

# Cure Diabetes, Boost Immunity and Extend Longevity

## A Metabolic Secret To Longevity

Fasting on water or lemon water only for 2-4 days monthly can “switch on” hematopoietic stem cells. These create the cells of both the blood and immune systems, ramping up immune response. This matters because decreased immune system efficiency is a hallmark of the diseases of aging. Consider the 10 day Liver-Kidney (LK) Cleanse: (<https://www.biri.org/pdf/recipes/10-Day-LK-Cleanse.pdf>).

The white blood cell count goes down with prolonged fasting. The replacement white blood cells work better than the damaged ones which result in improved immune function.

After researchers at Newcastle University put 11 Type 2 diabetics on a 600 calorie daily diet. In just one week, the fat around their livers dropped 30 percent. Their blood sugar levels were normal. At the end of the eight-week trial, they were again producing insulin. All were able to stop diabetes medications!

U.K. researchers recently concluded that intermittent fasting reduces inflammation, insulin resistance and lowers blood pressure, heart rate and cholesterol.

As for life span, animal studies have recorded increases up to 40%, including one that found that feeding rats every other day extended their lives *an astonishing 83%!*

## Easier Than Long-Term Starvation

A five-day semi-fasting diet completed just twice annually *slashed risk factors and markers for aging, cardiovascular disease and cancer with no adverse effects.*

## The Semi-Fasting Diet

### Sample Meal Plan

<p><b>DAY ONE:</b> <b>Permitted calories max: 1090</b></p> <p><b>Breakfast (146 calories):</b> Black or green tea One boiled egg One slice whole wheat toast</p> <p><b>Lunch (300 calories):</b> Black coffee or tea Small green salad with avocado, dressed with olive oil</p>	<p><b>Snack (28 calories):</b> Two almonds</p> <p><b>Dinner (616 calories):</b> Large helping of mixed green vegetable soup with borlotti beans Slice of whole wheat bread</p>
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<p><b>DAY TWO:</b>  <b>Permitted calories max: 725</b></p> <p><b>Breakfast (100 calories):</b>  Black or green tea  One poached egg with a grilled tomato</p> <p><b>Lunch (21 calories):</b>  Miso soup</p> <p><b>Snack (90 calories):</b>  Seven walnut halves</p> <p><b>Dinner (514 calories):</b>  Vegetable chili with kidney beans and two tsp sour cream</p>	<p><b>DAY THREE:</b>  <b>Permitted calories max: 725</b></p> <p><b>Breakfast (150 calories):</b>  Black or green tea  One slice whole wheat toast with two tsp of cashew butter</p> <p><b>Lunch (200 calories):</b>  Espresso  smoked salmon (4 oz) with watercress</p> <p><b>Snack (57 calories):</b>  Blueberries (4 oz)</p> <p><b>Dinner (318 calories):</b>  Large portion vegetable soup</p>
<p><b>DAY FOUR:</b>  <b>Permitted calories max: 725</b></p> <p><b>Breakfast (220 calories):</b>  Black or green tea  Half an avocado on slice of wheat toast</p> <p><b>Lunch (60 calories):</b>  Espresso  8 oz glass of almond milk</p> <p><b>Snack (110 calories):</b>  Two squares 70 % dark chocolate</p> <p><b>Dinner (335 calories):</b>  Large green salad with 4 oz prawns, dressed with olive oil and lemon juice</p>	<p><b>DAY FIVE:</b>  <b>Permitted calories max: 725</b></p> <p><b>Breakfast (156 calories):</b>  Black or green tea  Two boiled eggs</p> <p><b>Lunch (210 calories):</b>  Half an avocado on toast  Miso soup</p> <p><b>Snack (60 calories):</b>  An apple</p> <p><b>Dinner (299 calories):</b>  Large portion of vegetable soup with .5 oz toasted pine nuts</p>