**Fasting**

**In abstinence from worldly things the mind must be filled with thoughts of God, else there is no spiritual value in fasting. To observe Lent according to the Spirit rather than the letter we must fast from criticism and condemnation and feast on brotherly love; fast from false beliefs in sickness and weakness and feast on the truth of God’s omnipresent, perfect life; fast from false beliefs in lack and limitation and feast on the truth of God’s bountiful good will. *(Georgiana Tree West)***

**If we eat a lot less, will we live longer? It works for monkeys, says The New York Times, after studying a group of rhesus monkeys for 20 years, scientists found that those that were fed one-third less food aged more slowly than their peers, which were allowed to eat as much as they wanted. The calorie-restricted monkeys also showed less deterioration of muscle and brain matter, conditions that typically came with aging, and appeared to be on course to live up to 20 percent longer than the norm. For humans, that might mean extending life spans by seven to 15 years. “We were frankly blown away by these findings,” says lead researcher Richard Weindruch, of the University of Wisconsin School of Medicine and Public Health. The results dovetail with other research indicating that caloric restriction can extend the lives of mice, dogs, yeast, fruit flies, and worms. A leaner diet is thought to trigger certain genes that evolved to protect the body in environments in which food is scarce. Translating the diet into human terms won’t be easy, as few people can maintain a healthful diet of 30 percent fewer calories, Weindruch says. “There is a fine line between a low enough level of calories but still enough to provide adequate nutrition. *(The Week magazine, July 31, 2009)***

**Female alligators don’t eat for about eight weeks before mating, but experts can’t explain why. *(L. M. Boyd)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Not all animals in the wild eat every day. But even if they could, they’d not eat on at least one day out of every seven. So say the experts. They say further that this is true of all species. *(L. M. Boyd)***

**How long six animals can survive without eating: Python – can live two years without food; Shrew – cam live 12 hours without food; Green turtle – can live seven weeks without food; Red garter snake – can live six months without food; Great white shark – can live three months without food; Flea – can live several months without food. *(World Features Syndicate)***

**How long seven animals can go without food: Toads – can live a year without food; Ticks – can live up to 18 years without food (in lab); Vampire bats – can live two days without food; Camels – can live six months without food; Nile crocodiles – can live a year without food; Snails – can live five years without food (in lab); Shrews – only half a day without food. *(World Features Syndicate)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Jet lag can last for days, ruining a vacation and turning a business trip into hell. Researchers working with mice say they have found a quick way of resetting the body clock: starvation. When your body is deprived of its usual meals at its usual times, your internal clock goes into a pause mode, waiting for new instructions. When you eat your next meal, it starts up again, with the assumption it’s now breakfast time. Researcher Clifford Saper of Harvard Medical School tells BBCnews.com that “a period of fasting with no food at all for about 16 hours is enough to engage this new cock.” When traveling, he suggests that “simply avoiding any food on the plane, and then eating as soon as you land, should help you to adjust and avoid some of the uncomfortable feelings of jet lag. *(The Week magazine, June 13, 2008)***

**Fast to Boost The Immune System: In a recent University of Southern California pilot study, researchers found that chemotherapy was less toxic yet just as effective when patients fasted for three days before taking the drugs. When the body senses starvation, it tries to clean house and dump what it doesn't need -- including old immune systems cells. Then, when the body gets food again, it starts producing new immune systems cells. Then when the body gets food again, it starts producing new immune system cells. Researchers are at work on a bigger clinical trial. They caution patients to fast only under medical supervision. *(Regina Nuzzo, in Reader's Digest)***

**Where does the word breakfast come from? The time between the evening and morning meals is the longest period of the 24-hour day when most of us abstain from food, or fast. Breakfast is the meal at which we break that fast. The word came into English in the 15th century. *(Rocky Mountain News)***

**Wife: “According to this, Buddhist monks would fast for weeks to gain clarity of mind and inner peace.” Husband: “Which is why there’s no Buddhist cookbooks or great Buddhist chefs. Or Buddhist-style pizza.” *(Joe Martin, in Willy ‘N’ Ethel comic strip)***

**Thanks to its astonishingly adaptable body, the camel can go without water for up to 17 days. In fact, camels have crossed 600 miles of waterless desert. *(Larry Masidlover, in National Enquirer)***

**After the Escamilla family of Waikoloa, Hawaii, finished packing their belongings into two giant shipping containers bound for their new home in California, they noticed that the family cat, Spice, was missing. Days later, it occurred to them that Spice might have slipped into one of the containers, but by then, the ship carrying them was already at sea. Nineteen days later, when her nervous owners opened one of the containers in California, Spice jumped out, somehow having survived without any apparent source of food or water. “She’s going to be so spoiled,” said Pamela Escanilla. *(The Week magazine, July 30, 2007)***

**An adult crocodile can go two years without eating. *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 12)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Some fireflies never eat. Even some with mouths. *(L. M. Boyd)***

**Adult fireflies live only a few weeks – and amazingly, most don’t eat at all during their brief lives. *(Ann Adams)***

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**I saw few die of hunger; of eating, a hundred thousand. *(Benjamin Franklin)***

