

A Place Where Miracles Happen

My 10-day, Water-only, Medically Supervised, Rejuvenating Fast

by John Allen Mollenhauer

I don't fast because I have diabetes. I don't come to TrueNorth because I'm reversing heart disease or an auto-immune disease. I come here to rejuvenate and find my own "true north" once again.

TrueNorth Health Center may just be the best kept secret in America, as a stay here is so transformative at every level. You will wonder why you've never done this before. But you have; you just haven't taken it far enough to experience transformative affects.

The fasting state is where the body's inherent and abiding wisdom-driven energy gets to take over, since we've removed the distractions that prevent this energy from doing its most important work, which is healing, repairing, and rejuvenating our body (including the brain).

This is not my first stay here at the Center, it's my fourth. I've come roughly every four years for the past sixteen years, beginning in Penngrove, California before the Center moved to its world-class facilities in Santa Rosa, California.

What inspired me to make this a recurring practice in my life, now to be every one to two years? Well, first I know the philosophical and scientific background of the staff here, led by Dr. Alan Goldhamer, who is by far one of the most committed people I know. He understood the power of science-based hygienic living and fasting early on before people were as open minded as they are today. It's amazing how many beds here are filled with people from all over the world.

As a 25-year member of the ANHS/NHA, I know that this is the finest health information available. Health Science has come a long way over this quarter century, and professional members of the NHA have been at the forefront.

I think everyone is given a gift in this world, but not in the form we would normally expect. It's the gift of a challenge, some plight, a struggle that we wrestle with that requires our life's work to resolve.

For me, that is the challenge of having enough energy to do all that I want to do while I'm here. I have struggled with human energy for decades, due to, at times, an utterly overwhelming life experience, largely of my own design but influenced by the pace and innovation of modern life.

I've been an entrepreneur for over 35 years, with only short bouts of working for others for no more than one to two

years at a time, usually when I needed a break or need to learn something. I was never very good at working for others, mainly my own environment gave me control of how I manage my energy.

I've always lived the driven, goal- and success-oriented life, with a mission that has become clearer over time, a mission that requires a great deal of energy. In that process, I have burned out many times and experienced the effects of fatigue and energy depletion, and my

capacity to achieve my goals and to realize my full potential has struggled.

This experience eventually led me to become a lifestyle entrepreneur and found a company called Performance Lifestyle, Inc. that captures what I've discovered on this journey to save others up to 20 years or more in trying to figure out how to harness and maintain optimal energy levels while

living a richly fulfilling life.

But there is one insight that all other aspects of human life depend on: Our ambitions cannot outpace our ability to take care of ourselves, our bodies and our lives. And at various times, I did just that. In response, I knew that unless I rejuvenated my body, I would continue on a premature downward spiral that might be propped up with healthy eating and exercise, slowing the sped-up decline of living over my body's edge. But unless I tapped into this unlimited energy and allowed it to do its work, I would continue to suffer.

Enter TrueNorth Health Center

When I come to TrueNorth, it's a chance to truly reboot my body. As a matter of fact, one of the finest articles on the science of fasting, an interview with Alan Goldhamer, D.C., is "Water Fasting—The Clinical Effectiveness of Rebooting"



*John Allen Mollenhauer, founder of Performance Lifestyle Inc. in Livingston, New Jersey
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"Our ambitions cannot outpace our ability to take care of ourselves, our bodies and our lives."

Your Body. I highly suggest this read.

In part, it talks about restoring one's capacity. Some people don't even have the capacity (energy) to endure a fast, but assuming you do, this ancient practice, combined with modern science, will work wonders in helping you restore your energy and capacity to function, stay healthy, and perform in the world in the way you want to.

I think the key is building the practice of fasting into your life, before you are coming here as a means of reversing disease; this is the whole point. It's about rejuvenation, healing and repair, and establishing an optimal diet, which is naturally emphasized here at the Center since eating is the one thing that you abstain from when engaged in a water-only fast. It's a primary reason why people are here to begin with: They have been eating an unhealthy, nutrient-poor, disease-causing diet for far too long.

The reason why I don't refer to nutrition as "the" primary reason why people need to fast is because I believe there is an even more important reason (next to a lack of nutritional wisdom, the reason why people eat poorly even when they are educated), and that is that fatigue compromises their decisions.

Dr.'s Goldhamer and Lisle's book *The Pleasure Trap* points to the conversation of energy as part of its motivational triad. When fatigued, this is accentuated.

I believe everyone needs a period each year to pay back the accumulated biological energy debt (more often referred to the more limiting term "sleep debt") that results from over-exertion and living out of alignment with the scientifically documented rhythms of life. Our "light bulb" becomes dimmed due to chronic stress and fatigue that are the result of living in the dark during the day, and in the light during the night.

People get tired living amidst modern stress. Without the understanding of how to maintain optimal energy levels, people lose their capacity to maintain the normal and natural standards that nature designed for us to stay healthy, but which today appear mysterious. This is because we're forced to lower our standards in the face of unprecedented demands on our energy and time in modern life.

Coming to TrueNorth and engaging in water-only fasting and health-promoting education, as well as restorative practices like meditation helps a person deal with that reality; the reality that you must continuously regenerate your body's energy in life, beyond merely getting seven to nine hours of sleep and a day off here and there. This is core to life.

Beyond the occasional vacation, that needs to include periods in our lives where we fully rejuvenate our power because restoration of the human body's energy takes time. According to TrueNorth staff doctor, Michael Klaper, M.D., up to 80% of our body's basal metabolism gets caught up in the digestive process, as well as in the processing of information through our eyes. You can see that water-only fasting



Michael Klaper, M.D., Staff Physician at TrueNorth Health Center, with John Mollenhauer

becomes a potential imperative for people who want to get both their health back and the underlying energy so vital to its restoration.

Here at TrueNorth, after two days of eating from the wonderful salad bar complete with several trays of deliciously prepared foods from Chef Ramses Bravo, the master of the health-promoting kitchen, I settled into my fast.

I started writing this article on day four of my fast, at a time when I experienced a major uptick in my energy levels. Now, in the fasting state, living on stored fat reserves, I am feeling good. Because I came here already eating a healthy diet (albeit more than I needed to be eating due to compensation for stress) I did not have the healing crisis more common to people who are trying to make up for a poor diet and lifestyle.

My days are engaged in resting and allowing my body to do its thing, that thing it naturally does when given the chance—regenerate—with a posture of letting things unfold naturally, not striving. Am I hungry? Not really. I am focused forward and I am not giving eating much attention. Yes, I could eat, but the miracle of fasting is that hunger largely shuts off after a period, usually between three to seven days. So, I am resting as much as possible.

Meditation added a whole new dimension to my stay this visit. Believe me, while I'm not just doing "nothing," compared to my regular life, I am doing a great deal less and thus I can see and feel my energy regenerating, my skin tone changing, my weight decreasing, my tissues healing, my body detoxifying, my symptoms resolving, and that low-grade distress from fatigue dissipating as my happiness increases. I love when the doctors stop by for care and conversation. I look forward each day to the lectures, the slow walks, and all the opportunity to heal and improve in such proximity.

I even broadcasted my fast for one hour each day via Facebook Live to thousands of people interested in this experience. I must say, it makes the time go by even faster as I looked forward to updating my followers on the experience. I tend to agree with what Dr. Michael Klaper says: "Life goes by, so FAST!" 