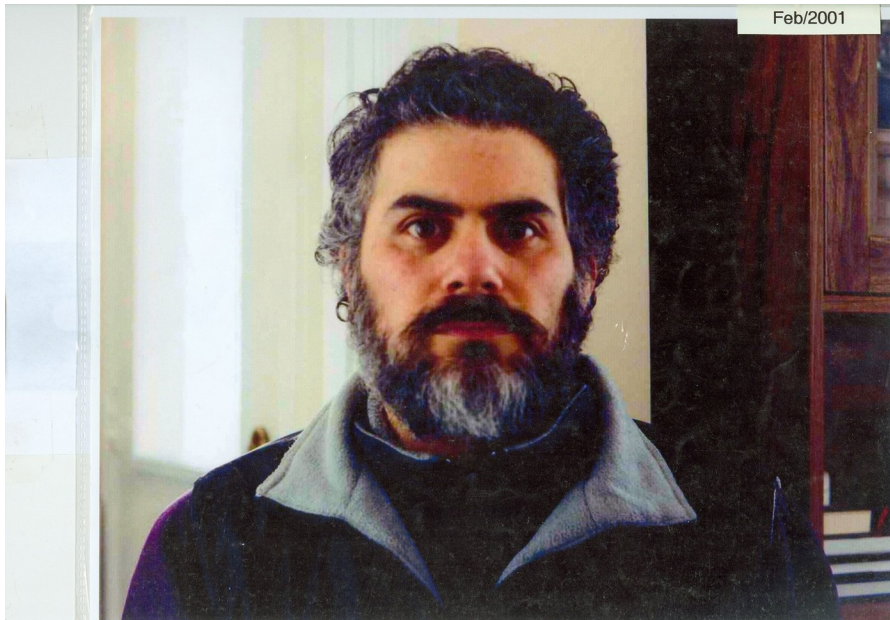




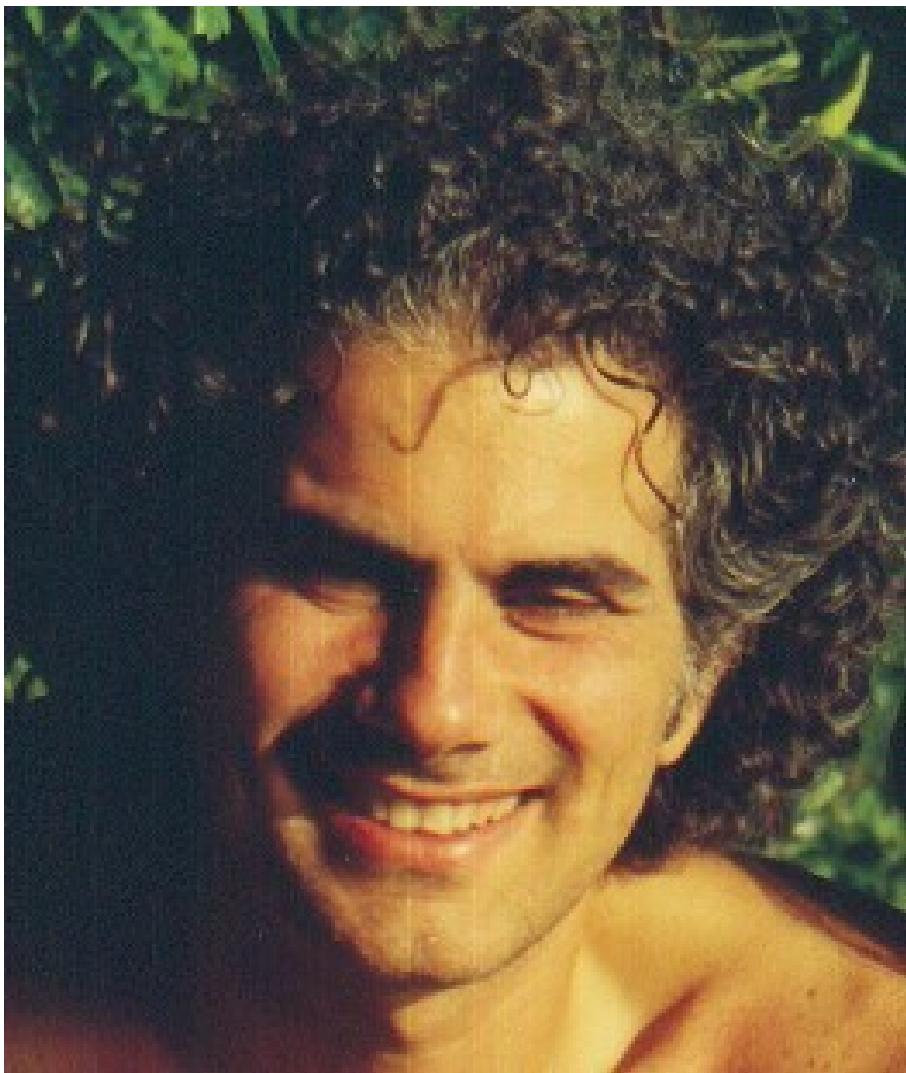
Summer of 1990, started my health journey, not long after this photo, bed ridden for almost 2 years after my first 40 day concord grape juice fast, I was too inexperienced in doing it and breaking it. for 40 days only consumed cooked concord grape juice, black plaque came out most of the 40 days. did lemon/oil liver flush before fast, filled toilet with stones twice then, broke fast with same. This is why we have the MFS system, i do not condone juice only fasts. We are safety and effectiveness oriented together.



This was the day I started 100% raw, Jan. 2000. never looked back. was very ill at this point, heart palpitations, numbness left side of face, could not sleep proper, kidney pains, vertigo, nausea, tinnitus etc.. cooked vegan did me in. wife left me a few months later. lots of stress, raw pulled me through. I was eating tons of fruit, salads and sea weeds. fasting never left me, every season change would do at least 7-14 days of varous different types of fasts.



2001, things started changing after 1 year raw, most of my open sores all over my body were gone.



2003



Late 2004ish, i had a severe lung healing reactions for over 5 weeks here, tons of mucus came out of lungs every night at about 2am (hour of the lungs). Had to have a pail beside my bed because of so much discharge, my room mate thought I was dieing..lol.. during the day I coughed very little and people would not believe what i was telling them about the evening. Do i look sick? NO, natures operating table, faith...



2005, was in a very state of health, could not eat any onions or garlic, would destroy my digestion. Was very sensitive to all foods.



2006, at a farm show doing my best to convince farmers to put minerals back in our food supply with Ocean water which contains all known and unknown elements in a perfect balance like our blood. Go to a farm show and you will see the unhealthiest people (farmers), the people who feed us. Was a failed business here in Canada.



2007, people used to be amazed at my skin, always had complements. from 2000 Tons of fruit, fasting since 1990 every season change at least. From 2004 added sprouts like crazy and wheat grass daily.



2011-12ish, after almost 3 years of high fat, raw vegan no sweet fruit with tons of sprouts, grasses, greens and alkaline water, almost died, one of my friends did die, his heart stopped. Also was doing MSM for a few years, raw cacao for about 1-2 years, it destroyed my adrenal glands. I went through the mineral theory crap as well. This photo was very shortly after going back to my roots, fruit and herbs...Look how it aged me in about 3 years. Now i am better than ever and slowly repairing all the damage after listening to the White jacket science garbage. Look to the Universe and Nature only for your answers, all in plain sight. Even though I never stopped fasting in those days, it wasn't enough. to put out the fire with water mixed with gasoline, it will not happen until you must stop feeding the fire gasoline... v=p-o

V.c. Gino Di Serio
March 19/2016

My 108 days date stamp from last years MF and my sprouting days, sunflower sprouts and wheat or barely grass, left side no and right side grown with ocean water...



Grasses are great, but any greens unless they are herbs, you will come to a point of plateau, they cannot dig anywhere near the fruits, but without fasting in your life, you are blowing in the wind. I took it to the limit, drinking 12-16 oz for over 2 years and kept drinking 4 oz for many years after daily.



From February 2015

From: David Boles

I am currently nearing the completion of the first 24HR segment of a 100HR DF; however; will address this experience in detail in a following post. What I want to do now is provide you with some background by focusing on my recently completed 30 Grape cleanse interspersed with daily Dry Fasts between the hours of 5PM and 8AM representing approximately 15HRS, followed up with 3 consecutive weekend 48HR Dry Fasts. My objective for posting this is that I believe it's very relevant to my experience and also as a lead into longer Dry Fasts. But mostly, I believe that some may benefit from my experience depending where your growth currently is on this path.

As a backdrop, I have completed countless fruit and vegetable juice cleanses over the years along with corresponding colonic cleansing practices. Over the past eight years I have been quite disciplined in that regard in addition to regular Yoga and running along with 80% raw organic diet. I had assumed that I was cleansing at a fairly deep level and there was not really much further progress to be made; so I was comfortable in a sort of maintenance type mode.

