

Contents

Foreword by the curator of English and Italian edition Vera Giovanna Bani.....	12
The good fate of therapeutic fasting in Russia and the contribution of Prof. Yuri Nikolayev (introductory article by Vera Giovanna Bani)	14
Preface by Sergey Filonov	20
1. What is dry fasting?	26
2. Is dry fasting a natural method?	27
3. What conditions can fasting help? Indications and contraindications for fasting and dry fasting.	29
4. What is the scientific background of therapeutic fasting and dry fasting in particular?	31
5. What type of fasting (RDT) are being researched and commonly used in clinical practice (in Russia).....	34
6. What methods of fasting have been developed and disseminated in the USSR-Russia?	37
Ivanov's method: 42 hours a week of dry fasting.....	37
Shchennikov's method: the complete dry fast (CDF) of 7-9-11 days.....	38
Lavrova's method: a 5-stage cascade dry fasting.....	41
Filonov's method: fractional dry fasting (FDF)	43
7. What are the advantages of dry fasting compared to wet fasting?	45

8. What mechanisms does a dry fast trigger within the body?

.....**49**

8.1. The mechanism of toxins burning "in their own furnace" and production of "endogenous" water..... 49

8.2. Anti-inflammatory and immune-stimulatory mechanism: the action of free forms of glucocorticoids..... 50

8.3. The mechanism of acidification of the internal environment of the organism: the first and second acidotic crises 53

8.4. Autolysis..... 56

8.5. The mechanism of rejuvenation and tissue renewal: apoptosis..... 58

8.6. Youth and quality of life extension..... 62

8.7. Preventive mechanism: protection against radiation, adverse environmental factors, prevention of oncological diseases..... 70

8.8. Renewal of the organism's energy 74

9. How to properly prepare your body for dry fasting? 78

9.1. Bowel cleansing 78

9.2. Methods of use of enterosorbents..... 82

9.3. Intestinal cleansing 86

9.4. Liver cleansing..... 89

9.5. Intestinal and liver cleansing (week-long program) 90

9.6. Accelerated cleansing of the body 94

9.7. Dietary recommendations to follow after cleansing procedures 95

9.8. Buckwheat porridge fast..... 96

10. What is fasting accompanied by?..... 97

10.1. Hunger sensations 97

10.2. Weakness..... 98

10.3. Chilliness or fever (more typical of dry fasting)..... 99

10.4. Bad breath 100

10.5. Dimmed vision, vertigo.....	100
10.6. Headache.....	100
10.7. Sleep disturbances.....	101
10.8. Pain in various parts of the body.....	101
10.9. Toothache.....	102
10.10. Egress of pus.....	102
10.11. Nausea, regurgitation and vomiting (sorbents required).....	103
10.12. Palpitations.....	103
10.13. Heartache.....	103
10.14. Muscle pain from overstrain.....	104
10.15. Colds.....	104
10.16. What to do if menstruation occurs during a dry fasting practice?	105
11. How should you conduct a short dry fast?	106
11.1. Before fasting.....	106
11.2. Essential benefits of fatty acids contained in fish.....	106
11.3. The importance of fish oil fatty acids in sustaining health and vessel health.....	107
11.4. Home dry fasts up to 5 days.....	109
11.5. How to conduct a dry fractional fast properly.....	110
11.6. Recommendations on conducting dry fasting.....	111
11.7. Let's move on to the day-to-day description of the 5-day dry fast	117
12. What time and which days are best for fasting?	120
13. How to exit from short dry fasts (1-2-3-4-5 days) properly?.....	122
13.1. Withdrawal from dry fasting. Recommendations.....	122
13.2. Withdrawal from a 1-day fast.....	122
13.3. Withdrawal from a 48-hour fast.....	122

13.4. Withdrawal from a 3-day fast	123
13.5. Withdrawal from a 4-5 day fast	123
13.6. Nutrition program for good digestion (during withdrawal from a fast)	126
13.7. How to prepare Bolotov's whey (serum).....	127
13.8. What are the potential complications during withdrawal from fasting?.....	128
14. What's the ideal scheme for conducting a dry fractional fast at home?.....	131
15. How many kinds of dry fasting exist?.....	133
15.1. Interesting facts: Secrets of Japanese monks.....	135
15.2. Interesting facts: Dry fasting and dousing with cold water	137
16. How should you conduct a long dry fast?.....	138
17. Dry fractional fasting. Who do we recommend it to?	160
18. How to come out of a 9-day dry fasting course?.....	162
A nutritional program for coming out of a fast.....	167
19. What diseases can be cured through dry fasting?	168
19.1. Dry fasting for acute diseases.	168
19.1.1. Fasting for acute infections (acute respiratory diseases, influenza)	169
19.1.2. Dry fasting for the relapse of gastric ulcer or duodenal ulcer, chronic pancreatitis, cholecystitis, colitis, etc.	172
19.1.3. Dry fasting for diabetes	174
19.2. Dry Fasting for chronic diseases.....	175
19.2.1. Dry Fasting for endointoxication and atherosclerosis.	177
19.2.2. Dry Fasting for hypertension	178

19.2.3. Why dry fasting helps fight chronic diseases.....	180
19.2.4. Dry fasting for cystic tumors in the body.....	181
19.2.5. Dry Fasting for Infertility.....	182
19.2.6. Toxemia in Pregnant Women.....	184
19.2.7. Endometriosis.....	185
19.2.8. Dry Fasting for Benign Tumors.....	186
19.2.9. Mastopathy	188
19.2.10. Prostatitis and benign prostatic hyperplasia.....	189
19.2.11. Dry Fasting for Bronchopulmonary Diseases.....	190
19.2.12. Cardiovascular Diseases: Hypertension and Atherosclerosis	195
19.2.13. Neurological diseases: degenerative disc disease, protrusions, disk herniation, migraine.....	198
19.2.14. Rheumatoid arthritis, ankylosing spondylitis, deforming osteoarthritis, infectious polyarthritis	199
19.2.15. Can dry fasting treat AIDS and hepatitis C?.....	206
19.2.16. Dry Fasting against Cancer	207
19.2.17. Dry Fasting against Skin Diseases	209
19.2.18. Functional Nervous System Disorders	213
19.2.19. Dry Fasting against Obesity.....	213

20. How does doctor Filonov debunk myths about dry therapeutic fasting?..... 222

Myth #1. People can survive 2-3 days without water. 222

Myth #2. Many people wonder where our exotoxins and endotoxins go, because we don't conduct special cleansing procedures: enemas, hydro-colon therapy, or sauna treatment..... 223

Myth #3. Kidney problems may occur during dry fasting because of a huge burden on the kidneys. Dry fasting is one of the most dangerous cleansing methods..... 225

Myth #4. Fasting is a huge stress for the body.	228
Myth #5. Many nutritionists claim that people suffer from vitamin deficiency while fasting, the body doesn't receive protein on time, and it burns structural proteins of its own tissues, primarily muscles, in addition to fat.	229
Myth #6. The body can constantly renew itself, so there's no need for any type of fasting.	230
Myth #7. Fasting is ineffective for weight loss. People lose fat during a fasting course, but they quickly regain weight after switching back to their usual diet.	231
Myth #8. Many people believe that dry fasting can treat all incurable diseases, even the terminal stage of cancer.	233
Myth #9. Many people write that dry fasting requires salt-water enemas and rinsing the mouth with water, as these procedures help undergo dry fasting.	234
Literature.....	235