and spontaneously. It was a simple response to a physiological need signaled by the organism.

As mentioned, there are various forms of "fasting", but the one we'll focus on in this book is the Hygienic fast, which is in fact a water fast, performed instinctively according to an organism's demands, not as a form of religious penitence, a weight loss method, or as part of a religious tradition.

Except for the Hygienic fast, all the most varied forms of fasting were in fact developed relatively recently by human beings. They are not instinctual, but rather stem from beliefs, customs, or social influences.

Religious fasting consists of spiritual development or fulfillment of a religious ritual, or even as penitence for a sin committed. Meanwhile, professional fasting is abstinence as a means of raising money and generating awareness for some cause. Pathological fasting occurs when there are organic damages so extensive that the person becomes incapable of eating or retaining food. Accidental fasting is abstinence that has been forced upon humans or animals due to unexpected circumstances. And, finally, experimental fasting is when it is forced for scientific purposes. These are the main types of fasting practiced currently by humans.

However, none of these are exactly the form of fasting that this book addresses: natural fasting practiced instinctively by humans and animals. Hygienic fasting is one with physiological purposes, in order to reestablish the normal functioning of a diseased organism. It's nature's

way of reestablishing homeostatic equilibrium in an organism. In other words, Hygienic fasting is nature's way of restoring health.

Hygienists have been responsible for reviving instinctive fasting for over two centuries, a practice that had nearly been forgotten since the time of Hippocrates and other great names in the history of medicine. In the early days of medicine, fasting—unlike how it came to be perceived today—was associated with the recovery of health, a way to provide the body with rest so that it could purify itself and recover from any type of infirmity. According to reports and data cataloged by two centuries of the Hygienist movement and others that also employ fasting practices, it has been shown that practically all forms of diseases, even those deemed “incurable” or terminal by medicine, can have their symptoms controlled or cured completely.¹

Fasting is considered by Hygienists to be the quickest and most effective method of “curing” yourself. Many key figures in the field of health who defend fasting practices compared it to nature's “surgical table”. They used this term because professionals supervising fasts considered the practice to be a “natural miracle”, the method by which “nature cures”, after witnessing so many countless health problems be extinguished so quickly and almost miraculously. Every professional versed on the subject vouches for it and is thoroughly impressed by the regenerative and rejuvenating effects it brings about. All have reported in their studies that they have observed impressive cases of recovery from serious illnesses.

Although often confused and perceived by modern society as a weight loss method, or one practiced for religious, spiritual, or political reasons, the practice of fasting is in fact common in the animal kingdom, as it was with humans until just a few thousand years ago. Ever since humans learned to use fire to cook foods otherwise impossible to ingest in their raw state, the practice of cooking became increasingly common after the Neolithic period (ten thousand years ago), with the result that humans began losing contact with their instincts, with their physiological signals, and became increasingly distanced from nature. As this distance increased, humans stopped responding correctly to the signals their organisms produced and, due to erroneous ideas that began emerging more recently, began believing that it was a lack of food that

caused illness, that more food to increase their resistance was what was needed in response to an illness.

However, wild animals remained in contact with nature and with their natural practices, and continued to fast naturally whenever faced with health issues. Early humans, animals, and humans in remote tribes used and continue to use fasting based on their instincts alone, whenever faced with any sort of issue threatening their health or the integrity of their organism. Practitioners of Natural Hygiene follow a natural lifestyle and a diet for which they are biologically adapted, and therefore are more aware of their true needs, easily recognizing their organism's signals when fasting is being called for.

Up until this recent past, which likely began shortly after the start of the Neolithic period, we voluntarily chose to abstain from food, but only as a health measure, whenever facing some sort of adversity, such as illnesses, injuries, or prolonged stress. Fasting was practiced by humans throughout their entire evolution on earth, with the same underlying purpose as proposed by Hygienism, focusing simply on the basic principles by which our organism has the intrinsic ability to fast. Instinctive fasting is practiced in order to accelerate inherent, on-going processes by which every living organism recovers and maintains their health and integrity throughout their lifetimes.

As we'll see through this book, both common sense and recent scientific studies show that the human organism, like other living organisms from plants to animals, have an inherent capacity for regeneration—naturally, without requiring Bands-Aids, pharmaceutical drugs, or any type of “natural therapy”. They are capable of curing themselves from any type of injury or disease that may afflict them. And as shown empirically and by science, fasting in all living organisms is able to exponentially accelerate this process, correcting the most varied types of damage and illnesses both acute and chronic.

However, due to the current abundance of foods and inaccurate beliefs that arose due to our ancestors' lack of scientific knowledge, who believed in “cures” and that food strengthens the organism, humans stopped undergoing prolonged fasts and ended up losing this awareness of how crucial this practice is for their health.

With modern eating habits—from the tremendous supply of food, the heavy processing that every food is subjected to, the ingestion of

non-natural foods by humans due to the use of fire, to the unimaginable mixture of countless different types of foods every meal–, it’s nearly impossible for the body to maintain a state of purity and physiological efficiency, or cleanse its tissues and fluids adequately in order to keep itself healthy. And, for this reason, fasting becomes necessary.

Despite the fears associated with the term *fasting*, we’ll see as follows that there are countless references to ancient civilizations having no fear of “dying from hunger” due to skipping a few or even several meals. Although many have suggested that the famous fasts in the Bible are miracles or just “fictional stories”, current scientific research on fasting in humans and animals have shown that organisms are able to fast for months at a time.

Fun Fact: when we use the term *fasting*, we inadvertently create a contradiction, since we talk about performing a water fast, or a juice fast, or a fruit fast. If fasting means abstaining from something specific, in the case of a water fast, we’re abstaining from everything except water. A water fast literally would mean ingesting anything but water, but, due to the way the term is used, when someone says “I’m going to try a water fast”, they actually mean they’ll consume only water throughout the entire fast. While fasting, they won’t consume any type of food, medication, or any other substance aside from pure and clean water. This use of the term *fasting* is quite common, since we often hear about a fruit fast, or a juice fast, and others. Technically speaking, it should mean that the person would be abstaining completely from consuming fruits, or juice, in the case of a juice fast, but it’s in fact the opposite.

