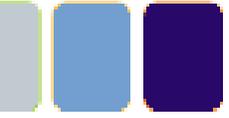




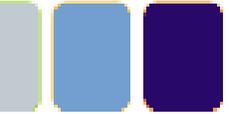
Healing From Within

Presented by:
Nadine Chajkowski,
Nutrition Consultant



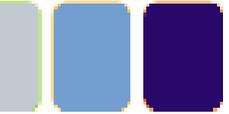
Topics

- Epigenetics
- Placebo effect
- Nocebo effect
- Environment of our Genes
- Healing Journey
- Fasting
- Final comments



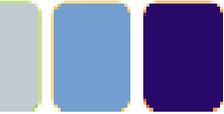
Epigenetics

- What are Genes and how do they get turned off and on?
- Environment of the genes is how they express themselves
- Environment consists of:
 - Emotions and thoughts
 - Nutrients in the body
 - Toxins in the body
 - Toxins in our environment – food, water, air, people, etc...



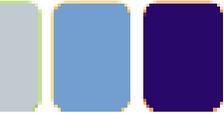
Epigenetics

- Dr. Bruce Lipton is the one who figured that the environment our genes are in will dictate how the genes will be expressed
- The environment our genes are bathed in mostly consists of our thoughts and feelings.
- Dr. Lipton realized that feelings and thoughts were such a big part of the environment he knew it could not be discounted



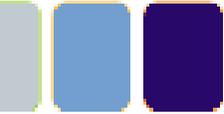
Epigenetics

- Suze Casey the developer of Belief Re-patterning met Dr. Lipton in an airport lounge. He said I tell them what happens and you teach them how to make it happen.
- **“If you spoke to your friends the way you speak to yourself...how many friends would you have? ”**
– Suze Casey
- This is THE reason Dr. Lipton recognized that our thoughts and feelings are the primary environment our genes are bathed in and the science of Epigenetics was created.



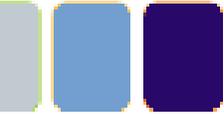
Placebo effect

- Definition:
 - a beneficial effect produced by a placebo drug or treatment, which cannot be attributed to the properties of the placebo itself, and must therefore be due to the patient's belief in that treatment.
- This can also be defined as the bodies own inner ability to heal being activated by thoughts and beliefs
- What the pharmaceutical industry calls the Placebo effect is what humans have always had – the innate ability to heal.



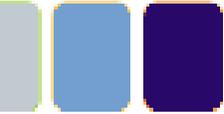
Nocebo effect

- The nocebo effect is not as studied as the placebo effect, it is real just the same.
- It can be explained this way
 - 2 groups of patients
 - 1 is told the procedure may cause pain, the other is told nothing
 - Group 1 experiences pain over 50% of the time and the other group experiences almost nothing
- Nocebo is more prevalent than the placebo effect and just as real
- Nocebo is the persons ability to experience negative effects just by believing something bad **might** happen



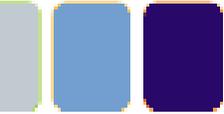
Environment of our Genes

- Emotions and thoughts
- Nutrients taken in by the body
 - food, water and air
- Toxins in the body
 - Pesticides, herbicides, antifungals, antibiotics, synthetic hormones, endocrine disruptors, chemicals like BPA, BPS and roundup, etc...
 - There are just too many to list
 - Side note: EWG tested cord blood from new infants and at birth the babies were already exposed to **over** 200 chemicals.



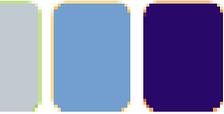
Healing Journey

- Healing journey takes as many twists and turns as do roots of a mature tree
- One avenue may be what you need today and tomorrow you may have to turn around and do something you did 5 years ago, again, to make sure the healing keeps going.
- There are many avenues of healing and the one I am going to go into detail on is the one that is free and we all have it within us, it is just untapped.



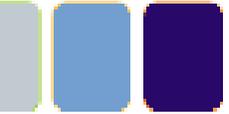
Fasting

- Fasting has the ability to unlock the healing potential in the body.
- It has been done for as long as humans have been on the planet, thousands of years.
- Every major Religion has a component that encourages fasting
- Fasting is not new, in fact you most likely had to fast before your last set of blood work.



