

The Power of Hunger

Jim LeBeau Certified Natural Health Practitioner

Jesus sent His disciples forth to “proclaim the Kingdom of God and to heal” - Luke 9:2. When the disciples complained their healing power didn’t work for everyone Jesus said “This kind can only come forth by prayer and fasting” - Mark 9:29. This is one of many Bible references to the power of hunger. “Prayer and fasting” are often linked together for serious concerns and dire situations as a storm at sea and shipwreck - Acts 17:33.

Long before science studied the positive effects of fasting on body and brain there were shortages of food throughout history that forced our ancestors to know hunger. Wars, droughts, weather, locust swarms and such come and go. From millennia of experience we have learned that living on the cutting edge of appetite instead of the dull edge works better. This brings up a scientific fact that *undereating is a proven strategy for longevity*, overeating a proven way to get sick and die younger. We know from scripture, history, and now science that the power of hunger, when used properly, *helps body and mind work better*. It sharpens you. As with a hungry wolf it sharpens the senses and creates energy to find food. As God created life, hunger works for survival. It also works on the spiritual side “Blessed are those who hunger and thirst after justice, they shall be filled”. Here are some short term benefits of “intermittent fasting” as reported by Dr. David Jockers, a functional nutrition chiropractor:

- Improves immune regulation - meaning an immune system strong enough to beat bad bugs and smart enough to know what and when to attack;
- Cellular autophagy –elimination of dead or sick cells;
- Improves genetic repair mechanisms – our genes have a built in capacity for self-repair that occasional hunger activates;
- Improves insulin sensitivity to keep blood sugar levels stable;
- Helps the body avoid numerous chronic diseases by the above plus reduces inflammation and helps mitochondria work better.

To understand the power of hunger think of the energy used in digestion. If digestion isn’t using energy then more is available for everything else including brain work. This means more power of thought to get to know, hear, and communicate with God so we are not among those whose “ears are dull of hearing and eyes are closed” (Jesus). All of this helps explain “40 days and 40 nights” of fasting by Moses and Jesus and the many

references to fasting in scripture and history such as Ghandi who fasted on lemon and water while praying for God to free India from British domination.

The key to success in using the power of hunger includes what, when, how. What? Eat only good food, no junk. Eat organic whole foods the way God makes them including some raw and fermented foods. When? Eat only when hungry and not too much. How? Chew juices and chew solids until they become juices calmly and thankfully. If you don't have a healthy appetite (aren't hungry enough) you may have deficiencies of zinc, magnesium, B vitamins, omega 3 fatty acids, a toxic congested digestion (constipation) etc. If always hungry check your blood sugar levels. Brain and nerve cells do not store glucose like liver and muscle cells do. Learn more key details in a **Nutrition-For-Life** kit.

A little study in the basics of body systems balancing sets the stage for getting things right and much more. Getting the basics in place before getting carried away with any kind of "power" is important. Some have fasted and hungered themselves to death. If under medical care always work with your doctor when trying to use the power of hunger or any other method or means to try to enjoy better control of your health.

For a follower of Jesus one major benefit of fasting is a more sensitive spiritual antenna to hear God. Why do so many smart people miss the "wholeness" or whole life connection to life, Jesus, God? Why have so many "experts" missed the point that God knew what he was doing when He made a whole grain of wheat with a genome five times more complex than that of the human body (Science Daily 2017); or mother's milk that gives a newborn baby a good start in life honoring the sanctity of the mother-infant relationship; or natural ways of agriculture and healing? Our world must learn to hear God better so more hearts are naturally inclined *to honor both Him and what He made*.

"It is the spirit that gives life". We may tune into spirit and life by hearing the call to wholeness, a voice that whispers across the eternal stillness of time and space and says to a listening soul BE WHOLE. Life comes to us from all directions. Truth reaches deep. Healing follows. First is healing of thought. Next is healing of lifestyles and systems. Finally is healing of nations by the power of Spirit and the word of Christ. So let it be.

Comments? Send to Jim at lebeaultj@aol.com with "nutrition" in subject box. For a copy of the booklet "Let Your Body Be Your Teacher" send \$5.00 to Perfect Health P.O. Box 132 Waupun WI 53963. For information on **Nutrition-For-Life** visit www.phpower.org.