After some private discussions with V.c. Gino Di Serio, early into the New Year, he convinced me to give the 30 Day grape/lemon cleanse a try. After doing the research I decided to use an Organic cold pressed concord - amber bottled - grape juice from Eden Organics family vineyards on the shores of New Yorks Keuka Finger Lakes.

So every day for 30 Days I took two quarts of this grape juice and added approximately 1/2 quart of lemon juice from fresh squeezed lemons. (The most wonderful taste you can imagine and I never tired from it). I basically consumed this at work and after went into an evening dry fast followed up with 48HR dry over the weekends. One amazing thing that I experienced was that I never wanted for energy and functioned with a fairly high state of mental clarity throughout this period. Prior to embarking on this cleanse I was, in fact, concerned about this so it indeed was a pleasant surprise.

The REAL surprise was to be experience about midway in the process. I began to eliminate hard blackened material that had obviously been caked to the inside walls of my digestive system and intestines probably for many many years. Surprised because I had assumed my digestive system was quite clean and my diet had been high raw and Organic for the last eight years approximately. Well I passed this material continuously for the last half of the cleanse and well into the first week that I broke it. This is just an estimate; however; I say conservatively 35 to 45 feet of this material was released. Surprised also because I am in excellent athletic condition for my age by virtue of my yoga and running at the half marathon level and constantly placing in the top five of my age bracket.

So the question to be begged here is what triggered this substantial elimination? Was it the juices and length of the cleanse? Was it the combination of juice cleanse interspersed with Dry Fasts? I am thinking that it's the combination of these probably acted in a synergistic fashion to trigger the release of this material. Anyway, it was a tremendous experience and I have now attained a new level with my health.

Not only has this experience greatly improved my health, but it has been just an excellent transition into the Dry Fasting process. I am now at 23 HRS of a 100HR DF and I can tell you my energy level and mental clarity is at a very high level. (I will follow with postings on my DF experience)



Dana Louise Stewart

April 21/2016

- Ok am back on a dry fast, thank you V.c. Gino Di Serio for the healing plasma session this morning. Very powerful. I have a breathing technique I use too I trained my breath hold 5mins 36seconds my longest hold ever last night. It's like my body was no longer, felt just pure consciousness bliss state. Will share the technique for the family in a video soon. Much love Dana Louise Stewart xo



Steven M Smekar

May 1/2016

- One thing I have noticed on the journey is the decreased need for sleep. Now, I know I will require a little more as the body readjusts to having a modicum of food in it, and I return to a regular work/ exercise schedule, that is normal. I am looking forward to the increase in productivity, that priceless gift that will be bestowed upon the faithful journeyman/woman. I write this post at shortly after midnight here on the west coast of USA, and as I peer at this screen, I notice something curiously, pleasantly missing... I am noticing, for the first time in my life, the reduction of floaters in my eyes. The fungus-related organisms, which I have had in abundance since I can remember, have noticeably reduced, although not totally disappeared. This is day 31 I am beginning. When I experienced my strong healing crisis that I posted earlier, I came out of it with a plethora of increased fungus in this area, which, to my dismay, remained with me. This healing modality is the only thing that has ever thinned them out, and only a short period of time was required. The 26lb/12kg of weight I dropped has also been a blessing as well. I am now at 80 hrs dry/dry and will break that in 6-8 hrs.



Ed Wellville

April 30/2016

- Day 50 MFS: Yes, the big Five-Oh!
-
- Keep your awareness up and your mind down... and your hand out to help others — Dr. Robert Morse, ND
-
- Brief Update::
- 1) My goal is 63 days on the Master Fast System. Time flies...Two week to Go!
- 2) I weigh 110 lbs (50 kg), I began the MF at 114 lbs.
- 3) I'll go straight into a 7 day fresh green juice fast with herbs to ground myself and add nutrients. Green Juice made on the Norwalk Juicer: Kale, Red lettuce, beets, spinach, watercress, celery, cucumber, etc.
- 4) Then I'll start a short mono-fruit fast (with herbs) on ripe seasonal summer fruit, likely watermelon or grapes.
- 5) After I'll continue a Dr. Robert Morse 100% fruit diet with herbs, but no sugary, higher carb fruits like bananas, figs, dates, until my next Master Fast.
-
- Note: in my condition I need to plan/coordinate my next course of action, and I require assistance shopping, food prep like making juice, chopping fruit, etc.
-
- — Overall, I'm skinny & feel pretty good. There are tough days but I continue, when I get muscular body pains I treat with ice compresses, massage and magnesium oil.
- — Last Dry Fast lasted 54 hours with lots of sediment in urine. Yay, kidneys filtering, I fact I've seen about 90% sediment when I urinate this week and daily on a 15 hour dry fast.
- — The suggested Dry Fast “cheats” like herbal tinctures, coconut oil pulling have helped. I've also chewed herbs like milk thistle seeds, fresh ginger or fennel seed and simply spit out the fibers— I found this soothes an oral fixation to eat/chew something. The only food item I “cheated” 4 weeks ago was with fresh Concord grapes while on the MFS.
- — I'm in much less bodily muscle pain since starting a 100% fruit diet in January and still reducing throughout 50 days on MFS. I am getting stronger, but there are days when I injure a muscle area and I'm in a lot of pain, but I am not swayed... regaining my health is a journey, and I'm in it for the long-haul.
-
- Thanks and blessings, Eduardo

Ed Wellville

Feb. 1, 2017

Master Fast System: Day 1 of 108

I'm excited... This is my 3rd master fast, (previous of 63 & 40 days), and I get stronger and in less pain as I continue— or else I would stop. I must say... Over the holidays I ate pumpkin & walnut seeds, and vegetables along with fruit. The first few weeks I felt OK, but then some pain returned to my feet and other parts of my body, and I experienced muscle injuries I've not had in some time, and I had hemorrhoids for the first time in my life – so in January I switched to the MFS hybrid. Anyhow, I'm still bedridden but able to do more... It's baby steps for me.

The Master Fast System is less expensive than buying food. Sure there's a set up cost: Grape Juice, tinctures and supplies, but buy them a little at a time or save money over months—Heck, sell some things not needed. I'm on social security and unable to work, so I plan and coordinate. It can be done... Plan it.

There's a bunch of info below on my bio and tips, especially for new members. Newbies please read the Pinned Post on the Master Fast System.

Love & peace, eduardo

Brief Biography:

- Bedridden for 4 with an undiagnosed condition that mainly affects muscles, ligaments & tendons, but there's no such thing as diseases... It's made up by doctors.
- I use a tilt-recline power wheelchair to use the restroom or get outside under the sun.
- Fruitarian for 10 months & vegan for 2 months in 2016.
- On Gino's herbal tinctures since March 2016, prior 3 months on Dr. Morse's herbs.
- Began working with Atilla from Dr. Morse's office in January, too, herbal tinctures, capsules, Heal All Teal & GI Broom (powder). Note: Folks new to Dr. Robert Morse, ND, see his YouTube videos.
- March 12: Began Master Fast, Consulted with Gino & began MFS Tinctures mid April.

Benefits on the MFS:

- Bodily muscle pain reduced since starting a 100% fruit diet in January and still reducing throughout days on 2016 MFS. I am getting stronger, but there are days when I injure a muscle area and I'm in a lot of pain, but I am not swayed... regaining health is a journey.
- Able to stand and take more steps...which is about double than before. But I am thin and with small muscles so I must take care to slowly regain my strength.
- Kidneys filtering, especially while on the dry fasts. I had no kidney pains, but the lower back muscles had pain for a week.
- Kidney stone released in December 2016.
- Able to hold a hard bound book for longer without pain in arms. It sounds crazy but sometimes I was unable to lift/hold 1 pound or 1 kg.
- on MFS: Muscles feel better... Perhaps less lactic acid build up.
- Old injuries flared up like knee and calf pain but it only lasted days.

— Did a 30 day parasite cleanse on start of MFS in Feb 2016. I used a mix of Dr. Morse parasite M herbal tincture once a day with Humaworm parasite powder (1/2 teaspoon) twice a day. I saw no visible parasites/worms but many parasites are microscopic, so I'm happy.

— Clearer mentally and spiritually. I feel connected with the earth.

— I've likely gained better nutrient absorption of plant protein/vitamins/minerals with a cleaner intestines. One doctor believed I had malabsorption issues.

Challenges on the MFS: I'm fortunate, no major detox/Herxheimer reactions.

— Dry Fast: longest dry fast was 54 hours, I'd experience a rapid heart rate and usually ended the dry fast before bed because sleep/rest is important. The results of dry fasting was amazing, I'd had 90% sediment during urination and daily on a 15 hour dry fast.

— Day 50 on MFS I got tired of grape juice, it's the first time I felt sick of the juice, so I sucked on lemons & drank the grape juice separately... I'd planned to try pomegranate juice for a day to change things up, but then I began a 2 day dry fast and I was fine with grape juice the rest of the way.

— Fresh Concord Grapes: I "cheated" around week 4 (around Day 16) and ate some fresh Concord grapes while on the full MFS.

— Sleep was sometimes erratic, especially on the dry fasts, but I found insomnia is normal for me while fasting after doing water fasts for the last 2 years.

