

Fasting For Love:

The first three days are the most difficult. Remember your mind rules your body. Once you have set your mind to the fast and made a commitment to joining the peace movement, then the desire for food is controllable. Your mind and spirit are in power. Bodily addictions and superficial desires lose their enslaving grip.

When you are fasting for a cause greater than yourself, there is a spiritual connection with the fast. You are connecting with thousands of others who are fasting for peace and for the liberation of the world from the threat of nuclear holocaust, global warming, urban sprawl, Middle Eastern wars, hunger, homelessness and all the other social ills.

I recommend the Lemon Cleanse Fast.

For a minimum of 10 days, drink:

2 Tablespoons (1 fluid ounce) fresh-squeezed lemon or lime juice (approx. ½ lemon),

2 Tablespoons (1 fluid ounce) organic Grade B maple syrup, not maple-flavored sugar syrup or syrup from companies that use formaldehyde to harvest their syrup,

1/10 Teaspoon or more cayenne pepper (hot red pepper), and

1 Cup (8 fluid ounces) purified or spring water, NOT fluoridated water.

For the full description of the fast go to:

<http://www.falconblanco.com/health/cleansing/lemoncleanse.htm>

To read Doctress Neutopia's fast blog:
<http://www.lovolution.net/blog/blogger.html>



Join the Lovolution!

WWW.TROOPSHOMEFAST.ORG

Why I am fasting: Lose Pounds for Peace

I look like a typical America middle-aged woman. Before the fast, I was 10 pounds over weight. I hid it by wearing baggy clothes, but it was there. I carried it around with me where ever I went, eating more calories a day than most of the human population.

At times I ate luxury food like chocolate and ice cream but mostly I gained weight on a vegetarian diet. It's the American way to be fat. Recently, the National Health and Nutrition Examination Survey found that more than half of American women (50.7 percent) and six in 10 American men (59.4 percent) are overweight or seriously overweight. In another estimate, nearly 100 million Americans are overweight or obese.

If you don't believe the survey, just look around you. Everywhere you go in America you will see overweight people. Some people have gotten so fat that they hardly look human. They are so heavy that their legs can no longer support them. Unable to walk, they have to get around in wheel chairs.

Americans eat 815 billion calories of food each day, 200 billion more than they need. That is enough to feed 80 million people. A billion people don't get enough food to support their daily activities. In the past quarter century, 250 million people have died of hunger-related causes.

Being overweight causes serious health problems such as high blood pressure, blood cholesterol abnormalities (dyslipidemia), adult onset diabetes (type 2 diabetes), heart disease, stroke, gallbladder disease, arthritis of the knees and hips, sleep apnea and respiratory problems and certain types of cancer. Conditions created through being overweight contribute to 300,000 deaths a year. These deaths are preventable.

If we can make the connection between our pattern of over-consumption and war, about the immoral evil of having too

much while others have too little, maybe we can find a way to redistribute the wealth so that everyone gets what they need to self-actualize. This is the quest for Neutopia.

Americans live in a sick, ugly and imbalanced culture that is on the verge of destroying the world. If you are fed up with what is happening in Iraq, can no longer live with the injustices all around you, then join the Troops Home Fast. Every pound you lose on the fast is a pound of spirit for peace.

America needs a radical lifestyle change. It needs to cut back on its consumption patterns in order to become a lean society. We can begin the first step of this transformation starting with food. America needs to fast! Losing pounds for peace is your patriotic duty. Join the fast and make a difference in your life. What is good for you is good for the planet.

Sign up at the TROOPS HOME NOW web site and be among the growing number of fasters who are putting their bodies on the line for peace. Every overweight pound you lose you will begin feeling better about yourself because you are actively being the spirit of the love and peace. You will find that your mind begins to clear from the burden of unnecessary weight. Doing more with less frees your mind. The meaning of your existence will light up in your heart. You will begin to love the world much more deeply. Fasting for peace is a religious experience of Gaia. Fill yourself with emptiness and rejoice!

matriotism: beyond competition, war, egotism, and patriotism-- a reverence and loyalty to Planet Earth; whole systems approach to global problem solving.

lovolution: the evolution of revolution, a world-wide non-violent transformation for world peace.

neutopia: a utopian vision that reorders the world by developing ecocity (ecological city) designs.

Gaia: the life force of the planet; global consciousness