

Fasting in February And Eating Eggs on Easter Is Good for Your Health but Drinking Ice Water Is Not

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Both the lent, which is fasting in February, and Easter, which is eating a lot of eggs in April, were very ancient traditions, which were incorporated in Christianity. Ancient Chinese texts say that during the winter, when the temperature is low and the body processes are slow, a lot of toxins accumulate in the body [1]. The purpose of fasting in February, which is at the end of the winter, is to let the body burn the accumulated toxins. What happens when we don't fast? Since the Liver is the organ that deals with the toxins, when we don't fast the Liver becomes congested and overloaded because of not being able to process all the toxins - the result is low body energy and depression with maximum during the spring. Contemporary studies show that the maximum of depressions is in the Spring [2]. There is no explanation why. Our science describes how things were found to be, at this level our science does not bother to answer the question "why?" But the science becomes real science only when it becomes able to explain why things are the way they were found to be. Thus, the depression has maximum in the Spring because the body is congested. One way to avoid this, is to always fast during the lent in February to burn the body toxins. When forced to fast the body burns the toxins, which keeps the body internally clean, and helps to avoid the low energy and depression with maximum during the Spring. Fasting in February during lent is the key not only to avoid depression, but to have good health and live long life.

Why is fasting in February (which helps the Liver burn the toxins) the key to good health and long life? The Liver and the Spleen are the blood organs of the body. When the Liver is congested, the blood coagulation goes up and the chances for heart attack and stroke go up. Since the blood carry the white blood cells, which are the soldiers defending the body against invader-germs, when the blood is thick and barely moving, the defense of the body against germs is poor. So, in the Pandemic situation we are now, by not fasting in February you increase your chances to become victim of the going around many types of mutated viruses. Thus, if you fast during lent in February, you will be healthier and you will live longer.

Why is the Easter called Easter? The answer is because it was adopted from the Easter Islands in the Pacific Ocean. It was a celebration of the Universe creation from mundane egg. They believed that God first created this egg (I think it was a sphere and I call it Space Matrix) and from it the whole Universe was created. My understanding how the Universe was created came from studying the aura for more than 30 years. I started with photographing the aura with Kirlian photography, which uses high frequency electric field to multiply the photons of the weak aura and make it photographable. I found that at positive emotions our aura is brighter. Shkatov, who develop equipment that allows him to measure the spinning of the aura, found that at positive emotions the aura spins clockwise. Since nonlinear physics teaches that vortices spin clockwise and suck energy, there must be reservoir of energy, from which the aura sucks energy at positive emotions.

Since after many years of study I found that the aura is Nonlinear Electromagnetic Field (NEMF), the reservoir of energy from which our aura sucks energy at positive emotions must be NEMF. This reservoir of NEMF energy must be the Space Matrix (the mundane egg), from which the whole Universe was created. When photographing the aura, I found that at negative emotions the aura is dimmer. Skatov found that at negative emotions the aura spins counterclockwise. Since nonlinear physics teaches that anti-vortices spin counterclockwise and emit energy (breathe energy out), obviously at negative emotions, the aura is dimmer because it releases some of its NEMF energy to the mundane egg (Space Matrix) NEMF, from which the Universe was created [3]. The celebration of the Creation of the Universe from mundane egg was egg-festivity with eating a lot of eggs. Doing this in April served a double purpose - it was like killing two rabbits with one bullet. On one side, it was a celebration of the creation of the Universe from mundane egg, but since the celebration was in April and the digestion of egg yolks required the secretion of a lot of bile juice, eating a lot of eggs in April was flushing the Gall Bladder in late spring to prepare it for the higher-speed work during the Summer when the temperatures are higher. Since the Gall Bladder is the gate of the Liver, flushed Gall Bladder means clean Liver, and clean Liver means a lot of body energy and no depression for the rest of the year [4].

Thus, there are a lot of health benefits from eating a lot of eggs during Easter in the month of April. It flushes the Gall Bladder, which opens the door to clean Liver. Since the Liver is the blood organ, clean Liver means clean blood with reduced chances for heart attack or stroke. Clean blood also means higher ability to fight germs, which is essential in the Pandemic situation we have now. I also want to draw your attention to the American habit of drinking water with ice. The blood organs - Liver (with its Gall Bladder) and Spleen - are on the top of the stomach. So, when drinking ice-water the cold stomach cools the blood organs Liver and Spleen and they start functioning sluggishly. With time, this leads to blood problems causing heart attacks and strokes, and decreasing the ability of the body to fight germs. Therefore, to be healthy and live long: fast during lent, celebrate Easter, but don't drink water with ice.

References

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