Tips/Notes:

— The suggested Dry Fast "cheats" like herbal tinctures, coconut oil pulling have helped. I've also chewed herbs like milk thistle seeds, fresh ginger or fennel seed and simply spit out the fibers— I found this soothes an oral fixation to eat/chew something.

— Psyllium Mix: sometimes I'd experienced a "full stomach" or bloating the morning after consuming psyllium. I discovered after the dry fast it was best to gradually increase the psyllium levels.

— I made frozen grape/lemon juice Popsicles during the MFS. Nice for hot days.

— For swollen lymph nodes use warm Castor oil packs to move a stagnant lymphatic system and perform a bodily lymphatic massage.

— Insomnia & Sleep issues:

o Hours before bed power down, turn off TV & Internet and anything that stimulates or stresses.

o I turn off white lights and use orange light bulbs to tell the body it's time to relax.

o Drink chamomile/passionflower tea to relax (as last drink).

o Try breathing and meditation.

o While in bed, try to count backwards from 100 down to zero, say the first numbers aloud, and then mentally. I usually fall to sleep.

— Make prayer/meditations/Breathing a morning ritual (or daily) to ground the mind and start the day. I spend the first hour upon waking free of social media, newspapers or TV.

— Stress: do your best to avoid stressful situation. Read self help books, yoga, mediation, etc.

Thanks and blessings, Eduardo

Ed Wellville Joe, people are encouraged to ask questions... But this is a master fast support site. If your purpose on earth is to stir the pot– Good for you. Have you read the post and stories of others here? Have you done the mask your fast system, even for a few days?

But please understand, Many who have actually tried the MF or read & understand its healing motives appreciate the freely offered System and the people who give freely of their time to help others. In the spirit of love ... Love for your fellow being.

in your last argument posted above... It does no good to introduce a hypothetically invalid tautology.

Presently I'm bedridden – I don't even like to say that, but these last seven years have not been easy and I've tried many alternative therapies. I worked with Dr. Morse's program starting December 2015, and hired Attila who is awesome and compassionate. Last year I went a total of 10 months of being a fruitarian but had not attained a drastic change in my health... But going on the Master fast has been the only time I've seen my kidneys filter and I've been able to stand and hold items longer – even large spoon in my hand was sometimes too heavy. In my last master fast of 40 days I continued to see improvement... but then the holidays came and in December I ate nuts and more vegetables... and it's Dr. Morse often mentions in his videos... Many of my symptoms, some old painful ones began to return. That's why I'm on day three of the system again. My friend, the proofs in the pudding – Pun intended. After this master fast, I will go back on what Dr. Morse suggest... 100% fruit berries and melons with herbs!

For a moment put the Ego mind the side... All the scientific jargon. I had to do this ... It wasn't easy, as a logical, empirical thinker I believed every had to be connected. Not to mention... I worked at a major university in California for the last 16 years in biochemistry and biomedical engineering. I had to release old biases and belief systems.

And please don't make "Strawman" arguments that people are scared to question The Master Fast System... People are moral free agents to do whatever on their own accord. I challenge you to spend three days in bed, having to rely on others to help feed you, empty your Waste containers, and keep your body bathing with a moist towel... perhaps only then can one may "See" from a new perspective.



Glenda Lassen

May 1/2016

- Day 34 and I am conscience of my mind and body preparing me to finish my MF at 40 days, continuing with vege juice then melons etc and of course daily dry fasting and extended dry fasting as is the protocol. I never thought I would manage this but it has been really quite easy for me. I will do another MF come Spring and from now on I will eat cleanly. I feel amazing, I know there is deeper digging to do and that may be possible on the next MF. I don't feel forced to stop but gently guided. I am so thankful to have found this site and to be ready for this lifestyle change. I encourage anyone who is considering starting that it is an amazing journey for your wellbeing and reveals to you the difference between wants and needs. Your body and soul will thank you. Feeling Blessed.

UPDATE: Day 22 MF

Just completed a 67hr dry fast over the weekend.

Broke the fast yesterday had no solids come out in my stool after doing a distilled water and bicarb enema. All that came out was only a few weird parasite looking things and a lot of acids.

Noticed a few changes in my body as it's shifting to heal some new areas. These include:

Lungs:

Felt a lot of sharp pains in the upper section of my lungs and did Ginos breathing exercises to help move some waste. Noticed a lot of emotions came up while doing this, as a result I spent a lot of the weekend processing what came up and letting it go, connecting with love and acceptance.

Ribs:

Broken rib on chest from a motorcycle accident about 5 years ago started aching. Now that I'm skinnier and the inflammation has reduced I can clearly feel the break.

Shoulder:

Right shoulder has been really sore for 5 days now. This has given me trouble on and off for about 12 years.

I believe it never properly healed from damaged ligaments and has always rotated a little off center when doing weights. I'm really looking forward to seeing it come back to normal.

Jawbone:

Each fast my jawbone feels like it's moving more and more back into its correct position. I had braces at sixteen and was told that due to jaw misalignment (ie an overbite) I would need my jaw broken and reset. I never had the operation done.

Just to note. My jaw has been moving for about 2 years since my first water fast. Though the healing has really sped up since dry fasting.

The only other changes I can think of right now is sleep time has reduced from 6-8hrs down to 4-6hrs.

I'm loving this the most as I used to wake up drowsy now I wake up fully energized.

I trust this info is helpful to many of you.

Love all you people out there that are taking responsibility for your own health. Bless you all.

xx Michael

* Ps:: see parasite pic in comments box.



Michael Seton

May, 3/2016



Carl Frugivore Mulder

May 7

DAY 90 OF THE MASTER FAST SYSTEM COMPLETE!

- So day 90, this is the longest Masterfast I've done, and this equals my 90 day Orange Juice Fast last year which had zero detoxifying power. This has been 90 days with no breaks, no food in between, just straight 90 days of concord grape juice, lemon, herbs and dry fasting, and some little tests, I'll explain...

- However, I've added things to test over the 90 day period like DRM's Cayenne / Garlic Combo for pain and blood flow, which is excellent in my opinion. I've tested DRM's Superfood Blend 2 after about 60 days in which brought more balance, probably due to the increased calcium. I tested a table spoon of Bragg's apple cider vinegar in the juice to see how that effects the fast and to be totally honest it has softened my tumors fast and seems to be moving more lymph at an even faster rate.

- I don't rely on the added things, but are nice to add sometimes. I also found that in the need for balance flower essences while detoxing are potentially an essential part of the kit. Over the last 90 days of detoxing my attitude can change, and I can get into arguments very quickly. With flower essences I remain much more balanced and don't let things bother me, I no longer feel agitated and has really helped.

- Me and my brother weigh 100 pounds right now, we are getting very, very skinny. We accept that this part of the journey and are not bothered or focused on it one little bit. Once we break the fast in another days 90's the weight will come back all to easy so we are actually encouraged by the weight loss. Were kinda balanced out right now though, we've been 100 pounds for a little while now so it will be interesting to see where we are in another 90 days.

- I have found that after about day 80; me and my brother couldn't stop talking about foods we would break our fast with and then lead up to having cheats. I have an odd type of craving right now and thats for fermented sauerkraut or fermented pickles, basically any veggie that could be fermented in a mason jar. Its a controllable craving because me and my brother are in robot mode right now. You could put us in any restaurant or food court and we wouldn't batter an eyelid. Thats how strict we are at this point, for me and my brother this fast is incredibly easy, the hardest thing is not letting mind take over too much. I planned to add superfood, cayenne garlic combo and apple cider vinegar as tests from the start, these were not impulse additions. Everything so far about this fast has been controlled. When me and my brother get into this mode there is no stopping us, and its so so useful to have a detox partner to talk about whats happening, physically, mentally and emotionally.

- Feeling pretty good right now, our goal is 180 days on the Master Fast System, and so far I don't see any reason why we won't make that goal. I'm moving house in 3 weeks so I'll prepare all my juices for the move. Ill celebrate with a nice concord grape juice and lemon, haha. I love this drink, its hard to imagine stopping right now.

Good luck to all the fellow Master Fasters, stay focused and health will become you.