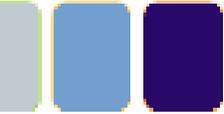
Fasting Con't

- The word Breakfast is a word to denote the ending of the overnight fast. Break Fast.
- Spartans were some of the most feared warriors and they fasted all day and feasted at night – one meal a day.
- The Spartans were know for being the strongest and toughest warriors and were also known for there ability to fight and endure.
- Dr. Pompa says “don’t eat less, eat less often”



Health Benefits of Fasting

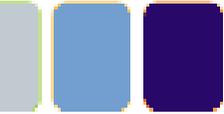
- Decreases
 - insulin sensitivity
 - inflammation
 - Oxidative stress
 - Autoimmune symptoms
- Helps to optimize:
 - Energy in the body
 - Metabolic flexibility
 - Fat burning and weight release
- Increases
 - human growth hormone production (24 hours)
 - Overall energy
- Other benefits of Fasting
 - Ketosis
 - Autophagy
 - stem cell production
 - Teaches you about your relationship with food
 - helps to keep the body younger



Fasting –

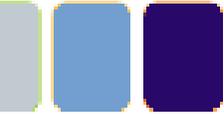
Intermittent fasting vs long term fasting

- Intermittent fasting is literally fasting for a certain period of time every day
- 12/12 is the easiest place to start for most people then move up to:
 - 15/9 15 hours fasting – 9 hour eating window
 - 18/6 18 hours fasting – 6 hour eating window
 - 22/2 or full 24 22 hours fasting – 2 hour eating window
 - 48 hours One meal a day is another strategy
 - 3 days The longer the fast is maintained the more health benefits are enjoyed.
 - 5 days



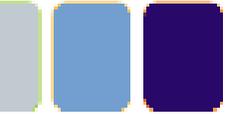
Fasting – Example

- Longest recorded water only fast, medically supervised, was for 362 days
- Mahatma Gandhi fasted for 24 hours at least 2 times a week and did prolonged fasts multiple times during each year
 - At his death his chronological age was 73 his physical age was of a man half his age. His organs looked like that from a man of 40.
- My sister and brother in law have done 40 day juice fasts 3 years in a row and today will mark the 4th year they are doing it
- Both my sister and her husband have released weight, my brother in laws vitiligo (autoimmune condition) is reversing and they both look younger now than ever before.
- 40 Year old man fasted for 5 days and afterward his internal organs were similar to those found in teenagers.



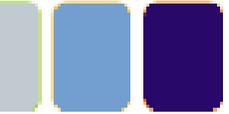
Fasting – Long term benefits

- Either through consistent intermittent fasting or through a 3 or 5 day water fast or longer, the healing effects started keep on going for weeks and months afterwards.
- My sister and brother in law noticed that their eye sight, just one example, gets better during the fast and stays better for 2 to 6 months after the end of their fast.



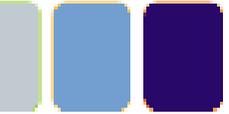
Fasting – What to expect in a 5 day water fast

- First 24 – glycogen is used up and human growth hormone starts to rise exponentially to ensure lean body mass is maintained
 - Healing effect you may experience on day 1
 - Possible Symptoms you may experience
- 



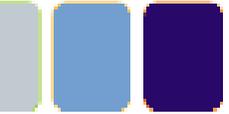
Fasting – What to expect in a 5 day water fast

- Day 2 – May feel much like you did on day 1
 - Day 2 is usually the hardest
 - Healing effect you may experience on day 2
 - Possible Symptoms you may continue to experience
- 



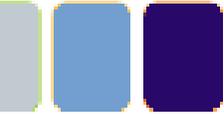
Fasting – What to expect in a 5 day water fast

- Day 3 – Ketone levels rise and most start to feel better
- If prior to the 5 day fast you didn't prepare your body and become ketone adapted you may still feel like you did on day 1 or 2 however it will be much better on day 3.
- Ketones are the primary energy source for the brain and most people feel better mentally as the brain loves ketones
- Healing effects and symptoms you may experience on day 3



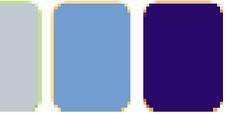
Fasting – What to expect in a 5 day water fast

- Day 4 – Ketone levels rise and most start to feel better
- By this point your body has most likely become a lean mean ketone using machine – the primary clean burning fuel our bodies love
- Energy levels are rising and other health benefits are rising as well
- Symptoms by this point are usually non-existent



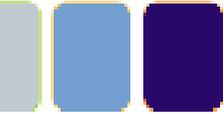
Fasting – What to expect in a 5 day water fast

- Day 5 – Ketone levels rise and most start to feel better
- The healing benefits that primarily started on day 3 and day 4 are continuing.
- Going longer than 5 days would be easy



How to end a long term fast

- For short fasts like 24 hours nothing much is needed.
- 3 days or longer and precautions have to be made so that a syndrome called re-feeding syndrome doesn't happen. People have died due to re-feeding syndrome.
- Fasting for more the 2 days and the digestive system shuts down and fully rests and begins healing.
- For every 3 days fasting plan 1 day at the end, if 6 days plan for 2 days, 9 days plan for 3 days, etc.
- Examples on what to do to break the fast



Final Comments

- Not a single human being is deficient in a pharmaceutical drug
- The mentality there is a pill or every ill is concerning
- You have had and still have the power within you to Heal. You had it when you were born and you still have it, now the journey is to unlock the healing potential within you.

Thank You



holisticnutrition4you@gmail.com



[@holisticnutrition4u](https://www.instagram.com/holisticnutrition4u)



[facebook.com/holisticnutrition4u](https://www.facebook.com/holisticnutrition4u)