Religious Fasting Throughout Human History

Although these days fasting is fairly rare in most of the world’s population, it used to be a much more common practice, as we can see in ancient writings from the famous Greek philosophers to even Roman and Egyptian texts. The ancient Egyptians, Mongols, and Syrians believed that fasting was the basis for maintaining good health, extending life, and preserving youth, and that excessive eating was the

cause of many illnesses. The Egyptians believed that ideally one should fast for three days each month.

Fasting was a common ritual in practically every world religion—in the Bible alone, there are 74 references to fasting. Since early Christianity, long fasts were practiced by saints from the Old and New Testament, such as Ana, Esther, Ezra, John the Baptist, and the apostles. Most of us have heard of fasts performed by Jesus, Daniel, David, Elijah, and Moses, all of whom fasted for forty days.

The famous prophet Mohammed was an avid faster. Ancient Greek writers such as Homer and Herodotus mention fasting as a common practice. Many have heard as well of Buddha performing fasts, along with other spiritual leaders. Buddha, at age 36, fasted for 49 days under the banyan tree, such that the tree and the story behind it became legendary. Saint Polycarpus of Smyrna recommended fasting as a way to avoid falling prey to greed and temptation. The famous Jewish sect known as the Essenes as well as the Therapeutae recommended fasting as a cure for all sorts of diseases for over two thousand years. Native Americans fasted in order to experience visions and before leaving for the hunt.

Countless religions have defended fasting as a form of physical, mental, and spiritual purification throughout their histories. Religions such as Christianity, Buddhism, Brahmanism, Judaism, Hinduism, and Islamism as well as shamanism from certain indigenous tribes prescribe fasting to their followers even in present times. As such, millions of people across the globe fast annually. Muslims fast for an entire month, during which they abstain from food and from other practices from sun up to sun down, during a period called Ramadan. The Aztecs and Toltecs of Mexico, as well as the Incas, also fasted for religious purposes.

The most famous religious and spiritual leaders in history have fasted. Countless Greek philosophers have fasted, and you can easily find records of them recommending and praising the countless benefits of the practice. It is said that Pythagoras only accepted students who had fasted for 40 days, and that he himself fasted for 40 days prior to his exam for the University of Alexandria. He believed that the mental clarity that such a fast provided was essential to absorb his teachings. He held that fasting purified the body and stimulated the mind. And he wasn't alone in this, since Aristotle, Plutarch, Plato, and Socrates held that only

through fasting could the mind be purified sufficiently to grasp the profound teachings of the mysteries of life. They and countless other Greek philosophers fasted and defended fasting as a means of obtaining mental clarity and restoring health.

The famed Democritus, known as the “laughing philosopher” and the father of atomism, also fasted for 40 days. The writer Tertullian defended fasting as a health practice. Zoroaster, the well-known Persian prophet, as well as the Chinese philosopher Confucius both advocated fasting. Martin Luther, the 15th century priest, fasted extensively.

Fasting has always been held in high esteem in Oriental cultures as a means to elevate the mind and spirit, by strengthening the mind and purifying the body so that it’s up for any task, and as a way to prepare for important events. It is said that the fakirs undertook their ritual “tests” – from sleeping on beds of nails to walking on hot coals – while fully fasted. The spiritual Indian leaders and all the yogis hold fasting in high regard. The famous teacher Yogananda claimed that “fasting provides rest to worn organs, which are the gears powering the organism”, that “eating excessively every day of the year generates many types of diseases”, and that “the more you concentrate on the palate, the more diseases you will face. It’s good to appreciate foods, but becoming a slave to them is to meet your downfall in life.”

These reports and their take on fasting are not exclusively Oriental, but Western as well. Certain Native American tribes fasted in order to purify the mind, body, and spirit. They believed fasting increases one’s connection to spirit, to the internal lifeforce, and leads to divine guidance. Even the well-known Zulu tribe of North Africa have a saying: “The continually stuffed body cannot see secret things” – suggesting that the individual who eats constantly and excessively is unable to achieve deep mental clarity and, therefore, is unable to achieve a deep understanding of life.

The painter Leonardo da Vinci, Shakespeare, and important modern figures such as Gandhi and Tolstoy believed that fasting was a practice that was beneficial to one’s health and mental clarity. Tolstoy and his colleagues even recommended it as a way to distract the mind from materialism, while certain Russian painters fasted at least once a day before starting on their works, in order to enhance their performance.

Arnold Ehret, the renowned naturalist author, claimed that fasting is “the master key for mental and spiritual evolution and revelation.”

On the other hand, illustrious figures from modern times, such as Napoleon, Benjamin Franklin, and Mark Twain also fasted, and we can be sure they only practiced their fasts for Hygienist purposes, since anyone familiar with their stories can quickly conclude that their fasts would have no religious ties whatsoever. Although the majority of the individuals and religions mentioned practiced fasting for religious and spiritual purposes, and were unaware of the scientifically proven health benefits, they also ended up enjoying them. So we ask: did they give greater importance to ethical and moral questions related to fasting since they were more enlightened, or was it their habits, including fasting, that made them purer and, therefore, more aware and naturally gravitating to a higher set of principles?

Although it may sound strange to suggest the benefits of fasting in these days of modern and industrialized civilization, we’ve seen that to more “primitive” peoples and civilizations that were in greater touch with their organisms and with nature, fasting was normal just like any other human practice guided by instinct. And this is not something from eons ago, since these claims and benefits are defended by all these great modern figures as well as by thousands of patients who have practiced Hygienic fasting.

Famous Historical Physicians Who Prescribed Fasting For Health Benefits

“I suggest that during an illness, eating becomes a burden on the patient, consuming energy that should be used to fight off the disease.”