Carl Frugivore Mulder

May 7/2016

<http://healthhapinessandwellness.blogspot.ca/2016/05/detoxification-fasting-kidney-filtration.html>



Glenda Lassen

May 7/2016

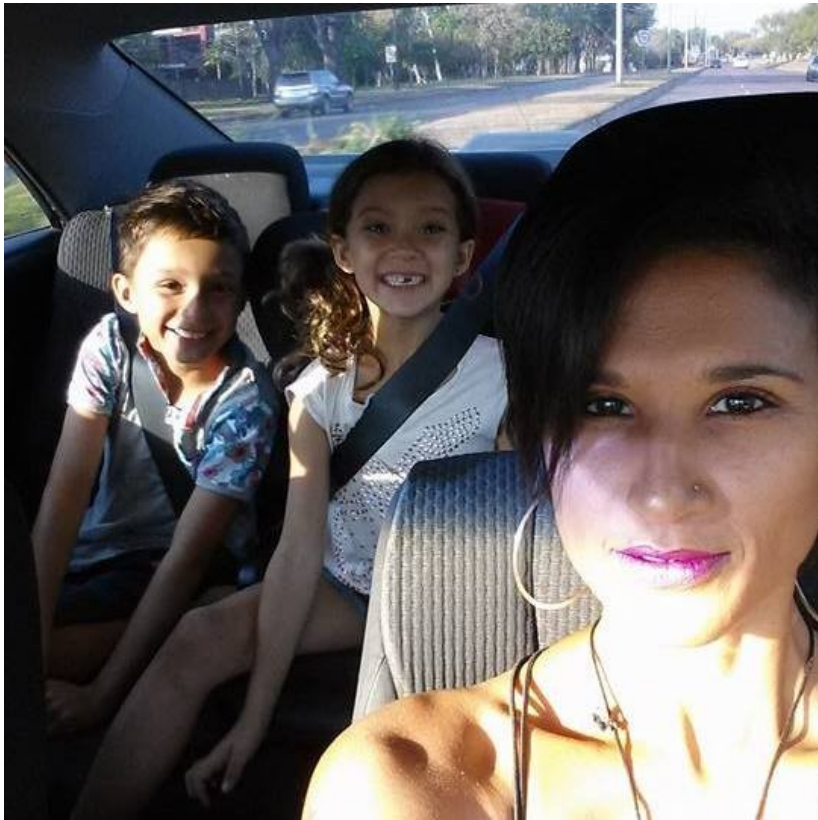
The last day of my first Master Fast today. Day 40 phew. I lost 11 kg of toxic waste. My skin is soft, my eyes are bright, my hair is soft, my soul is light and my mind more clear, logical and steady. All this and I only scratched the surface. I managed 16 hrs daily fasts, 36 hr weekly fasts but the most I could do was 56 hrs on the monthly fast. I am focussing now on breaking the fast safely in accordance with the files and continuing with the dry fasting protocol. I will do another Master Fast in 5 months time and intend to be more experienced to dig deeper on the dry fasting. I learned to do enemas which helped a lot and I found I was getting rid of more mucus than plaque at this stage and barely any parasites that I could see. My kidneys were filtering really well. Thank you to the founders and the members for all the support. Im elevated! xx



Lyn Berryman

June 19/2016

Dear V.c. Gino Di Serio I so want to thank you for devising this system and sharing it. Quite frankly I feel it has changed my life. I was already making steps toward a cleaner way of eating, but this is something else. I feel deep and subtle transformations happening in me. as layers of crap are scoured away I feel myself being more easily able to access the loving divine being who I truly am instead of that outer defensive, tense, driven persona that built up and crusted the outer me. My breathing is so much freer so I can experience the joy and ecstacey of the flower of breath in my chest. and it is so much easier for me to meditate. I have struggled for many years to really access my loving self through my breath. thank you



Nisha Langdon

June 23/2016

Day 54 (divine 9)

I'd like to share with you some of my observations on the MFS so far...

Physically, I have felt healing in all areas of my body. The main thing that stopped me from doing MF initially was my adrenals. They were so low. I was constantly dizzy, light headed, brain fog, tremors, felt like I was on the verge of fainting (which is not nice when you are out and about with 3 kids). Almost from day 1 of MF these symptoms disappeared. My mind has become clearer, sharper. I can breathe better, and deeper. Just like Arty my stomach muscles split in my second pregnancy. Now, after being on MF, they have 'fused' back together, and there is no gap! I can get my core strength back. My hair is growing thicker and healthier.

I feel peaceful, happy and grounded (except when doing extended dry fasting, and get bursts of anger, but that's emotions and parasites leaving).

Every night I experience what I call 'sleeping meditation'. In a half sleep state my body and mind deal with a different emotions and issues that have been stored inside me, that I didn't even realise were there. I recognise them, and release them. I recently realised that I have spent my whole life living with anxiety. At a level that I was able to get on with things, but that was always below the surface. It's not there anymore! I feel free, I feel as though I can do, be, have whatever I want.

My heart has opened up. I feel connected to everyone, and everything. Like there is an invisible string connecting me to everyone. I feel as though I have been cracked open and am emerging, a new person. I am becoming me, and I don't give a flying f**k what anyone else thinks.

I am so grateful to Gino for bringing this to the world, and to the admins and members of this page. So much love. And so excited about the next 54 days. Much love to you all x x

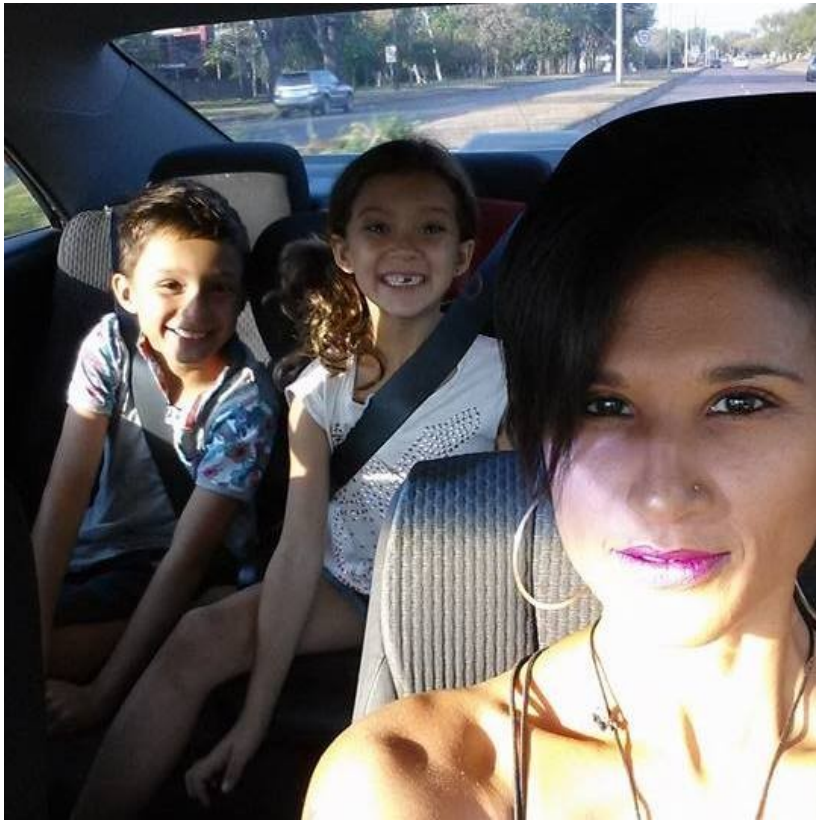


Nisha Langdon

July 23/2016

Day 83

Been a bit of a rollercoaster last week or so, healing crisis (thanks for your help Gino), lots of realisations and emotional release. Found last few extended dry fasts a bit hard, maybe because I am digging deep or because there is not much left of me. Down to 40kg (88 pounds) and am 5 ft 6. My periods have stopped, not even any spotting. Will be interesting to see if they come back after the fast. Still enjoying the ride, it has changed me in every way more than anything else I have done. I have a constant sense of peace that I have never had before. Love to everyone x



Nisha Langdon

Aug 28/2016

Update.

1 week post 112 days MF.

Well, I am feeling so much better!! I am on a hybrid mf still, as haven't let go of the grape juice, will wean myself off it this week.

I think the biggest thing was that I had a colonic on Saturday, and really noticed a shift. It released some blockage in me, not sure what, and whether it was physical or emotional, but it was a big release. I've also just done a 1 day vipassana, which has really helped to ground me.

A little info on what I have healed with the mf, but it's not a complete list, as there have been so many personal and spiritual changes for me.

*My skin is clearer

*My dandruff and itchy, flakey scalp that I have had for over 10 years has gone

*I have been bloated since the age of 15 (22 years) and have had digestion issues, tummy aches, IBS type symptoms. All gone. I used to lie awake at night from the pain in my stomach. I stopped eating dinner, I cut out so many foods. All gone on mf.

* I have a flat tummy!

*My split tummy muscles (from pregnancy) have gone back together

*My mind is clearer

*My anxiety, that I have had ever since I can remember, is gone!! This has totally changed my life. I feel like I can do anything.

*My adrenals have started to heal! A few months ago, I couldn't even drink a cup of tea without getting heart palpitations and headaches. My cerebellum was so backed up that I could not bend over due to the pressure it would cause in my head. Now I can go on the trampoline, rebounder and do yoga. I actually think dry fasting helped my adrenals a lot, even though you would think it would be the opposite.

I feel calm and peaceful. I know this will change as things come up, but I've had a glimpse of the good life, and that's where I'll be. Masterfaster for life!!! I'm still keeping up with my daily and weekly dry's, that's part of my life now.

Peace and love to all, will update again soon x x

Gabrielius Cass

January 6

So, finally after 2.3 years of the detox (~95-97% raw fruit, vogs rest) got into healing crisis again! Had mild one about couple of weeks into this healing journey. Now, after more then 2 years its back again - feels like got beat up with baseball bat, one clogged up kidney mild sore, aches here and there... *smile emoticon*

The power of MF... kickin' butt big time *wink emoticon*!

