

## My 140 hour Dry Fast and Why Arnold N. Kauffman

It was a time for rejoicing. It was a time for healing. A time to remember, and a time to forget. It was just one moment against so many...

It was on a Sunday night that I started to reflect on all that I have done, and what I was about to do. All of these thoughts were going around and around in my head...I have reached my pinnacle of success. I am at the pinnacle of my passion, truly living out my dream. I had to do something drastic- something insanely crazy, for lack of a better word- so that my body and mind would continue to grow. I wanted to do something that would promote the continuation of my youth, my vitality, and my strength. It was a time for rejuvenation. I was determined to not fall victim to joint pain, fatigue, weight gain, or any of the other factors that affect people my age.

At 6:45 a.m., I just had my second bowel movement, and have already been writing for 30 minutes. I, Arnold Kauffman, have come to the conclusion that a reversal in aging is not only possible, but can happen in each and every one of us. Here are some of the secrets:

In an ideal world, the majority of one's diet should be fruit. In my opinion, at least 60 to 80% daily, most of which should be consumed in the morning. The reason being is that fruit is the #1 source of glucose, our body's major source of fuel. However, when we look at the average American breakfast- whether at a grocery store or breakfast place- very little, if any, fruit is offered. Our mind is already brain-washed and conditioned to go for the comfort foods: the eggs, the pancakes, the bacon, the cereal lining the shelves of the breakfast aisle. All of these meals are cooked, devoid of nutrients, and considered acid waste by the body. I believe that I have freed myself from the control of societal pressure. I've learned to listen to my own body's innate intelligence. My body knows what real food is, and what it needs to stay strong, vital, and young. It is on this basis, this drive to keep my youth, that I first discovered dry-fasting.

Everything about dry-fasting and focusing on fruit resonated with me. It goes along with loving my body so much that I provide it with the proper nutrients, and avoid taxing the digestive process. About three years ago, I started to experiment with dry-fasting. In the beginning, I would stop eating around 5 or 6 p.m., and not eat again until 10 the next morning. To prevent temptation, I would not keep any food in the house during this time. When I did eat in the morning, I always gravitated towards fruit. This was my ideal world, the most ideal way to eat, most ideal way to live, most ideal way to keep my youth and vitality. I was not only slowing down the process of aging, but reversing it. This was my lifestyle for three years. Then, when I hit 70, my knee began to bother me whenever I ran. The issue was that my knee would "click"

every time I bent it. It did not hinder me when walking or jogging. I just couldn't run fast like I desperately wanted to. So I thought, thought, thought. One month after my 70th birthday, I came up with a plan. It was based on my lifestyle and knowledge of what I could do to reverse this issue. My plan was to dry-fast for 140 hours over an 8 day period. I would begin with a 40 hour dry-fast, broken up by a three day smoothie fast, and end with a 100 hour dry-fast of no food or water.

The question is: What is my logic behind this totally extreme way of self rejuvenation? Was it in my body's best interest to deprive it of food and water for an extended period of time? Why would anybody in their right mind even attempt to do something so extreme? Keep in mind that I already had 3 years of preparation behind me. My body was ready to take on this challenge. Otherwise, this could be extremely dangerous and even fatal. I do not recommend that the average person attempt this.

The logic is that when the body does not use any energy for digestion, it directs the extra energy towards cleansing and healing itself. This is what the body does. It is continually keeping us alive, so that we are able to walk, talk, see, breathe, and perform a zillion other functions. We as people are walking miracles, every moment of our lives.

So, it is on this basis that I chose dry-fasting as my natural healer. Why didn't my body cry out for food or water during the entire 140 hour period of this fast? Why didn't it shut down from an overload of toxic waste? As I have previously mentioned, I had 3 years of daily dry-fasting experience prior to this. I was ready to take the challenge.

My dry-fasting experience can be summed up into one word- amazing. I found it to be super easy, super relaxing, and super beautiful. Getting through the first 24 hours was the easy part. I did not experience any hunger or thirst. I was too focused on the big picture. My goal was to finish 40 hours of dry-fasting, and then conquer the 100 hour challenge. I wanted to maintain my youth. I wanted to run fast. I wanted my knee to get better. So, the next 24 hours passed. Still no hunger, no thirst. No fear of getting sick or dying. Believe it or not, I was still urinating three to five times a day. The urine was a light yellow, which surprised me. I thought it would be very yellow. No bowel movements. At hour 72, on the 3rd day, the biggest factor was now sleep. With no energy being spent on digestion, I must have slept for a total of 9 hours over the course of the first three days. I was not delirious, just totally ecstatic that I was getting closer to my goal with every moment that passed. Day 4- 96 hours had passed. In addition to the 40 hours in the beginning, I had a total of 136 hours of dry-fasting. I made it. I challenged myself. I won. What does this mean? Absolutely nothing. I conquer another challenge and I conquer another day. I put myself way out of my comfort zone, video-taped myself during the fast, and then wrote about it on another day, another moment. It was a time to yet again seek my passion and to seek my

truth. Living life to the fullest, being with myself, and enjoying my own company. It's the best vacation ever. Much love to all.