–Dr. Edward Dewey, US Army doctor and surgeon

The earliest report we have of fasting is from Indian Ayurvedic medicine, which originated seven thousand years ago and has always promoted fasting as one of the main forms of treating disease.

More recently, respected figures in the field of Greek medicine such as Asclepiades, Thessalus, Hippocrates, and Galen were fervent

defenders of fasting and were practicing it over two thousand years ago. Hippocrates, considered the father of Western medicine, believed that fasting allowed the body to regenerate itself. Celsus, a Roman physician, prescribed it to treat epilepsy and jaundice, while the famed Arab physician Avicenna often prescribed fasts of three to five weeks.

According to Dr. Douglas Graham, in ancient Greece people would fast for three days in order to restore their health prior to entering the famous Greek healing temples, which were the hospitals of that time. Once inside the temples, they'd continue resting and eating fruits until making a full recovery. Historical reports state that fasting was also used in Egyptian temples and throughout the Mediterranean. Per these records, since early history and before the word *doctor* was even coined, these temples were the foundation of care for the sick, all of which were based on fasting.

Arab doctors, during European Medieval times, prescribed fasts of three weeks as a means to cure syphilis and smallpox. In the 16th century, Paracelsus, the well-known Swiss doctor, considered one of the fathers of Western medicine, stated that "Fasting is the greatest remedy, the physician within." In the 17th century, Dr. Hoffman wrote a book entitled *Description of the Magnificent Results Obtained Through Fasting in All Diseases*. The following century, Dr. Anton Nikolai asked: "What is more sense, to feed the patient and give him medicine and keep him sick for the rest of his life, or make him thin for a while and make him absolutely well?"

More recently, Dr. Von Seeland, a Russian physician, asserted that "As a result of experiments I have come to the conclusion that fasting is not only a therapeutic of the highest degree possible but also deserves consideration educationally." Another vocal defender of fasting, the German physician Adolph Mayer, said in his book entitled *The Fasting Cure: Miracle Cures*: "I assert that fasting is the most efficient means for correcting any disease." Dr. Moeller, head of the Closchwitz sanatorium, said "fasting is the only natural evolutionary method whereby through a systemic cleansing you can restore yourself by degrees to physiologic normality."

In the world of raw food and the modern naturalist movement, we have Hygienists Dave Klein, Dr. Douglas Graham, Frederic Patenaude, Dr. Paavo Airola, Dr. Gabriel Cousens, Dr. Brian Clement, Ann Wigmore, well-

known physician Dr. Ralph Bircher-Benner, nutritionist Paul Bragg, Dr. Joel Furhman, Dr. Alan Goldhammer, Dr. Michael Klapper, and others. All of these professionals defended the practice of fasting as a means of restoring health. These are just a few of the more recognized names in the raw food or vegan world who stand by fasting.

Thanks to these and many other leading figures, fasting as a method of restoring health has become much more common and is broadly employed in many North American and European institutions as the primary form of natural treatment of all types of physical and mental diseases. There are countless spas and treatment centers, particularly in Germany, Switzerland, Russia, and the US, offering supervised fasts.

Hopefully by now, after learning about all these key figures, civilizations, and cultures defending fasting as a normal practice that is beneficial to one's health, the concept of fasting has already become a little more accessible, instead of seen as a bizarre, senseless practice reserved for religious fanatics. I hope that readers are beginning to undo their beliefs that skipping one or two meals is harmful, or that a few days without food is fatal, and that fasting might not be such an absurd or insane idea. As you'll see throughout this book, there are quotes from some of the most respected figures in medicine on the health benefits of fasting.

Professional Fasting (Exhibitionist)

"Clinical as well as laboratory experiments corroborate the rejuvenating effects of starvation (fasting). If not excessively prolonged, it is distinctly beneficial and may be used to overcome fatigue and lassitude, as well as to improve fundamental organic functions (circulation, respiration), muscular strength, and acuity of the senses."

–Dr. Sergius Morgulis, professor of Biochemistry of the University of Nebraska College of Medicine

There are also professionals who took advantage of our capacity to fast for show business. Since most people are completely unaware of the fasting process, believing that fasting for more than a few days is a supernatural feat, these performers fasted for profit, as a way to call

attention and provide entertainment. They'd fast in public locations and charge fees for people to watch them. They were generally referred to as "hunger artists".

Some of these individuals recorded in the literature who became famous included: Alexander Jaques, who fasted twice in London—once in 1890 for 42 days and another time for 50 days the following year. There were two other Italians who fasted professionally, Stefano Merlatti and Signor Giovanni Succi. Merlatti fasted for 50 days in Paris, in 1885, while Succi underwent various long fasts, from 21 to 46 days. One fast of 36 days by Succi was meticulously studied by Dr. Luigi Luciani, the famous Italian nutrition specialist. Several of these artists were examined by doctors during their fasts and observed the entire time by others who wanted to guarantee that they were indeed fasting the entire time, ingesting water alone.

Common and Visible Benefits of Fasting

"Through fasting I achieved perfect health, a new state of existence, a sense of purity and joy, something unknown to humans." –Upton Sinclair, American writer

Invariably, despite having been practiced for millions and millions of years, by animals and by our ancestors, most people still tend to associate fasting with a religious or spiritual practice. This is because in modern times, the cases of fasting that reach the media are those performed for religious or political purposes, and they're then the only ones that people become aware of. However, fasting has been used and perceived throughout history in practically every case as a healing practice, since every living organism suffering from any health issues loses their appetite and tends to instinctively abstain from foods. This occurs because during an illness, the priority is rest and not nutrition from external sources, since all of us in normal conditions always maintain nutritional reserves stored in our organisms.

Although fasting has this complicated reputation and is still poorly understood, it's a simple fact that every creature on the planet uses it as a way to alleviate pain and discomfort and extinguish

diseases. Anyone in close contact with animals or young children have witnessed them refuse food when sick and instead simply rest, in order to conserve energy for the regenerative process until it is fully complete. Hunger and energy levels then markedly return to normal.

