

# Fasting

**Post by “Hiram” of August 9, 2019 at 9:37 AM**

I've read that the reason why people lose their appetite when they're sick is because the body conserves all its energy for healing / for the immune system to use. Digestion takes up a huge amount of energy, so by giving the stomach a break, the body does not have to use its energy for digestion and instead works to get rid of toxins.

There's also research on cancer patients and how fasting, together with juicing, helps to diminish the side effects of chemotherapy. So again, it goes on healing mode (the shamans of most ancient peoples also use fasting, so apparently this is a very ancient practice).