



Professor Dantoine, many patients who are close to taking the step towards therapeutic fasting are still afraid to stop eating completely. Do they have any reason to be scared?

– Of course not. Many systems of therapeutic fasting are in reality based only on water. However, the system we have in the Leukerbad Clinic is founded on taking special drinks based on phytoelements. That is, we offer our patients therapeutic fasting based on phytotherapy. In addition, we treat our patients with low-calorie vegetable broth. This is what makes our program exclusive.

– **Why are these phyto-broths better than plain water (with the same therapeutic effect)?**

– The body is more tolerant to such fasting. Moreover, the taste of a drink is important for many people. It is important that the familiar act of eating takes place. I drank a glass of water and that was my whole dinner... This is where stress begins, because a person feels that he or she is depriving his body of something.

Everything is different here. You come to the restaurant and you see colours. You smell and you taste. As a result, a patient perceives the process in a completely

THERAPEUTIC FASTING: COLOUR, SMELL, AND TASTE

The lifelong dream of mankind is to find a universal remedy for perpetually health. What was the secret of our ancestors' endurance? The secret is simple: they had a different diet. Professor Thierry Dantoine, one of the experts at the world-famous Leukerbad Clinic, knows what this diet should be like. Therapeutic fasting based on chronobiological and hypotoxic nutrition is that sacred remedy, the one which will save us from getting sick...

TEXT *Eva Velme*

Thierry Dantoine

Professor and expert in the field of early prevention of age-related changes. From 1992–1997 he was an attending physician specializing in “multivalent geriatrics”. From 1997–2001 he was a clinical physician and coordinator of synchronous research in two fundamental areas: memory, and the link between cancer and aging. He was also the Chief Physician of the Nephrology Department and the Emergency Department at the University Hospital Complex (CHU) in Limoges (France). From 2002–2017 he was Professor and Chief Physician of the Internals, Geriatrics and the Biology of Aging Department. Since June 2017 he has been the Chief Physician of the Leukerbad Clinic (Switzerland) and Head of the Preventive Medicine Department. He is actively engaged in research work, and supervises the academic department with an international Master's program (e-Santé) he founded in 2014: a multidisciplinary research and education center. Professor Dantuan teaches at the Faculty of Medicine of Limoges University.



– They are completely wrong. We, of course, do not aim to cure the disease with the help of medical starvation alone. Rather, it will accompany medical treatment. The system will allow people of the third age (older people) to reduce the daily dose of medications they take (due to heart diseases, diabetes, hypertension, etc) and thereby to significantly improve their quality of living. Since therapeutic fasting helps to speed up cell regeneration, ill cells die faster and healthy ones recover faster. This is true for the thyroid gland as well as problems of the gastrointestinal tract,

kidneys, liver, and locomotive system. If, for example, we deal with arthroses, we remove the inflammatory process before the therapeutic fasting begins.

Of course, we all experience stress in everyday life. Being always in a hurry, we often ignore our health, the state of our body, acting as if there were no problems... During the course of the program, the body itself remembers that it exists. This is a kind of artificial shakeup for the body, with an ultimately positive therapeutic

effect. Our physical condition improves and we start feeling good, including in a psychological sense.

– **Is it possible that even the brain starts working in a more balanced way after a course of therapeutic fasting?**

– No doubt. But this is rather an issue of inner harmony. People usually start to be scared as soon as they hear the term “therapeutic fasting”. Why? Why are we so afraid of hunger while in everyday life we greatly overeat?

The merit of the therapeutic fasting program is that it helps not only to regenerate the bodily processes but also to find a balance between fear and the need to limit oneself. The environment also plays a great role in the recovery. I mean thermal water, clean mountain air etc...

I had a patient who had serious problems with her thyroid gland. She was constantly afraid because of this. The program improved her psychological condition as well. She calmed down and she did not take any pills.

– **Do you treat people with hormonal disorders?**

– The thing is that experts, as a rule, do not consider all the criteria of the body's work. Therefore, unclear points occur in treatment. We can examine the thyroid gland and get completely normal test

different way, with absolutely the same therapeutic effect.

The issue is also that some of our clients come to the clinic already prepared for the program or having experience of such procedures, while others do not know what is going on. Therefore, we practice a special system of nutrition, i.e. hypotoxic nutrition based on chronobiology. We offer a proper diet during the first three or four days, aimed at launching the detoxification process and the rebalancing of one's whole being and psychologically preparing the patient to start therapeutic fasting.

