

Chapter 1: Why Fast?

For most of human history, people didn't eat three meals a day, plus snacks in between. Food wasn't always available, so the body evolved to function well in times of scarcity. Today, we live in a completely different world—food is everywhere, all the time. We eat out of habit, boredom, and social pressure, not because we're actually hungry.

But here's the problem: the human body was never designed to handle this constant intake of food. When we eat all day, every day, our digestive system never gets a break, our insulin levels stay high, and our body never has a chance to clean out damaged cells. This leads to a range of health issues, including:

Obesity: Too much food, especially processed food, causes excessive fat storage.

Diabetes: Constant eating keeps insulin levels high, leading to insulin resistance.

Heart Disease: Excess sugar and bad fats clog arteries over time.

Inflammation: Chronic eating leads to inflammation, the root of many diseases.

Mental Fog: Instead of repairing the brain, energy goes to digesting food all the time.

Fasting allows the body to reset and heal. Instead of focusing on digestion, the body starts burning stored fat, cleaning out old cells, and balancing hormones. In other words, fasting is a built-in repair system.