Gabrielius Cass: Most of those 2 years I spent doing different sorts of fastings/mono fruit + herbs and finally arrived to very deep healing point - MF! Back of my head, where cerebellum/the core center of all neurological operations is located finally started 'melting' so to say, the lymph started moving which is improving/healing my partially paralyzed side of the body so fast now! Not even slightest doubt! This is very very balanced fasting system for deepest healing!

Soul has to be ready though for this type of the healing... *wink emoticon*

posting on behalf of: Gabrielius Cass.

Those of us, who struggling with kidney filtration.., you are not alone, I was just like you taking kidney herbs almost constantly with no visible results for a little over 1.5 year.. So this year I started dry fasting a day per every week. Soon enough I saw first filtration and now after seasonal dry fast I have so much of sediment come out I was surprised! And that is big key to success of healing!

Consider DF for new year, the ones that have trouble with filtration - best of luck with your journeys

?
!!!

December 13, 2015

Thanks **V.c. Gino** and your master herbalist for tinc's - such potency, such a power house!

Just enrolled to MF with 60h DF (was gonna do 84h one but realized Christmas week is almost here and thats where at least 5 day DF is waiting for me..), today introducing herbs and concord/lemon juice as well. 3rd day of MF and counting...

Gabrielius Cass: just don't forget to add lemons to this concord grape juice - it will activate it like nobodies business, Peter Angel *wink emoticon*. I've tried so many juices, fastings, etc through out my short 2 year detox journey but nothing is even comparable to this MF with concord grape/herbs/dry fasting - now Im in total control *wink emoticon*. and even more things to come very shortly... *wink emoticon*

Gabrielius Cass: Don't be disappointed - you are doing this, healing, to yourself, no one else and some cases are tougher.. It took almost two years before I started filtering.. Same story: lots of fruits and herbs. And... only after incorporating dry fasting, it was weekly deal, eating less fruit/drinking less juice, finally starting master fast was huge jumpstart for my kidneys to open up Roar ! So relax and stay on the course, try incorporate these adjustments and sooner or later you will see results !Best of luck and knowing, if you do this so sincerely the answer will come to you... !P.s. My kidneys went 'crazy' after 5.5 day dry fasting... and thats were true healing starts!

Gabrielius Cass Right on! My blood work shows all results, including minerals getting better/in line over these 2.5 years I'm detoxing the body and NOT/stopped drinking water additionally other than you did mention [V.c. Gino](#)

[Gabrielius Cass](#): MF is the best system I know of from number of fasts I've been experiencing/testing with/through this body! It helps the best to reverse neuro condition that Im experiencing temporarily in this body!

The mind control or getting in control might be tricky - the mind is chattering/controlling you on so many levels, through so many channels that... the only way to get into the peace, where anything comes easily, with no control/effort is to step back of steering wheel so to say... finding the real you., not the tool of yours - the mind...

Seeking is the golden key in this situation... You only can find when you seek, sincerely... Meditation is one of the best tools to achieve this..!

[Gabrielius Cass](#): Very simple example of dumping this waste I've posted few times Martin and story that goes with it is:after accident 6.5 years ago half my body was paralyzed/locked by acids and so was bladder. I was peeing 4-6times every single night for over 5 years. After dumping so much of waste after 5.5 days of DF i sleepp trough the night ever since! That is best sign if you ask me over theories/scientific evidence...

[Gabrielius Cass](#): Marinela Dan, Im detoxing for over 2.5 years now and every fall was juicing fresh concord grapes. I can assure you now (was skeptical like your are at the moment) that combo of bottled juice/lemon is way stronger to everyones surprise and of course whole Master Fast system, that is why we see these great results !



Gabrielius Cass

to

Master Fast System

July 10/2016

Thank you All, thank you V.c. Gino, thank you Creation for this great healing that I am in... <3!!! 15 days of dry fasting is over with great success ;)!!!

Started this morning peacefully by swimming in the lake towards the beacon and back (love this training in the water, its so gentle on my recovering body), then heavenly massage, steam sauna (my mouth was extremely dry so that helped for about an hour :).), and then a long nap... :). Woke up just about the time to break the fast... and so I did - coming back into balance again...

Just 3 months ago Id be in disbelief that this is possible in my case - now I know its not the last thing there is, boundaries are mind made...

So go after your dreams <3!!!

With love <3,

g

p.s. ...and continue it on with MFS. One more long fraction to go before fall will bring more gifts, fruits...



Carl Frugivore Mulder: I've been constipated for 33/34 years of my life, then around 2.5 years ago I found dr morse. Started to change my diet, and started to have every day bowl movements. I found V.c. Gino Di Serio on Youtube and Facebook around August 2015 and was introduced to the Masterfast. When you think about it I've only done around 90 days of the Masterfast, and eaten like crap for 34 years. I'm thankful for finding this "diet", herbs and fasting because without it I would have had a miserable life. I know how to do this fast, it cleans the bowels like no other fast, the choice I have now is just to stay strong and do it for AS LONG AS IT TAKES! I will be happy, and I will get my body functioning like it was born to do.

Carl Frugivore Mulder: I started the Masterfast about 5 days ago and yesterday the black plaque has started coming out. Thats how fast (no pun intended) this fast is. Best fast I've ever done, I love it. Carl Frugivore Mulder

July 19/2016

December 7, 2015

Carl Frugivore Mulder I've only ever got mucoid plaque out on concord and lemon. A 3 month red grape fast did nothing for me, was completely locked. A watermelon fast getting out plaque, thats pretty cool. I think this shows how my life of white flower products, eggs, meat, white potatoes, sweets, chocolate, no fruit ever, no veggies ever, I think this just shows how sick I am, and how bad my gi tract is. There are levels of being locked and the only, I the only thing to move me was concord and grape. I tried gi broom on a red grape fast and that did nothing, thats how locked I was and am. Master fast was my only door, and thanks again to V.c. Gino Di Serio for showing me the way forward.

Day 163 of The Master Fast System. Me and my brother digging in really deep right now with only 17 days to go until 180 days on the fast.

Me and my brother have talked about this and the best piece of advice we can give anyone going this long is, don't listen to the mind, the mind wants to add weigh things up, complicate things. And secondly, its kinda tied to the first really, keep it simple, Ill say it again, keep it simple, keep it simple.

I've fell down the trap add extra herbs and spices, thinking too hard about "nutrition" ,,,,,, "Oh I bet the fast would be even more powerful with this, with that"

DON'T LISTEN TO THE MIND, IT WILL BETRAY YOU, KEEP IT SIMPLE AND YOU WIN!!!!

Thanks for all the support guys.



Carl Frugivore Mulder

Aug 12/2016

180 days on The Master Fast System complete, 6 months, wow what a strong mind you need to keep at it.

I broke my fast with organic red grapes, wow, wow so so much flavor. I was going to break it watermelon, but red grapes are my favorite fruit, I made sure I chewed, and chewing food again feels weird, lol

I've taken pictures of my eyes, and did get a lot of sulfur out, but there's still more work to do. This made me realize that changing your health isn't an overnight, and its not even a 6 month, changing your health requires a complete lifestyle change. This isn't about getting healthy and then just going back to processed food. I will try and find the time to blog about different parts of the whole experience and what a huge and massive learning experience its been.

I've been contacted by many people, and Im sorry I have very little time to respond, Im very busy lately, so Im sorry if responses are slow if at all. Its all in an effort to disconnect from everything, and I starting to get very good at not caring, and letting outside things bother me:)

I want to thank V.c. Gino Di Serio for introducing this fasting system to me. I will be planning on doing another fast after christmas, but I will not be doing another 6 months, lol. Apart from health, 6 months was definitely an ego thing, but towards the end I lost the need to pump up my ego, and didn't care. It was only me and my brothers absolute stubbornness that got us to the end. So again, V.c. Gino Di Serio I really thank you, there is no better fasting system out there than The Master Fast, nothing is stronger, absolutely nothing.

I know the master fast system is not a raw system, but I don't plan on staying raw, because this fast has made me realize that raw is just a label, and I just don't care about labels anymore. I don't care about being judged about vegan/raw/fruitarian anymore. Im just going to enjoy my food again now, been working on veggie soups, sweet potatoes and plantains. With fruits I can't wait to try everything, fruits taste so good right now. Im trying to find some balance now in the foods I eat, it will be mostly fruit because fruit is my favorite food, but there's no judgment this time.

Thanks for the support everyone, stay strong, this is not an overnight fix. We all wish it was, we all wish taking that pill could cure everything (so to speak) but it doesn't work that way. Time and patience, stay strong you got this, and never listen to your mind, it will trick you at every corner!!!

Samantha Lynn

July 21/2016

This is my progress so far... Day 44





John Nusbaum

June 29/2016

Day 72

Geno says that things change quickly on the MF and I have to say this has been my experience for the past month. It has been a series of highs and lows. If there has been a theme, it has been finding an internal equilibrium ... a place within to provide the impetus to keep moving forward.