– **Who are the main targets of the program?**

– First of all, those who do not wait around for health problems but pre-emptively prevent them. That is, it is about preventive medicine. The program may be useful for overweight people, those with chronic fatigue, those with muscular pains without a constant inflammation focus or, for example, those with chronic diseases of the gastrointestinal tract. When fasting, we return the cell's inflammatory stress to its original value, thus the body regenerates.

Another group of patients for whom the therapeutic fasting system is suitable are those who need recovery after a serious disease, i.e. oncology patients.

– **But lots of people with problems of the gastrointestinal tract are wary of fasting, believing that it can only make things worse. The main argument is that their doctor does not allow them to fast. A similar reaction is found among those who have such diagnoses as stress or depression.**

Therapeutic fasting based on phytotherapy. In addition – low-calorie broth



FASTING PROGRAM

also helps to find a balance between fear and the need to limit oneself. The environment also plays a great role in the recovery



results even if it functions poorly. However, the problem can be connected not with the thyroid gland directly but, for example, with the lining of the intestines.

Everything should be taken as a complex interplay of issues, which is what we do: we find the initial point of disorder. Many factors can be of importance: failures in the functioning of the bladder, liver, intestine ... Only after finding out the reason can you prescribe the right type of therapeutic fasting and subsequent treatment. Depending on the nature of the problem, a person will be offered a certain kind of diet (for example, phyto-nutrition) after the therapeutic fasting program. The therapy is shaped strictly individually.

- Is it possible to complete such a program independently at home?

- I do not recommend this, as an ordinary person does not have enough knowledge to do it. One should fast in the right atmosphere, under the supervision of specialists. Moreover, this is not just fasting but an individual fasting regime based on the person's tests, plus passive and active therapy, thermal pools, and a full range of procedures.

- What is the benefit of therapeutic fasting in addition to pharmacological therapy in the case of the above-mentioned diseases?

- These are different things. Medications treat illnesses purposefully. They block the inflammatory process. In its turn, therapeutic fasting works specifically for cell regeneration, and restoration to the original state. That is why it renders a strong therapeutic effect. We are working to increase the oxygen supply to the body. Such work may include massage and various types of therapy. For example, the liver is detoxified through liver and feet applications. In addition, we make tests every day and monitor the patient's general condition.

- How many days of fasting do we need in order to achieve a noticeable result within the program?

- The most efficient duration for the program is 21 days. We can observe good therapeutic effects from the first week onwards. Although we have just started the process, it allows a person to realize the nutrition system themselves. It helps to enter the system not only physically but also psychologically. If we continue the program for 14 days, we will achieve very good results. The most

pronounced effect is observed after 21 days. But if strong will, health, time, and lifestyle allowed us to fast for 40 days, it would be just perfect!

Moreover, if we are waiting for a particular event or we are expecting certain stresses in the near future, it would be good to detoxify the body first. I strongly recommend that those who are going to undergo radio or chemotherapy pay attention to this program. Lots of patients have been examined and the effect has been proven in these cases.

The fact is that patients usually get large doses of the strongest drugs during chemotherapy, which kill not only the sick cells but also the healthy ones around them. It is a well-known fact. I think the best way out in such a case is to start fasting four or five days before the therapy. It is also better to fast on the day of chemotherapy, for a total of five or six days. Therapeutic fasting speeds up the process of sick cells dying out. But, of course, everything is very specific to the individual.

- Which method do you prefer more: traditional or alternative?

- We practice two approaches: allopathic or academic medicine, and the classical method, but the Chinese one.

Practices that come from Chinese classical medicine are interesting because they deal not only with the pathology itself but also the patient's "fragility". Let's take the thyroid gland as an example: we examine it and see that everything is fine today. But when we see a general picture, we will understand that there are prerequisites for this or that diagnosis. This moment is called "fragility". Now our task is to decide how to react, and how to prevent a possible problem. That is why we choose a special diet after a program of therapeutic fasting, which is suitable for a particular person based on his or her general condition.

Let's take, for example, diseases associated with sugar. Holistic diagnoses allow us to identify the risks of diabetes, even if the person is still healthy, and this is when it makes sense to apply Chinese medicine in addition to therapeutic fasting. If a patient already has diabetes, therapeutic fasting can significantly reduce blood sugar. This is a panacea for diabetic patients today. Of course, all procedures should be monitored by experts.

- Can diabetes be cured?

