

Christian Medical Doctor Sets Record Straight on Intermittent Fasting Trend

New York Times bestselling author Don Colbert, MD, will release *Dr. Colbert's Fasting Zone* with cutting-edge research on intermittent fasting and juice fasts. Having written on the Keto diet and hormone health, Dr. Colbert now turns his focus to fasting and its many benefits:

- Fasting gives a restorative rest to your digestive tract.
- Fasting helps the body's designed healing processes to automatically work by giving them a chance to rest from other activities.
- This rest from "digestion as usual" in turn allows the liver to catch up with its task of detoxification.
- The blood and lymphatic system also receive needed cleansing of toxic buildup.
- Fasting allows for other digestive organs—including the stomach, pancreas, intestines and gallbladder—to get a much-deserved rest, which allows cells time to heal, repair and be strengthened.

Moreover, fasting can also be used as a spiritual tool. As Dr. Colbert reveals, fasting is another way to rest.

"Fasting may be considered an internal rest for the body, allowing it to restore stamina and energy to vital organs by activating the marvelous self-cleansing system with which it is designed," Dr. Colbert says.

He points to God's commandment to rest (Ex. 20:8), going back to the Genesis story when God rested on the seventh day (Gen.

2:2). The principle of rest even extended to agriculture. Dr. Colbert references Leviticus 25:1-7, in which God speaks to Moses about letting even the fields rest and valuing their produce:

“The sabbath produce of the land shall be food for you: for you, and for your male and female servants, and for your hired servant, and for your stranger who sojourns with you, and for your livestock, and for the wild animals in your land, shall all its increase be food” (Lev. 25:6–7).

Dr. Colbert shares insight into partial fasts and juice fasts, including a 21-day meal plan and a seven-day juice fast. He acknowledges that some fasts, such as not eating or drinking at all, are dangerous. But the right fast can reset and transform your health:

“If you haven’t looked at fasting as a tool in your arsenal to improve your life, health and future, I challenge you to do so. Take a second look at it, especially if you have tried fasting in the past and don’t even want to consider it. Things have changed. Fasting today is not what it once was,” Dr. Colbert says. {eoa}

Don Colbert, MD, has been a board-certified family practice doctor for more than 25 years in Orlando, Florida, and most recently in Dallas, Texas. He is also board certified in anti-aging medicine through the American Academy of Anti-Aging Medicine and has received extensive training in nutritional and preventive medicine. He is the author of three New York Times’ bestselling books: Dr. Colbert’s Keto Zone Diet, The Seven Pillars of Health and Dr. Colbert’s “I Can Do This” Diet, along with bestsellers Toxic Relief, the “Bible Cure” series, Living in Divine Health and Stress Less. He has sold more than 10 million books and treated more than 50,000 patients in his years of practicing medicine. Dr. Colbert is a frequent guest with John Hagee, Joyce Meyer, Kenneth Copeland and other leaders in the body of Christ, and he has been

featured on television shows and networks such as The Dr. Oz Show, Fox News, ABC World News Tonight and BBC, and in periodicals such as the Atlanta Journal-Constitution, Reader's Digest, Newsweek and Prevention magazine.

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