It has not been easy emotionally. I almost gave up a couple of times. On day 60 I had decided that day 63 would be my last. Who in their right mind would do more than that, right? But I didn't really want to quit. I enjoy the dry fasting and thing really were not THAT bad. After a day or two I felt a bit better and so I've just kept moving forward. Things change. That's just the way it is.

Looking ahead, 108 is still an extremely intimidating number for me. But I can see 81. I can go until next Friday ... no problem. So I'm just focusing on what I can see and believe in. When I get to 81, I expect to see 90 and go for it. One step at a time.

All that said, I have been getting GREAT results. I'm down to 141 lbs (started at 174) and think I look great. I'm no longer afraid to lose more weight and will be very happy to be a skinny person over the long term. I have been filtering like crazy on the DF's and have been a poop machine in between.

Pics in comments. Blessings to you all.



Day 99 – Feeling Calm

Things have really settled down into a nice routine for me over the last couple of weeks. Each additional day has brought added confidence and deeper healing. Here are a few recent highlights:

Hydration: At around day 72 I started noticing that I was feeling increasingly hydrated ... that feeling has only grown since then. I'm no longer thirsty and my mouth stays wet through 48 hours of dry fasting. My bowels are very hydrated and I've been able to poop easily and consistently. My skin is nice and soft. My thinking and senses have started clearing up. I have been sleeping better than ever. I'm experiencing a sense of well-being flowing back into my body.

Dry Mode: With the increased hydration, I have stepped up the dry fasting. I have been repeating 48 hours dry with 48 hours wet for the last couple of weeks. I just added up the dry fasting hours and found that I have been dry 16 of the last 34 days. On the wet days, I have been maintaining 16 hour dry periods (my routine from the beginning has been to be dry between 4PM and 8AM). I started dry again yesterday and am planning on doing 3 days dry, then 3 days wet, and finishing with 3 more days dry.

Lipomas: I have had issues with lipomas (hard fatty tumors) over the years. I've had them surgically removed from my lower back twice and also just below my sternum on a third occasion. In the last week, my body has started going after the remaining ones on my rib cage and the front of my hip. They are now soft and shrinking quickly ... nature's operating table at work!

Ending the Fast: Interestingly, I don't feel any urgency to end the fast as I feel better now than I have in many years. I'm expecting to carry on much as I have been doing while transitioning to juicy fruits and vegetables. For the first week or so, I'll start with blended and strained cucumbers and/or celery with mint and a bit of lime juice. I will gradually add greens day by day. And I'm looking forward to preparing some of Phyllis DiSpaltro's broth for a warm treat.

Thanks to everyone for your support and encouragement. I could not have gotten to this point without all of you. Blessings to you all!

John Nusbaum

July 26/2016

John Nusbaum

August 4/2016

Day 108 – Made it!

Hi friends! I invite you to celebrate 108 days with me. What a ride this has been! Thanks for all of the support you have given me and I've been inspired by all of you and your amazing stories.

Thanks so much to Gino for creating and sharing this amazing Master Fast System. There is truly nothing like it. I had no idea how full of toxic waste I was and I'm so glad to have witnessed it exiting my body over the last 108 days.

Tomorrow I will break the fast with a celery/mint/lime juice and take it very slowly from there. I'm extremely excited to carry the MFS and V=P-O lessons forward with me into the future.

Blessings to you all!



Ken Fried

July 27/2016

UPDATE DAY 99!

Still trucking along...9 more days to go. Some of you know I was bummed for not having had any mucoid plaque release. Aside from that disappointment, my biggest issue was also the incessant echoing in my ear - not being able to pop my ears. On day 67 about a month ago, I did 2 ear candles on each ear and pulled out a ton of wax and resolved the issue with the echo. It was really exciting. Picture in comment.

Also, immediately after the ear candles, I broke my 3 day dry fast with a grape juice enema and was shocked to see my first real MP release, which I quickly pulled out of the toilet and played with for like 30 minutes (picture also in the comments).

Other than what came out on day 67, I've not seen any other MP, which is fine. The transformation that has happened within is unlike anything I could have ever predicted. My entire belief system is in the midst of reformulation at such a deep core level, and I'm fucking embracing it.

What brought me into this, after 5 years of the morse approach, was a desire to dig deeper and to heal myself of the symptoms of type 1 diabetes. That was 99 days ago.

Now I don't feel a need to heal anymore, no longer do I feel like I need to have a body or an experience any different than the one I'm having. Acceptance is what I've received from this experience, and that's a gift I never envisioned nor believed I needed...because to be quite frank, I would have been the first to tell you I accepted what was happening in my body, that I was choosing to cleanse - how easily I believed my own bullshit.

I entered the fast coming from a place of lack, limitation and scarcity, doing it because I hoped to gain something I didn't have — and that's the grandest of all illusions....and sadly (not really, because I wouldn't be where I am now) I believed it!

I don't need to heal anymore, in fact what the fuck is there to heal? In reality, I have a choice...in what I do and in how I perceive the circumstances of my life.

After this fast I'm choosing a radically different course of action than the one I've been on since 2009. I'll end there for now.

I'll share more as I approach 108, which will be the start of a new path that I'm eager to jump into. I've had enough of this fast, I feel complete, but I will complete 108 days, because that's the type of person I am... I'm ready to eat, and savor the sweetness of food, of life, of eating with friends, of going out to a nice restaurant and consuming the entire experience...and to begin building a relationship with food that's rooted in love, acceptance, awareness, wholeness and consciousness.

I've been posting some really powerful status updates the past few days, if you're interested in seeing them shoot me a friend request and tune into my world for a bit



Ken Fried

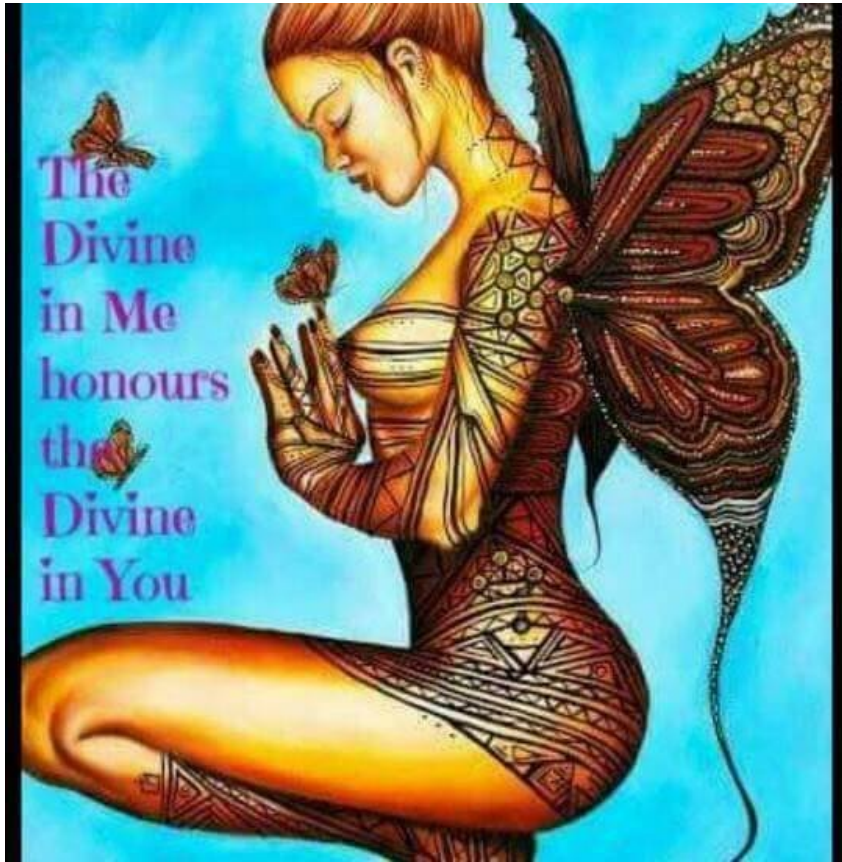
Aug 5/2016

108 Days is officially complete.

WOOT WOOT!

Many articles will be written about what I learned, acquired, and released.

Some green juice to celebrate and tomorrow begins the transition back to solid food beginning with young thai coconuts, then young thai coconut yogurt, then young thai.....hahahahahahah



Michelle Gibson

August 9/2016

Feeling esssse or suicidal?

I really didn't have anything left to live for but I didn't want to hurt my kids.

The sadness was so intense that my organs where shutting down.

I died of hypothermia one night and had a dream like experience with death.

I was shown my temple and how dirty it was it was beautiful but I could not see into many of the rooms for they where black.

I was given the opportunity to clean it up.

Since then I've been alkalizing myself as to my understanding it's acid that has destroyed the temple.

When I discovered dry fasting everything changed so quickly.

It's healing on steroids.

I get around like the Cheshire cat these days. I'm just happy all of the time.



Patricia V. Lacroix

August 14/2016

Day 108. <3 I am continuing on ...