**Scientists working for the Indian military are closely observing an 82-year-old Indian holy man who claims not to have consumed food or water in 70 years. Prahlad Jani claims he is nourished by a goddess who pours “elixir” into his body through a hole in his palate. After a week of constant observation, military doctors say that Jani has yet to eat or drink or defecate and is showing no signs of physical deterioration. “If his claims are verified, it will be a breakthrough in medical science,” said Dr. G. Ilavazhagan, of India’s Defense Institute of Physiology & Allied Sciences. *(The Week magazine, May 14, 2010)***

**Did your Italian ancestors, if any, fast for 24 hours before a Christmas Eve feast? Understand that’s a tradition of Italy. *(L. M. Boyd)***

**Daughter: "I've decided to go on a juice fast." Blondie: "I did that once when I was your age." Daughter: "You did?" Blondie: "Yep, instead of eating, I did nothing but drink apple juice. Yes sir, that was the longest half-hour of my life!" *(Dean Young and Denis Lebrun, in Blondie comic strip)***

**Feed a leech once and you won’t have to feed it again for a couple of years. *(L. M. Boyd)***

**Doesn’t ‘fast’ mean not eating? So how can you have ‘fast food’? And how much would I have to eat before I starved to death?” *(Scott Adams, in The Dilbert Zone)***

**Around and around my mind went, until in desperation I spent a week in prayer and fasting. I trusted God, but I would have to be absolutely certain I was hearing him correctly. *(Merlin R. Carothers, in Walking & Leaping)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*The moth eats nothing at all. It exists solely for the purpose laying eggs. The eggs then hatch into larvae – and it is these larvae that eat holes in clothing. *(Joseph Rosenbloom)***

**Moths can cross thousands of miles of ocean with no food. Many moths survive on a liquid diet of nectar taken from flowers while others do not eat any food. Instead, they are sustained throughout their lives, which can range from a few days to 10 months, by nourishment stored during their caterpillar stage of development. *(Larry Masidlover)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*A python can go for as long as a year without eating. *(Paul Stirling Hagerman, in It’s a Weird World, p. 92)***

**Rattlers sulking in captivity have fasted up to two years, but in the wild they probably feed once every week or ten days. *(Colin Fletcher, in Curious Creatures, p. 81)***

**U.S. magician David Blaine’s 44 days in a clear plastic box without food falls short of any record, according to the Guinness Book of Records. Compliers of the book also say they would not actively endorse fasting records, but point out the longest hunger strikes lasted: 385 days in 1973 when British inmate Dennis Galer Goodwin protested his innocence of a rape charge. He was fed by tube orally. 382 days in the mid-1960s when Angus Barbieri lived on tea, coffee, soda water and vitamins in Maryland Hospital in Dundee, Scotland. *(Associated Press, as it appeared in Rocky Mountain News, October 20, 2003)***

**German scientists are studying a fellow scientist who claims to have eaten nothing for four years. Michael Werner, a cancer researcher, says he gets all his energy from sunlight. “I can’t really explain what is happening on a scientific level in my case,” says Werner. Colleagues are investigating, saying that to their knowledge only plants can synthesize energy from the sun. *(The Week magazine, May 20, 2005))***

**Researchers at Woods Hoe Oceanographic Institute in Massachusetts have found that a great white shark burns up energy so efficiently that it may occasionally go three months without eating. *(Mark Wexler)***

**Claim is that snails can go five years without eating. *(L. M. Boyd)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Some snakes can go an entire year without eating. *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 12)***

**I can understand how a snake might go all year without food, but not why it never loses weight. Maybe a dieter can understand. *(L. M. Boyd)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Bad week for: Lunch breaks, after a Silicon Valley startup called Nootrobox implemented a 36-hour "starvation period" in which employees eat nothing from Monday night until Wednesday morning to boost focus and concentration. "We're actually super-productive on Tuesdays," said CEO Geoffrey Woo. *(The Week magazine, July 29, 2016)***

**On the divine side of his being man makes contact with spiritual ideas, which are the source of external substance or food. The natural man thinks that the substance necessary for food must be put through the material process of planting and harvesting, but in Spirit the pure substance is always at hand ready to be appropriated by the inner consciousness. In states of high spiritual realization the desire for material food vanishes. Jesus fasted for forty days and “afterward hungered.” *(Charles Fillmore)***

**The Galapagos tortoise can go for up to a year without eating or drinking, living off its stored fat. *(Don Voorhees, in The Super Book of Useless Information, p. 1)***

**How long can a grown turtle go without food? About a year. *(L. M. Boyd)***

**Mark Twain thought fasting was a cure for illness. He would cure his colds and fevers by not eating for one or two days. *(Noel Botham, in The Best Book of Useless Information Ever, p. 109)***

**The blue whale can go up to half a year without eating – it is maintained by its blubber. *(Isaac Asimov’s Book of Facts, p. 124)***

**First boy: “Want some Cheetos?” Second boy: “I can’t. I’m fasting.” I’m not going to eat anything until Thanksgiving. That way I’ll be extra-hungry when the big meal comes. I just wish it weren’t so painful. I’m starving." First boy: "How long has it been since you ate?” Second boy: “Fifteen minutes.” *(Bill Amend, in Foxtrot comic strip)***

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