



December 10, 2015 – Grand Rapids, MI

Fast Day

Tomorrow is the beginning of the Gourmet Detox weekend that I mentioned last week. Personally, I'm going to begin with a one-day fast. Why? Here is an excerpt from [Real-Life Detox](#):

It's a bit like rebooting your system. When your computer starts acting weird or the apps aren't working right on your phone, you know it's time to reboot—turn it off and then turn it back on. Usually your phone or computer work normally after a reboot. It's an over-simplification, but fasting seems to serve a similar purpose in our bodies, and every now and then, it's good to reboot.

You may be surprised to read that our bodies were designed for fasts. We didn't always have a ready supply of food as we do today. Our body is designed to survive without foods for varying lengths of time. While that may seem odd, it's not. Fasting doesn't mean abstinence; it just means eating less food than our bodies require to maintain our weight. Dieting is really a controlled fast that lasts a long time.

I'm not going to count calories but just limit myself to liquids for the day; I'm still putting sugar in my coffee. For those of you who have the *Real-Life Detox* book—and you can still get the [ebook](#) on [drchet.com](#)—you know the options that are available depending on your metabolism. Saturday the detox part begins. I can't wait to eat and share the recipes I've discovered and created. Detoxing your body doesn't have to taste bad!



What are you prepared to do today?

Dr. Chet

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