This fast has happened for me at one of the most challenging times in my life. My mother has Alzheimer's disease and had a fall and a stroke at the beginning of July. She went from a retirement home to a nursing home and I have been with her everyday since her stroke. She has been slipping away from me for over a year and now when I visit her, she has a hard time maintaining eye contact. My mom has been my best friend my whole life. I miss our long phone conversations, time spent together going here and there. Everything you can miss with a cherished connection. It is a grieving process with this disease. You lose them a little bit at a time.

I am at the nursing home everyday and you can imagine the state of the people living there. What I have seen has made me more determined than ever to heal myself, on all levels.

Do whatever you have to do to heal yourself. Look to nature to be your guide and listen to your inner voice. If you have done the fast for a few days and slipped, don't give up. That is not failing. Failing is not trying. You are so ahead of anyone that never even tries. No one is perfect and over the course of July I didn't dry fast as much as I wanted to. I missed taking the herbs some days as I was sleeping at the retirement home on a chair. I had never been so exhausted in my life. I barely slept in July and I did the best I could.

It was my first try and it is about the whole journey for me not just the 108 days.

I am reading Quantum eating right now and Dr. Morse's Detox Miracle Sourcebook. I highly recommend Dr. Morse's book, as I have read it. Quantum Eating is fascinating and I am just about 60 pages in. I am really enjoying it.

I know there has been questions about the herbs V.c. Gino Di Serio offers. They are a great value and really elevate the fast, especially during dry fasting. Take the time to read what Gino has written in the files. Your questions will be answered and if you have more, there is a support here for you.

During this fast I have balanced my thyroid & healed my hormonal acne. I also healed patches of eczema that I had here and there on my body. I have also released so much waste & parasites, worms etc.

I am choosing to continue because there is more to be done and I just feel intuitively that now is not the time to stop.

If this fast is right for you, you'll know deep down. If it is not then that is okay too. Find what you need to regain your health. Just remember to clean out your GI tract, get your kidneys to filter, get rid of the parasites and do not allow an environment for them to thrive is the key. Do what you need to do to get your lymphatic system moving. Stagnation is disease. It is simple really, so don't complicate it.

Stay away from eating animals and dairy. They are highly acidic and toxic to your body. You invite parasites and disease into your temple by consuming them. Eating animals supports animal cruelty and the dark agenda.

Look to organic fruits, veggies and herbs as your food moving forward.

Nature has been my greatest teacher and I continue to look to her everyday for support and guidance. <3

Thank you V.c. Gino Di Serio for your amazing wisdom and to Dana Louise Stewart for being the person that guided me to this place. Thank you to everyone that has shared their journey, asked questions and supported myself and others in this group. <3

Thank you to Max Dipro for sharing your super powers with all of us. ;)

Much love. <3



Nicolette Love
August 16/2016

Well, this is me, completing Day 108 yesterday with a glass of godly green juice. It was so divine, grounding and refreshing. Loved every sip of it.

Didn't get rid of all of my wrinkles or grey hair but ex says my skin looks amazing. Considering I smoked for 21 years and had a toxic lifestyle for three to four decades, I am very pleased with the results. But I tell you, the healing process goes much deeper than this, I can't even begin to explain.

I was undecided whether to continue or break the fast but as time passed yesterday, I received the following signs: 11.11pm 1.11pm, and 2.22pm. And on the way home as I drove past the gas station, unleaded petrol was priced at 108.9. As you can imagine, I couldn't have received a clearer message.

Thank you so much for your love and support on my journey. Many blessings to you all and much gratitude to Gino for sharing freely his time, experience, and wisdom with us. <3

(I just received my laptop from repairs yesterday, it will be a while before I can put all the details together as I lost two weeks of data. Fortunately, the photos you see here were on my phone. I'm not one to post photos of myself but Arty being so inspiring and courageous with her photos, I decided to up my game. Thank you Arty.)

Hope my sharing will also inspire others. Pics in comment (lol).



Jacinta Driver
July 30/2016

Day 70

Last day of MF round one. Feeling grateful for being in such a Beautiful Place to Heal. Feeling much appreciation of my Husband Floyd for all his encouragement and food rubs ! A massive THANKYOU to Gino for creating a kick ass Cleanse !! All my LOVE goes out to my Sister Arty Anderson for being my Inspiration and Darna Louise Stewart for opening doors for me to walk through. I Thank all my Master Fast family for being here . You are all such remarkable people !! I feel blessed in being able to Serve here and Believe in Master Fast for life . I have attached some photos of Kohatu Toa. My home in New Zealand. You are all welcome anytime . LOVE PEACE HARMONY and HAPPINESS .

3 weeks off Master Fast

I have started a new job that keeps me Super busy so i haven't been on the page in the last week. There are so many new people doing the cleanse. It's so wonderful.

I completed 70 days on MF and chose to come off to start a new job. I plan on doing 30-40 days again this November. I eliminated so much in 70 days and have so much more to go. I do feel very happy to be on the path. To be clean will take as long as it takes.

The first week i did green juice. Second week green juice with tiny bits of fruit. Third week i did fruit for lunch and a light salad after work. I do have a smoothie at lunch sometimes. This is like 3 bananas blended in some coconut water. I still break my overnight dry with a herb tea and have a second herb tea in the afternoon.

I gave kept my weekend DF 36- 48 hours. I still weigh exactly the same weight as i did coming off the fast. For me this is a good thing as i was over weight. I am now 58 kg.

I have learnt so much coming off the fast. Eating fresh is the only healthy way to live. Eating any cooked food is only feeding parasites. We really have to change the terrain. It is very important not to go back to old unhealthy eating. The more parasites we loose the easier this becomes.

Over all i feel fantastic !!! My body is so peaceful. I can think more clearly. I have no major cravings. I feel so much lighter and alert. I have alot of energy. My body has rejuvenated. Everything feels more toned and younger. My skin is clear and soft.

Love to you all on your journeys. Xxx ♡♡♡



Josh Stubbs

August 12/16

I have gone from being suicidal for 5 straight years in pain fatigue and hundreds of other symptoms to seeing a bright future for myself within 27 days of the MF and understanding that this really is the truth, i have waited a very long time to find out the truth, and once you find it and run with it and have faith in it, everything else comes to you, you dont even need to worry anymore, i no i have a long way to go to feel how i want to feel but i am already feeling healing taking place, i have even questioned weather i will be studying a degree in holistic medicines etc in the future once i am well so i can help as many others as i can, just a thought :) a very exciting one, does anyone no what degrees would be needed or what options are available for these types of courses as i no the majority of them will be full of medication lies and bullshit.... where would you start if you were to look into becoming a REAL doctor and healer ?



Joshua Raw

August 23/2016

Day 38 ! what a beautiful day :) feeling great ! last night i did my 1st set of push ups in years, my neck and spine problems never allowed me to even try this without getting pain and severe stiffness for hours, although i still had slight pain and stiffness i would say it has improved by a good 30 percent ATLEAST ! today i also achieved something that has been a life goal for the past few years :D i could bend forwards and touch the floor without bending my knees ! PROGRESSSS <3 this is the truth. I have tried every single thing in life to heal, i have spent thousands of pounds but nothing has shown much if any improvement, until now :) i no i have a long road to go but atleast i no my future is bright ! as i always say... this really has not been easy for me at all, but the hard times pass ! just remind yourself when ever your suffering that this will pass ! energy is ok today so im off for a colonic then going out to do some photography in London City as its a beautiful day ! its all a journey, do not sit and long for a certain destination, just embrace the whole journey and let it heal its self ! blessings

Joshua Raw

October 17/2016

So after 90 days on the MF, here is my story....

24 year old male who has suffered with numerous spine dis-ease diagnosis from medical doctors and an auto immune disease. Ankylosing spondillitis, scheurmanns disease, kyphosis, scoliosis, defects on my spine, no spinal fluid, fibromyalgia, these are all just names i had thrown at me when in reality i was head to toe with acids and toxins and parasites, thats the bottom line of it, been in hell for about 6-7 years with every single symptom you could ever list in a human body, head to toe symptoms from the minute i awake until i go sleep, i eventually found out how to heal the body through V.c. Gino Di Serio and Dr Morse and a few other great healers, Me being me... i jumped in the deep end straight away with a 90 day MF, my personal advice would be for any1 as toxic as me, who has never fasted before, coming from 22 years of eating take aways taking drugs and being so ill, to a 2 year vegan diet after that but still eating crap, i would say be careful and no your limits ! maybe take a slower approach with eating raw for a little while before jumping in the deep end, Just my personal opinion, the MF has healed a lot for me but has also left me so thin and weak with acid burning me inside and i couldnt go on any longer no matter what anyone says i just couldnt and thats the bottom line, i was mentally and physically destroyed and the pain i went through was CRAZY ! but besides that, lots has started to heal :) so im on the right path and its all a learning curve !