Many believe that fasting is deprivation, an extremely difficult and complicated practice, almost like punishment, or that people only fast for some spiritual or religious purpose. But the truth is, it's everything but that. Fasting provides incredible benefits and is truly something easy and pleasurable to undertake. Up ahead, we'll look at some of the reasons people fast and the benefits that a properly supervised Hygienic fast can provide, which most people are unaware of:

- **More energy:** Energy levels throughout your day-to-day life for all your projects and activities reach an all-time high. Your sense of initiative and your motivation to pursue your dreams and goals are also enhanced.
- **Detoxification:** Fasting is the most efficient way to promote the mobilization and elimination of endogenous (internal) toxins such as cholesterol, uric acid, and others, as well as exogenous (external) toxins, such as dioxin, PCBs, and other chemical residues.
- **Mental clarity:** Fasting generates an incomparable state of mental clarity, at levels impossible to achieve otherwise. It's the best way to increase your sense of optimism, perseverance, and determination. It enhances your self-esteem and provides a sense of total control over yourself, as well as a sense of euphoria and power unlike anything else. People feel like they can accomplish anything they set their minds to, and lose any sense of mental constraint or fear, seeing only possibilities where before there was fear or uncertainty. During a fast, you feel so much energy and mental strength that no project or goal, however complicated it may be, appears unachievable. According to Susan Schenk in her book *The Raw Food Factor*, German neurobiologists discovered that when an organism is in a state of fasting, levels of stress hormones diminish and serotonin levels (the happiness hormone) increase. This is likely why everyone who fasts tends to report a sense of ecstasy just a few days into it.

- **Rejuvenation:** Fasting has been known as “the fountain of youth”, since its rejuvenating effects are so evident, and no beauty treatment or surgery quite stacks up. In just a few days of fasting, you can visibly perceive the eyes becoming brighter and more vivid; the hair and skin becoming clearer, softer, and silkier; the teeth, whiter. Lines, wrinkles, blemishes, pimples, and uneven skin tones simply vanish, while the skin becomes brighter and softer. People feel and look many, many years younger after a medium or long fast.
- **Slows down the aging process:** It’s common sense but also has been in the scientific literature for the last many decades that fasting is the most effective way to increase your total lifespan as well as the total time enjoyed in a state of wellness and health. Experiments on fasting animals have shown that during periods of fasting or limited caloric intake, they live 30 to 40% longer or even many times longer than their counterparts on a diet of constant food intake^{2,3}.
- **Accelerates the regeneration process:** Fasting provides optimal conditions for the body to regenerate any damaged part as quickly and efficiently as possible, since most of our daily energy isn’t being spent on the digestive process⁴.
- **Enhances sense of well-being:** Fasting promotes pain relief or even eliminates pains, discomfort, illnesses, and symptoms that have lasted years or even decades. Any sort of pain or discomfort is progressively minimized or is extinguished as the fast progresses. Physical issues such as muscular or joint pain as well as psychological distress, such as tension, stress, and depression, all vanish. One case documented by Dr. Shelton, of one of his patients, recorded a decline in systolic blood pressure from 295 mm to 115, which was maintained throughout the rest of the fast.
- **Increases connection with your body and spirit:** Fasting is the most effective way to purify the organism. For this reason, it’s been used for millennia as a spiritual practice, a means to maximize contact with your own spirit, with nature, and with other lifeforms sharing our planet.
- **Eliminates vices:** Fasting is the easiest way to abandon any harmful habits that have no normal relationship with life or the organism’s needs. As the fast progresses, the body begins purifying itself,

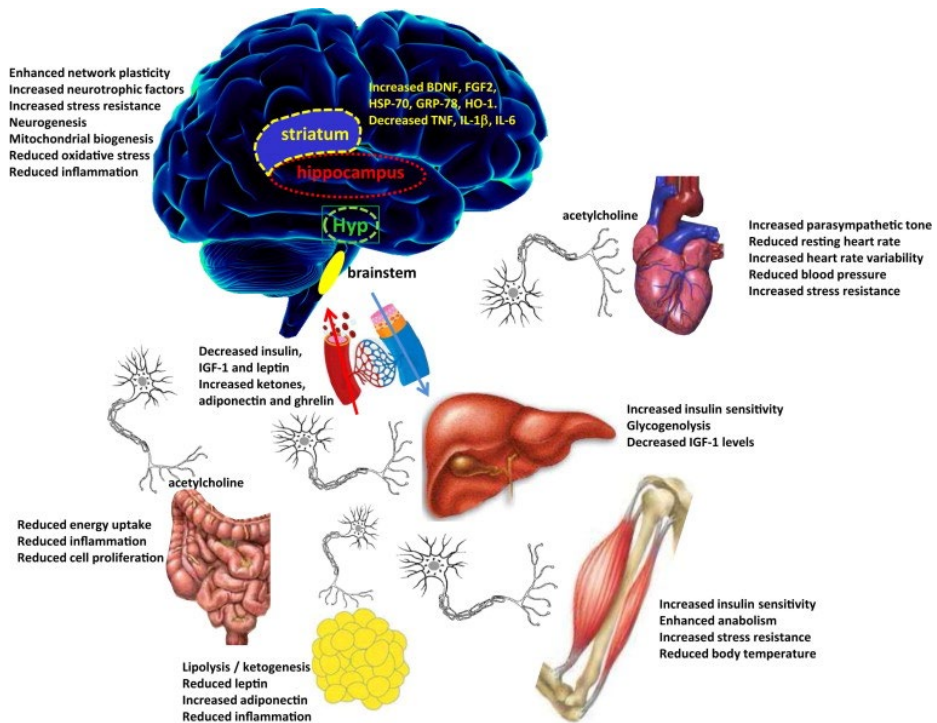
allowing the organism's natural instincts and preferences to be restored. This greatly facilitates the process of quitting bad habits and substances, such as cigarettes, alcohol, drugs, and industrialized, refined, processed, cooked, and unnatural foods. Countless Hygienists who supervised fasts reported that even patients addicted to cigarettes and alcohol for decades quit them in just a few days of fasting, and began to quickly sense how vile and unpleasant these substances were to their organisms. As the fast progresses, they begin to instinctively reject the idea of using these substances, feeling the same repulsion a child does, or that they themselves felt the first time they were in contact with them.