- Why not? I think it can be done. What is diabetes after all? The poor functioning of the pancreas. Insulin peaks occur as the body

requires more sugar. To process sugar, we need insulin. If sugar is completely removed from the diet, the level of insulin in diabetics is stabilized. They start feeling better. The result is visible after 15 days.

We know that type 2 diabetes is a malnutrition disease. As soon as we regulate nutrition, the recovery process begins. Do not forget about therapy, both active and passive, as well as sports. If a patient is already taking insulin, therapeutic fasting will allow us to reduce the daily dosage.

- We are talking in Switzerland, the country of chocolate. Therapeutic fasting is wonderful but what about those who cannot say no to sweetmeats? When can you have treats, and how much candy can you afford to consume so as not to interfere with the recovery processes?

- Chocolate is really one of the best options if you can't stand complete sugar abstinence. It is better to eat black chocolate, where the sugar content is lower compared to other types. You can eat milk chocolate, but not white, because there is practically no chocolate in it, only sugar. As for doses, you may eat 3—4 pieces of a bar, depending on the cocoa content. The higher it is (you should buy chocolate with a cocoa content of no less than 70%), the more you can eat. Most importantly, you must eat it with pleasure!

- What about honey?

- Also good. It is both healing and anti-inflammatory. In any case, you should take note of the product's glycemic index. The lower it is the better, because such a product will cause less insulin secretion. For instance, the index of brown rice is much lower than that of white rice or pasta. On the subject of fruit, it contains more vitamins but, at the same time, a lot of sugar.

This is related to the chronobiology-based nutrition system. The thing is that we should eat the right products at the right time, according to the emission of hormones or enzymes in the body and in accordance with the content of such elements in the products themselves. My colleague, Philipp Gamondes, will tell you about this in detail.

- If a person wants to lose weight, will a program of therapeutic fasting help? Lost kilograms often return after a diet. In this sense, your clinic is one of the few that gives stable results.

- Yes, therapeutic fasting causes weight loss, but the process is slow. If you really want to lose weight long-term, nutrition based on chronobiology, matched with time and with the right elements, will give the best results.

A very important aspect is the person themselves. When a person decides to come to us, he or she turns a page in life. From that moment on, all the keys to success are in his or her hands. First of all, we're talking about a different approach to nutrition.

After the end of the program, we provide each patient with an individual program of hypotoxic nutrition, which they must

follow in the future. It is not a rigorous diet: it simply includes a lot of natural ingredients that allow you to stabilize your weight. The products are commonly found and easy to buy.

We are all human beings and we all break our regimes sometimes. Our experts explain what to do in such situations so as not to lose the desired result. It allows our patients not to gain weight but continue to lose it. And, of course, we recommend a fasting day at least once a week. In any case, it provides good therapeutic effects.

- Every person who comes to your clinic wants to look not only good but also young as well. Does the therapeutic fasting program help here?

- I had many patients who were at the beginning of menopause. What is happening to a woman at this time? Her periods stop or become rare and irregular. But when they start therapeutic fasting, the cycle is restored! This means that the inflammatory stress that blocked the entire system has stopped, has come to naught. That is: we can postpone menopause. The same applies to the adnexas, the kidneys, and the thyroid gland.

Cells regenerate and begin working better. This is especially true for internal secretion cells which are directly responsible for the endocrine profile. There is regeneration, which is reflected in appearance, among other things. In particular, skin quality improves. It brightens, and the edema disappears.

Therapeutic fasting is a powerful anti-intoxicant. The body is detoxified. We restart the glands of internal secretion and the organism reacts to it at all levels, and the skin is the first thing to signal us on the state of the organism. Moreover, oxygen enters

the body intensively during fasting. There is intensive regeneration due to inflammatory stress reduction. Cells regenerate.

- Can therapeutic fasting be of help to couples that cannot conceive a child?

- It has already been proven that therapeutic fasting improves sperm quality. Women end up with better functioning thyroid glands and ovaries.

The therapeutic fasting program regulates and puts in order mammatropic hormone and oxytocic hormone and the system itself, and, ultimately, increases the probability of impregnation.

The couple, not just the woman, should complete the program. This strengthens the effect from both the point of view of therapy and also from the point of view of psychology. There are more prerequisites for conceiving a child.

- Are there any contraindications for therapeutic fasting?

- None. There are no risks if the process is monitored by doctors. This is much less dangerous than taking pills.

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Fasting works for cell regeneration, and restoration to the original state