



Fasting and mono-diets are ancestral practices of purification and regeneration that are experiencing a resurgence in our modern society, in search of well-being and reconnecting with oneself. These dietary approaches involve voluntarily abstaining from solid food for a given period, or consuming only one type of food, for therapeutic and spiritual purposes.

The effects of fasting on the body are multiple and profound. On a physical level, it allows for a deep detoxification of the organs and tissues, particularly the liver, digestive system, and skin. In the absence of food intake, the body taps into its reserves and eliminates accumulated toxins, resulting in improved digestion, weight loss, a surge in energy, and a brighter complexion.

On an emotional and mental level, fasting promotes great mental clarity and emotional stability. By temporarily freeing ourselves from food concerns, we create an inner space favorable for introspection, meditation, and creativity. Many people report greater mental acuity, better stress management, and a more serene mood during and after a fasting cure.

For women in particular, fasting can be a valuable ally in rebalancing the hormonal system and relieving certain disorders related to the menstrual cycle. Indeed, by giving the digestive system a break, fasting allows the body to mobilize its resources towards other functions, such as hormonal regulation. Studies have shown that intermittent fasting (alternating periods of fasting and normal eating) can help reduce premenstrual syndrome symptoms, menstrual pains, and menopause disorders.

There are different ways to practice fasting, depending on one's constitution, needs, and goals. The most common are:

- The water fast, which involves consuming only water for a determined period (from 24 hours to several days). This is the most intense and purifying form of fasting, but also the most demanding. It requires supervision by an experienced health professional.
- The juice fast, which involves consuming only fresh fruit and vegetable juices, preferably organic, for several days. This form of fasting is gentler and provides essential nutrients to the body while allowing deep detoxification. It is especially recommended in cases of chronic fatigue, digestive disorders, or inflammatory diseases.
- The intermittent fast, which involves alternating periods of fasting (from 16 to 24 hours) and periods of normal food intake, on a regular basis (for example, fasting 16 hours per day or 24 hours twice a week). This form of fasting is easier to integrate into an active lifestyle and offers many health benefits, such as improved insulin sensitivity, reduced inflammation, and stimulation of autophagy (the process of recycling damaged cells).

Whichever form of fasting is chosen, it is essential to prepare for it in advance, by gradually reducing irritating foods (caffeine, alcohol, sugar, dairy products, gluten) and increasing purifying foods (fruits, vegetables, herbal teas). It is also important to allow time for rest and relaxation during the cure, to allow the body and mind to regenerate deeply.

Mono-diets are another way to purify oneself and reconnect with oneself, by consuming only one type of food over a given period. The most common are the grape mono-diet (eating only grapes for several days), the brown rice mono-diet (eating only boiled brown rice for a week), or the apple mono-diet (eating only apples for 3 to 5 days).

These cures allow for simplified digestion, detoxification of the body, and refocusing on what's essential. They are particularly recommended in cases of overweight, chronic digestive disorders, or addiction to certain foods (sugar, processed products). They can also be a gentle way to prepare for a longer fast, or to gradually reinstate food after a cure.

Whether for fasting or mono-diets, it is essential to listen to one's body and its needs, and not to push if signs of discomfort appear. It is also recommended to be accompanied by an experienced health practitioner, who can adapt the protocol according to each individual situation.

As a practitioner of Divine Feminine Healing, integrating fasting and mono-diets into her accompaniment can be a powerful tool to help women reconnect with their bodies and their deep essence. By temporarily freeing ourselves from food, we create a sacred space to welcome what is essential, to connect with our inner truth, and to let new seeds of life emerge.

Fasting and mono-diets can be profound initiatory experiences, inviting us to die to old patterns and be reborn to ourselves. They can provide opportunities to celebrate important

transitions in a woman's life, such as first moons, motherhood, or menopause, in honoring letting go and renewal.

In guiding women through these processes, the Divine Feminine Healing practitioner invites them to connect with their inner wisdom, intuition, and healing power. She helps them break free from food and emotional conditioning, to reconnect with their wild nature and feminine essence.

Fasting and mono-diets are gateways to greater inner freedom, greater being clarity, and greater embodiment power. By integrating them into her practice with consciousness and benevolence, the practitioner offers women a path of empowerment and reconnection to their sacred femininity.

Points to remember:

- Fasting and mono-diets are ancestral practices of purification and regeneration that are experiencing a resurgence in our modern society.
- The effects of fasting on the body are multiple: deep detoxification, weight loss, surge in energy, clarity of mind, emotional stability. For women, it can help rebalance the hormonal system.
- There are different ways to practice fasting: water fast, juice fast, intermittent fast. Advance preparation and professional guidance are important.
- Mono-diets involve consuming only one type of food for a given period. They allow for simplified digestion, body detoxification, and refocusing on essentials.
- For a Divine Feminine Healing practitioner, integrating fasting and mono-diets into her accompaniment can help women reconnect with their bodies, their deep essence, and their inner wisdom.
- Fasting and mono-diets can be profound initiatory experiences, gateways to greater inner freedom, and reconnecting with the sacred feminine.