- **Weight loss:** Fasting is the fastest and most effective weight loss method, since the daily caloric deficit is the greatest possible and hunger is rapidly suppressed. A fasting individual loses weight without feeling the deprivation experienced with the usual trendy diets that greatly restrict caloric intake⁵.
- **A vacation for your organism:** Fasting is like a physiological vacation for your body. The continuous stress of modern life along with the standard toxic diet, that is incredibly heavy and always excessive, leads to physiological overload. Every day of your life, your organs are overworked in the nutritional process of digestion, absorption, assimilation, and excretion, causing an abnormal overload that never occurs in our natural habitat. This leads to chronic fatigue and lethargy experienced by most of today's population. Fasting can therefore be compared to a vacation for your organs and for your organism as a whole. In fact, your body has probably been begging for one for years or even decades, after the constant abuses it has suffered from a modern lifestyle. After a fast, you'll feel more rested than after any other vacation you've taken.
- **Improves mental and physical performance:** Fasting optimizes the functioning of the body, the same way you get your vehicle serviced. This is one of the reasons athletes use fasting as a way to optimize their performance and reach peak levels for specific competitions, and why spiritual leaders and philosophers recommend them as a way to elevate the mind. It greatly increases your intellectual capacity, increasing the production of BDNF (brain-derived neurotrophic factor), such that your mind becomes more attentive

and alert. It improves memory and reasoning⁶. As the ancient Roman proverb goes, “a full stomach is not conducive to thought”.

- **Mental equilibrium:** Fasting allows you to get in touch with your emotions and process issues and fears from the past. Your mind becomes stronger and more determined, and you begin to love yourself more, freeing yourself from fears and insecurities while you learn to accept your flaws and make peace with them. With long fasts, it's common to experience emotional problems, and the strong feelings and memories that have been repressed for years are allowed to surface, where they are dissolved from the subconscious, promoting quite literally an emotional healing.
- **Sharpens the senses:** After a fast, improvements in all the senses can be perceived. Fasting greatly sharpens your sense of smell, taste, hearing, vision, and touch. After a long fast, many individuals who depended on corrective lenses for years or decades notice that they no longer need them, and some who had completely lost their sight due to health problems can again see clearly. Others who had lost their sense of hearing, either fully or partially, can again hear perfectly. The ability to sense odors is incredibly augmented, and many notice their respiratory tract is clear like never before. Lastly, the ability to perceive in detail the flavors of foods and to appreciate the more subtle and delicate ones of natural, raw foods is markedly enhanced. Nothing sharpens the palate as well as fasting, making food as pleasurable as the fast itself. When you experience real hunger, the pleasure of eating is infinitely augmented.
- **Improves sexual performance:** Fasting not only increases the sensitivity of the organism as a whole, but also improves circulation for the entire body, including the sex organs, which receive more blood and oxygen, promoting greater pleasure and performance. Weight loss has also been scientifically shown to help with erectile dysfunction⁷. As we'll see ahead, fasting during procreation is common in the animal world, as it increases fertility.
- **Savings:** There are considerable savings of time and money every day that you fast, since you no longer need to buy food, prepare it, wash dishes, and so on. For short fasts, you can easily use this time to work and, for longer ones, you can read books and absorb important information for your life or career.

- **Natriuresis:** Fasting has natriuretic effects (the excretion of abnormal amounts of sodium in the urine) unlike any other treatment, thus helping individuals suffering from hypertension, water retention, edema, and other diseases linked to high sodium consumption.



Source: Valter D. Longo, Mark P. Mattson; *Fasting: Molecular Mechanisms and Clinical Applications*. Cell Metab. 2014 February 4; 19(2): 181-192.

Weight Loss Through Fasting

“I saw few die of hunger; of eating, a hundred thousand.” –**Benjamin Franklin, American inventor**

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This is done by scanning the work and distributing copies on the internet. Aside from being classified as a crime, it reduces the chances of my being able to write future books that may prove useful to you. Unfortunately, we live in a capitalist society, and in order for me to keep writing, I need to be remunerated for my work. Otherwise, I'd be unable to dedicate my time towards sharing this incredible information. I count on your collaboration with this request.

About the Author

Eduardo Corassa, born in 85, is a nutritionist, YouTuber, public speaker, author of seven books, and raw food/Hygienist chef, also having majored in Letters and worked for years as an English teacher. After experiencing severe health problems and attempting all the treatments in vogue, the issues persisted. Through the health framework known as Hygienism, the science of health, he cured himself completely, experiencing health beyond levels he ever imagined possible. As a result, he promised himself to spread all the knowledge he obtained, after studying the main schools of thought in the world of health and nutrition.

He interned at a Hygienist fasting and raw nutrition institution, and later completed a second degree at UNH (University of Natural Health), one of the only contemporary Hygienist schools, as a Certified Practitioner of Natural Health and Holistic Nutrition. He aims to help people adopt a raw food diet and achieve success with it, through a holistic approach based on Natural Hygiene principles.

Having undergone several long water-based Hygienist fasts, from 7 to 39 days, and living nearly two decades exclusively on a raw food/fruit-based diet—in other words, a low-fat, vegan diet consisting exclusively of fruits, vegetables, seeds and nuts, a key component in the

Hygienist model—, he now promotes the benefits of this practice through his work. He began lecturing and offering cooking workshops on the benefits of this lifestyle in early 2009, and offers nutritional consultations to facilitate adoption of Hygienism by interested clients.

