

## Testimonial 24th september, 2015

In september 2015 I did a 7 day fasting with Anti Aging Fasting and cleansing program + 14 days of re-feeding in a beautiful city of Budapest in Hungary. I came here due to several issues with my health - the main problem was acne on my face, the second reason was to cleanse my digestive system from toxins and bacteria. I was planning on 21 day fasting at first, then we decided to go for 14 days because I am quite thin, and I was not recommended to do a long fasting due to insufficient fat stores in my body. On the 7th day of my fast my blood sugar level dropped to a critical point where I was recommended to break the fast.

All in all, I am very happy with the program and have no regrets of doing this. I would recommend it to everybody who would like to cleanse their bodies or get rid of diseases. It's a powerful tool to lift your health to a higher level. As a result of fasting my skin got better ( although not completely, I still get new breakouts, but it definitely looks more healthy and fresh now) and my digestion got times better than before. I now have a bowel movement several times a day compared to one time a day before. I also get less pain in my stomach after eating, also due to less amount of food that I am consuming right now. My mood is super high, I am very positive and full of energy.

The supervisors of this program are super sweet people. I got everything I'd asked for if not the same day then the next one. They have good experience themselves in fasting and can re-ally assist and advise you. They take blood sugar and blood pressure measurements every day and follow your progress during the entire period. They also provide you with a special doctor check ups if needed together with colon hydrotherapy.

Not only you get all the care from medical point of view but also massages, thermal baths visit, personal trainer for exercising, city tours, farewell dinner with jazz music and so much more is included in the program. I was extremely glad with my personal trainer, who would assist me in daily work out, since I am very much into training and moving my body. She is the sweetest person I met here in Budapest and we had a great time together. She was taking care of me during the entire 3 weeks period accompanying me everywhere. Big thanks to her! I learned a lot from her and I think we connected very well.

In my apartment it was quiet and comfortable, I could even choose and color of light going from the ceiling. It was 15 different colors, I preferred the green color. Budapest has several big parks, where you could enjoy fresh air, but in order to get there you either have to walk through the city center or take metro or tram, which doesn't make it easier while fasting. There is one wonderful park located in the beautiful island named "Margit island" and it is only two stops by tram from the apartment. I would have rather stay next time in a spa-hotel, located in this nice park, but this is more expensive option, named "Standard program", while I was staying on "Budget program". Budget program means you stay in the apartment, while Standard program means you stay in thermal water spa hotel.

During fasting I was encouraged to exercised in order not to lose too much muscle according to the supervisors. I have been researching and found a lot of information that during fasting the body needs to rest as much as possible, so it reserves all the energy for healing. I was not very happy to exercise during those 7 days of fasting, because my body was very tired and I really felt like resting. Next time I decide to fast, I will definitely not include exercising.

Only challenge during my program was disagreement with fasting supervisor about my diet. I am a raw vegan (mostly fruitarian with veggie dish in the evening). I ended up with such diet due to a long research and efforts to heal my body and skin, which has already helped me a great deal last half a year that I am on it.



During entire period here I was getting direct and indirect messages and information from the supervisor about the negative side of fruitarian diet along with comments about lacking protein, vitamins and so on, which was extremely irritating. I think it is so easy to point out failures instead of researching successes. People fail on all diets, half of our population is suffering from obesity, heart diseases and other maladies despite eating so called "standard" diet. I would encourage the supervisor to be more open-minded and read more about people who successfully live on this diet for 20-30 years or even longer, as well as fruitarian athletes, so in the future you could better assist people like me on your program.

I was also lacking a bit more educational information about fasting. I was provided with some books about fasting, which explained a lot, but I think giving some kind of lectures of fasting influence on the body and health would be really appreciated by your clients.

To sum up, I am extremely happy for the time I had during those 3 weeks, because I learned so much not only about fasting, but also about myself, my body - physically, as well as mentally. Now I have enough experience to do a prolonged fasting on my own, which is a great knowledge. I am very thankful for the help and care during the fast.

I attach pictures of how my face skin changed during those 3 weeks. I think it's amazing result, and I am super exited about that.



First days of fasting



After 3 weeks