

ANDERSON UPPER CERVICAL

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**SHORT-TERM FASTING
PROVIDES IMMUNE BENEFIT**

Appetite loss during infection or sickness has a very important function that is to enhance the ability of cells to perform autophagy, a process which literally means “eating of self”.

Under normal circumstances, the cells in the body use autophagy (a kind of cellular ‘recycling process plant’) to clear the garbage generated by the wear and tear of the parts in a cell. Through autophagy, the cell is able to recycle the debris or junk that could otherwise have caused damage to the cell. Think of the video game Pac-Man & the dots are waste products that are fuel when Pac-Man eats them.

All the cells in the body are continuously being regenerated in order to function optimally. That’s why it’s vital to stay hydrated while the body is fighting disease but food isn’t as important. When eating while feeling under the weather, choosing clean, easy to digest food is critical so the body doesn’t need to work hard to process it.

Keeping the brain stem free of interference will enhance the benefits of ALL types of detoxification, including short-term fasting.