He's been interviewed on Brazilian TV programs such as Globo Reporter, Sem Censura, Camera Record, and more. His articles have been published by several respected health and nutrition magazines, and he's a contributing writer at Revista Vegane. An international lecturer with a TEDx on YouTube, he believes wholeheartedly that your health is your most precious asset.

Making the Switch

To practice a raw food diet properly, with motivation and confidence, we believe the first step is getting professional guidance and educating yourself on the subject. With this in mind, we provide nutritional consultations, extensive educational material online free of charge, and a vast number of educational books.

- The first 20 pages of each of our published books can be read or downloaded directly from the site or blog.
- A YouTube channel is available with hundreds of educational videos.
- Reading material and passages from books, articles, and scientific research are posted on the site and blog.
- Pictures of our gourmet dishes are available to show that we can reproduce any cooked dish with raw, fruit-based cooking.

If you want to achieve success at a Hygienist lifestyle and change your habits, we encourage you to connect with us through our online presence and by booking our services. Being in constant touch with what we want to learn and with who we want to emulate is the best way to make this important transition to a healthy, raw food diet.

Contact

For further information, such as details on putting into practice a low-fat, vegan, raw food diet, keep an eye on our annual calendar, which offers dozens of retreats, lectures, and cooking classes, as well as recipes, articles, and other information on NH principles. Or, subscribe to our newsletter to receive all these updates directly in your inbox, by entering your email in the right-hand corner of the blog or the site.

To invite the author to give a lecture, organize buffets or dinners for events, teach cooking classes in your city, or for online or in-person consulting or cooking lessons, email saudefrugal@gmail.com or WhatsApp: +55 (21) 98192-8668

To join the community of other raw foodies and health enthusiasts for support, news, and answers to your questions, access our Saúde Frugal pages below! Our addresses are:

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Saúde Frugal Documentaries

These are available on our YouTube channel or will be released shortly

“Vivendo de frutas” (“Living Off Fruits”)

“Jejum higienista - A cirurgia da natureza” (“Hygienist Fasting: Nature’s Surgery”)

“Vegan Fitness - O atleta do futuro” (“Vegan Fitness: The Athlete of the Future”)

“A cura pela alimentação vegetal” (Curing with a vegetable diet)

“Jejum higienista - a cirurgia da natureza parte 2”

Reader Testimonials

“I’m 52 years old. I’ve been a fruitarian since around 2009 and vegetarian/vegan for 20 years. I’d like to congratulate Eduardo Corassa

on his book *Hygienic Fasting*, as it's the best book published in Portuguese on the topic in terms of conveying the teachings of master Hygienist Herbert Shelton. I'm eternally grateful to him for passing this knowledge along. This reading allowed me to fearlessly go on two fasts: the first was 25 days with distilled water, in July, 2012. The second was 9 days, from June 12–20, 2013.

I spent 25 days drinking only distilled water and resting completely. I'd waited for an opportune time when I'd be free and away from the daily chores at home with family and everything else. I was aware that I'd need to fully retreat and remain completely at rest. What surprised me was noticing that after the fast, my B-12 vitamin levels were within normal parameters. I'd been taking supplements and even so the level would drop again after one or two months. This time, after spending 25 days ingesting only water, the rate normalized. Another interesting thing was my blood work, which was totally normal. No signs of iron deficiency.

Conclusion: the adjustments that take place by resting with a fast optimizes assimilation. And without external supplements, the body assumes command. If we give nature the chance, it will correct and perfect everything. Hygienism truly is fantastic! One thing is to read about it, another is to experience it in my body. No one should fear fasting. I speak from personal experience."

Maria Gorette Oliveira, Recife, PE, Brazil

After reading *Hygienic Fasting* by Eduardo Corassa, I realized that this approach, combined with a healthy lifestyle and diet, is the only way to truly take care of our bodies. I planned for a 21-day fast, but due to external factors I had to cut it short to 8 days. During this time, I clearly sensed the detoxifying and renovating effects described in the book. With the mental clarity provided through this experience, which I never experienced before, I also noticed a closer connection to nature and all that surrounds us. Today I understand that the food we understand as 'traditional' is part of a civilizational disease, just like the consumption of licit and illicit drugs. I'm grateful that this valuable information reached me through this book. Only fasting and food reeducation can save us."

Mateus Breyer, São Gonçalo, RJ, Brazil

“After I completed the fast, I felt my organism much lighter. During refeeding I gradually became more alert, with much more energy. Another major difference I noticed was that my desire for fruits increased significantly. Before, all I wanted was cookies, but now I want to eat mangoes.”

Rafael Correto, after a 5-day Hygienist fast

Interning at a Fasting Institution

About 15 years ago (2007), highly renowned raw food leader and expert, D. Douglas Graham, became one of my greatest inspirations and best sources of information on how to adopt a raw-food diet and a healthy lifestyle.

The recommendations and books by respected Hygienists, which changed my life and my health, led me to reverse diseases considered incurable by the current health model, motivating me to study the subject further. Since then, I’ve read dozens upon dozens of books by specialists in raw food, veganism, health, medicine, and nutrition.

My studies over the years led me to live a completely frugivorous diet (fruits, vegetables, seeds, and nuts) and the lifestyle suggested by Natural Hygiene (a health model, like allopathy, homeopathy, etc., but with a completely different approach). With the incredible success achieved through these health practices and a voracious desire to obtain more knowledge, experience, and information, I enrolled in Dr. Graham’s fasting course/internship offered in Costa Rica, near the highest mountain in the country known as Chirripo, where Hotel Rio Chirripo is located.

The event lasts 37 days, offering options for an internship or a fast. I attended as an intern. The interns learn to monitor and assist with the monitoring of the fasting patients, and also attend lessons directly with Dr. Graham on everything from fasting to nutrition. The second option is to attend as a faster, which can last a maximum of 24 days but not beyond that, due to the event’s duration.

My goal with the course was to learn more about the center’s main purpose, which is one of my favorite subjects: fasting, after having

had my own experiences with five long water fasts, the shortest being 7 days and the longest 24 days (at the time).

At the event led by Dr. G, we interns learned more about fasting and how to care for people who are on fasts, going deep into NH, on creating and maintaining health through NH's holistic approach, in addition to knowledge on fruitarianism and its culinary applications as well as raw food nutrition.

I interned with seven others of different nationalities. Most had already been on a fruit-based Hygienist diet for some time, like I had. There were another seven people who attended in order to fast with Dr. Graham, who'd been supervising fasts for 25 years. Also present were Dr. Graham's staff, composed of his personal assistant and ultramarathonist Grant Campbell and his raw chef Simon Flack.

I arrived at San Jose in Costa Rica on December 31, 2009 for the opening of the event, and the next day we went on to Chirripo.

Our daily schedule went as follows:

Breakfast was generally melon and watermelon, along with the first morning class. Next we had some free time to exercise, after which there were a few tasks to get done, such as careful monitoring of the vital signs of the people who were fasting, as well as the other indicators used by Hygienists during a fast.

At lunch we generally had anatomy and physiology lessons, and during the afternoon there were lessons with Dr. Graham. Towards the evening, we prepared another meal and listened to a lecture over dinner.

The event lasted 37 days. The tropical surroundings were very beautiful, at the base of Chirripo, with an altitude of 3,820 meters. The fruits and vegetables had all been grown locally, with a number of varieties not found in Brazil, all very tasty and fresh. What was impressive was the incredible difference sensed in our wellbeing, just given the pure air and being away from traffic and noise pollution. Our small community of around 20 people (sometimes we had visitors) lived simply off a frugivorous diet. The environment was so natural and people were so calm, healthy, and physically active that they were my inspiration and motivation to continue my work and my Hygienist lifestyle.

The joy, energy, and mood of the place and the people present was striking. To me, this was yet more solid proof of what healthy living can offer.

The fasts were between 8 days, the shortest, and 22 days, the longest. All participants visibly had nutritional reserves to continue and obtain additional benefits from the fast. The transformation, the energy that returns, the disappearing health problems and symptoms—it's incredible to witness. The organism's capacity for regeneration is magnificent, and can only be properly admired by observing a long fast led correctly.

The refeeding period is very important, and as the event only lasted 37 days, Dr. Graham asked people who had fasted to spend at least 12 days in recovery, also so that they could learn to adopt raw food habits. He preferred refeeding take place at the institution with supervision, which also allowed the fasting participants to fully recover before returning home.

All the fasts were performed within the Hygienist model, with water alone, and all went perfectly smoothly.

Although fasting is still viewed as a practice engaged in for religious or spiritual purposes, it was used by humans as well as the entire animal kingdom throughout all of life on Earth. Fasting is one of the main ways that NH employs to provide the body with the ideal conditions so that it can regenerate and recover health more quickly. We've all stopped feeling hungry at some point, when we're feverish or even when we have a stressful argument. We don't feel up to stuffing our faces with a giant feast when we're sick, instead feeling only the need for rest and water. Fasting is simply physiological rest, which provides the necessary rest to all the organs so that the body can redirect all its energy and attention towards the needed regeneration work.

It's truly wonderful to watch the speed with which the organism recovers when we "intelligently do nothing" and "get out of the way", no longer interfering and interrupting the process inherent to the body with our bad habits.

It's a wonderful process to witness, seeing the regeneration, the rejuvenation, the energy returning, the sparkle in the person's eyes, and their beauty and vivacity restored through a fast.

We prepared food in the kitchen and enjoyed delicious pies, smoothies, soups, fruit salads, vegetable salads, drinks, appetizers, "pastries", and spaghetti. All of these dishes were delicious, 100% raw, and consisted exclusively of fruits and vegetables characteristic of a

vegan, Hygienist, raw food style, which is also known as a low-fat, vegan, raw food diet.

Saúde Frugal Retreats

Are you having trouble practicing and learning about vegan, frugivorous, raw food diets at home? Do you feel it's impossible to adopt the new lifestyle, after countless attempts and next to people who aren't being supportive? Come spend a week with us at our retreat center in the Lakes Region of Rio de Janeiro, in Saquarema. Our retreats are filled with activities, cooking classes, educational talks, group activities, exercise, and plenty of fruits and vegetables. This is the only place where you can truly live with people who share your outlook, the only place in Brazil for this, and one of the only in the world where you can learn the theory, the science, and the practice of modern, raw, vegan, fruit-based, Hygienist cooking. You'll never need to ask if they added salt, sugar, or other unhealthy condiments to the foods. Our retreats are a unique blend of practical cooking classes with theoretical lectures.

Different retreats are offered with different professors, the two most common, annual ones being Fruit Festival and RAW Gourmet Cuisine.

Nutritional Consulting

Given my practice of nearly two decades with a vegan, low-fat, raw food diet paired with daily studies on the scientific data on vegan, raw nutrition, I've also specialized in raw cuisine and have done several courses in the field, meaning I'm more properly trained to accept vegan, raw food clients. However, I do not limit myself to them and will attend all clients regardless of their diet, since I believe I can help, even if they don't want to make a complete transition. Per Brazilian law, nutritionists are forbidden from offering online consultations, so I only meet with clients in person. I travel around Brazil giving talks, and during my time in each city I'm available to meet with patients. To see where I'm at, check my Calendar tab on my website.

To schedule a consultation, call +55 21 98192-8668 or email saudefrugal@gmail.com. Email can also be used to request information on the consultation, such as fees, what it entails, and any other questions.

RAW Gourmet Cuisine Retreat: Cuisine and Lessons

Hosted annually every January and July in the Lakes Region of Rio de Janeiro, just 90 minutes away from the city of Rio de Janeiro. Each module is composed of 5 business days, 4 hours of culinary classes with Eduardo Corassa, another 1.5–2 hours of practice in the kitchen, and four lectures. The day is packed with physical activity, educational documentaries, round tables, debates, and socialization breaks, along with educational scientific talks, breakfast, tasting the results of the two daily cooking classes, plus dinner prepared by the students themselves.

Module 1

Classes: Raw Fruit-Based Diet; The Fasting Cure; Food Combinations; and The Vegan Revolution. Culinary classes: Desserts, Vegetable *Salpicão*, Soups, Pies I, Ice Creams I, Raw Spaghetti, Salads, Raw Parties I

Module 2

Classes: Improving Sports Performance Through Raw, Vegan Nutrition; Natural Hygiene: The Science of Health; Frugivorism in Practice: Logistics and Fruits. Culinary classes: Plant Milks & Cheeses; Raw, Vegan, and Artisanal Butters; Ice Creams II; Rice & Risottos; Wraps & Sandwiches; Pies II; Pastas, Patês, and Jams; Raw Parties II

Module 3

Classes: Hygienism for Moms, Dads, and Babies; Simplified Nutrition; The Fountain of Youth: Living Past 100; and Vegan Medical Science. Culinary classes: Italian Food I, Oriental Food (Sushi, Sashimi, Temaki, and Frushi), Cupcakes, Ice Creams III, Fondue, *Brigadeiros* & Sweets, Pies III

Module 4

Classes: Raw Food and the Medical Science; The Scientifically Proven Benefits of Fasting; Analyzing Your Lab Results; Adapting a Fruit-Based Diet to Nutritional Science. Culinary classes: Sweet & Salty Crepes; Quiches & Salads; Drying Foods I; Italian Foods II; Raw Pizza; Salad Dressings

Module 5

Classes: The Protein Myth; Raw Food and Its Importance in Vegan Activism; Environmental Toxins; Agrottoxins and Avoiding Them; Selecting and Preparing Foods; B12: Fact or Fiction?. Culinary classes: Brazilian Recipes, Drying Foods II, Mexican Cuisine; Arab Cuisine; Brownies; Savory Meals; Desserts IV; Finger Foods

For more details on the schedule, fees, and other information, please visit our site or send a message to saudefrugal@gmail.com.

Buffets for Parties and Events

Let Saúde Frugal prepare any of the gourmet recipes you come across on our YouTube channel, website, or retreats for you and your guests. We can offer anything from dinners to birthday parties or corporate events. You can co-create the menu with us within the framework of RAW Fruit-Based Cuisine (minimalist fruit-based recipes), RAW Fruit-Based Gourmet (gourmet fruit-based recipes), Vegan Fitness 1 (high-protein raw recipes), or Vegan Fitness 2 (steam-cooked recipes).

Raw Food Coach, Detox @ Home, and Personal Chef

Are you interested in diving deep into the world of raw vegan food based on fruits and vegetables? This is the only course on Modern Hygienism in Brazil, with the only Brazilian teacher. Come spend 5 days next to licensed nutritionist Eduardo Corassa, who's been on a raw, fruitarian diet and worked in the field for the last two decades. He's

published scientific books on the subject and offers cooking classes and educational talks on raw diets.

You'll enjoy a schedule filled throughout the day with culinary classes, covering everything from simple dishes to gourmet meals, along with educational talks, documentaries, and much more.

We'll come to you, or you come to us. We'll teach you the practice, theory, and culinary application of raw food Hygienism, in a 5-day intensive course. You'll enjoy a fun routine from the start till the end of the day, with activities designed for you to learn all the details so that you can prosper on a raw, fruit-based diet for the rest of your life. Stay with us at our beautiful accommodations in Saquarema, just a few blocks from one of the most beautiful beaches in Brazil, and enjoy classes with a raw food professor who practices and lives what he preaches.

We prepare all the meals and provide guidance on all the smallest details over the 5-day period filled with activities, including:

- A nutritional consultation (anthropometric assessment, analysis of exams, medical history, meal plan, and more).
- Learning to select, purchase, ripen, and store fruits and vegetables.
- Learning to prepare simple daily meals and a gourmet recipe for dinner.
- Learning about the best culinary tools and techniques.
- Learning all the theoretical, scientific, and practical details for applying raw food principles.
- Applying raw food principles throughout your day-to-day lives with the help of an experienced raw fooder, with nearly two decades of practice and one decade teaching the theoretical and culinary aspects.
- Learning your preferences based on RAW Fruit-Based Cuisine (minimalist fruit-based recipes), RAW Fruit-Based Gourmet (gourmet fruit-based recipes), Vegan Fitness 1 (high-protein raw recipes), or Vegan Fitness 2 (steam-cooked recipes).

"We all have a doctor inside us; we must only assist him in his work. The natural power of internal regeneration is the greatest strength we have to return to health. Our food should be our medicine. Our medicine must be our food. But to eat when you are sick is to feed the illness."

Hippocrates, Greek physician, considered the father of Western medicine.



We believe that a sick person needs to eat to recover his strength. Why then does a person get sick even when he eats on average more than three meals a day?

Fasting is a practice based on instinct and has been practiced by the animal kingdom since the beginning of life on earth. Every wild animal, when injured or sick, simply loses its hunger and fasts, until its hunger and energy return.

Fasting is practiced by every living organism on the planet, except for the modern human being. The "civilized" human being is the only animal on the planet that goes against the instructions of its organism and feeds during illness, despite all the physiological signs such as loss of hunger, muscle prostration and the cessation of gastric secretions.

In this book you will discover why the human body has the inherent ability to regenerate itself, promoting the self-healing of virtually every type of ailment that afflicts us. You will see that the loss of hunger and the prostration in illness has a reason. You will learn that, during human history, many distinguished medical figures defended fasting as the ultimate form of self-healing and that it was seen by health professionals who used it as "nature's surgery". You will see that science proves that fasting not only improves health enormously; it also rejuvenates the body and prolongs life by countless years, making the clock "turn back in time".

As hygienists claim: **FASTING CAN SAVE YOUR LIFE.**

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