My neck and shoulders have healed most, shoulders have gone from being rounded forward and stuck to coming back a lot, my neck after all the cracking and popping and crunching kicked in after about 60 days, slowly started to break away in little bits giving me movement back in my neck, it felt like shattered glass slowly breaking away bit by bit towards the end of my 90 days, still have bits left to move but HUGE improvements in my neck, i can now look around freely ! upper back the same, all the shattered glass crunching sound before lots of it broke off and i can move more freely in my upper back, still got more to do though, lower back has straightened up a lot ! i went from being sat on my tail bone to being able to sit under my bum, still not properly but im half way there now, still got work to do, my hips are something i was not ready for ! so many problems still going on with hips and legs, lots of acids trapped in there causing all kinds of pain and problems, i was too weak to move in the end so i had to break my fast, since eating i feel mentally a lot better and my energy is a lot better and strength already, i can now go on long walks and do my stretches daily, So as for my neck back hips and legs, lots has moved and changed, but i still feel i have a good way to go until its all aligned and how it should be, but thats ok :) i will get there, for my auto immune dis-ease symptoms, lots has changed again but

still lots to do, Brain fog is a lot less, memory is slowly getting a bit better, nose has unblocked by a good 20 - 30 percent so i can just about breathe through it again now after years of being blocked, still needs a lot more work doing though, swollen tonsils have gone right down after years, swallowing feels so much easier, eyes are still full of acid but slowly getting little bits of crap coming out each morning, lots of ear wax released from my ears with candles but still blocking up now and then in my daily dry fast periods, heart palpitations have gone, dry eyes and dry throat are still there in the mornings but a little better, this just means im still very dehydrated but progress is progress :) joints feel a bit looser and better, swollen lymph nodes in neck and under my ears have gone down by a good 60 percent, a lot smaller and softer now, my digestion has had huge improvements ! gone from being constipated and lucky to go toilet once a day when forcing for a while to 3-4 smooth poos a day :) this is only after a few days of eating as well so it will surely get better and better, thats great as i had IBS for most my life, few skin issues come to the surface which are just little rashes, they seem to be drying out slowly, i can feel lymph from my head to toe all slowly looseining up still, small balls that went from being hard and stagnant to softer and loose, still got floaters in my eyes, grr lol, all in all apart from the hip and leg problems i have going on i have had lots of major benefits, it is not a magic pill though and this needs to be a life style commitment once you start this journey, i have so much work to do but i have done so much already also :) so always look at your benefits and progress rather than what needs to be done, Having faith is number 1, the mind can stop you from healing if you allow it to, take it slow and listen to your own body, take control of your own journey, use all of the tips provided from gino on the MF, they really help, i was on 12 tinctures - 2.5ml of each twice a day, released lots of plaque, toxins, parasites, kidneys filtered a lot of acids but towards the end i was to weak to dry fast as much, i look forward to making MF a part of my life but i will be taking a more slower approach to my healing journey until i feel ready for the MF again, it digs deep very fast and can cause a lot of pain for people coming from a very toxic background with no experience, be careful if aiming for a long MF if you are very ill and have no experience with fasting, i am still skin and bones and still loosing weight even though im eating which means im still detoxing and healing :) there will be lots of things i have missed out as i have so much going on in this body of mine but yeah that is the most part of my 90 day journey on my 1st ever fast, scary at times, wonderful at times, painful at times, confusing at times, but progress is all i focus on, and lots has been made, thanks to everyone for your support and Gino for his knowledge, i will take it all into my future with me and i will be back for another shorter MF when i am ready <3 I will put up some pictures of my released below ! you can all heal, how ever long it takes, just keep going and never look back ! blessings x





Cyd Detiege

August 26/2016

The most common symptom of a deviated septum is nasal congestion, with one side of the nose being more congested than the other, along with difficulty breathing.

That said, I was told 10 years ago I needed an operation. ..which I decline.

I woke today, day 88 and am breathing through both and wow, does it feel great!!!

10 years of blockage, I learned to hold oneside open with my fingers to get the air in.



Laura Rosenberg

August 28/2016

Hey Master Fasting Family! :) Day 11 of my MFS here, and yesterday during the divine 27th of August (Day 10) I broke my Dry fast after divine 225hours. I was DryDry until divine 180hours and after that continued for two more days with herb tinctures and swimming in the Sea water. I noticed that divine 9 has been close to my heart, and I also decided to time my DDF with the moon cycles. :) Feels natural this way.

My kidneys has been wide open (Warning: nasty looking photos of filtration in comments :D). My kidneys have never worked well, and I have suffered from terrible acne for over a decade. I was hiding those symptoms with hormones for years. Finally my kidneys are working and my skin is healing.

Generally I felt good during the extended dry fast. I had more energy than normally, but of course I had some bad moments as well. I noticed that movement is the key when Dry fasting. If I just laid on the bed, I felt miserable but, if I went to forest, I felt awake and alive. After Day 6 I started to understand what Ehret meant with V=P-O! I really felt like everyday my body and mind got more and more clear, I saw clips of this mysterious Vitality, that I know is waiting for me in the end of my journey.

I have seen people here talking about sauna combined with dry fasting, and as a Finnish person I couldn't stay away from there. So I was in dry not so hot sauna (+60 celsius) everyday sometimes even twice a day, and I personally think it really helped me to relax and get my lymph moving. I was 10 min in the sauna and then went outside to cool down, and then back to sauna, and I kept doing that for a long time, sometimes hours. After moving from DDF to DF I combined normal hot sauna (+85 celsius) with cold showers, back and forth. I enjoyed this very much.

While dry fasting I have been walking 10km everyday, picking blueberries, listening a lot of 432hz music (really healing), deep breathing, skin brushing, and just being in the nature. I have already seen major things happening and the biggest would be that I got my periods two days ago. I haven't had periods for 4 years, no doctor with their hormones were never able to help me, no diet, no other fast, but now suddenly they started. I feel so good about this, it's amazing! It tells me that I'm going to right direction.

Dry fasting felt surprisingly easy but breaking it has been a bit of a struggle. My body gets very tired from the juice, and doing enemas have been very painful (mainly just air coming out at this point). Yesterday after hydrating with the juice and after doing an enema, I just past out.. I went to the deepest sleep middle of the day. When I woke up I felt like I didn't know where I was or what happened to me. Today I have been feeling dizzy every time when I drink tea or juice (I'm just drinking 1litre atm). When I don't drink anything I feel much better. I guess this is just part of my body adapting back to drinking again. For my surprise my Mom has become a great supported for my fast. I was so afraid to tell her, but she sees me everyday, so I can't hide it. But now I feel so free, she on the board, and ready to listen my good and bad moments. So 11 days behind and 97 to go! Have a beautiful day everyone and good luck with your MFS!!!

Laura Rosenberg

Nov, 28/2016

Hello all the plasma loving Master Fasters and Greetings from cold Finland! It's time for some update from my Master Fast lifestyle. This far I have done one 63 days MF and now I'm on my second one reaching for the divine 108 days. All together I just counted that I have reached 97 Days of MFS this far.. and I feel like I have barely scratched the surface. I wrote you a little bit about my experience this far.

First of all here are photos of my eyes a year ago, on March this year, and today. According to my eyes, it seems that I'm in very stagnant stage, lymph all over and left side is much weaker and it's very visible, I have being physically weak on left side of my body and brain during my entire life. Little bit has cleared out since last March but the biggest change is when you compare my eyes now and a year ago. My eyes were getting yellow when I started detoxing 2 years ago, and I had terrible brain fog everyday. Now my brain area is really getting less yellow, and on the right eye brain area has already cleared out, if you check the how much less I have those yellow lines today than before. If you see some other changes or want to give your comments about iridology, I'm always happy to hear those. I believe MFS will help my body to heal itself eventually, but this takes time.

I started my MFS journey on middle of August this year. I did 63 days and ended stopping my fast because of mental detoxing that took over me. Old childhood traumas started rising, and I didn't have the wisdom to push through them. Just to explain a bit, I come from background of living with father who had sociopathic and narcissistic personality disorder and my life was full of instability. I grew up feeling unworthy, and living in unsafe environment. Later I suffered years of panic attacks, self esteem issues, even self hate, perfectionism, need for total control, emotional eating, skin picking, binge eating all this for numbing my emotions down. I developed lots of bad coping mechanism to deal with my issues but after years of almost going crazy I learnt how to hide my weaknesses under the strong ego that has been protecting me during the years that I couldn't face my emotions. In the end of my first MF I went to a very dark place with lots of anxiety, depression, stress, anger and cravings. I felt jumpy and unbalanced, after 7 years of not having panic attacks anymore I got very bad one out of nowhere. I certainly hit the deeper level of detox and all my weaknesses came on surface and I didn't know how to handle it all. I have already being healing my emotional problems for last 10 years, but I realised that before I was mostly just learning to hide my emotions, I never really released those, they were very much still there, buried in deep. Now with MFS I feel like I'm finally able to truly get rid of these toxic emotions layer by layer, and thanks for V.c. Gino I have understood what it means when he says "emotions are the disease". I always knew it, but it has gotten so clear to me now. I wonder how it took so long for me to really open to this. Sometimes we know many things but we are still in denial, not ready to face things, not ready to do what is needed to change them.

For me fasting was in the beginning something I started as a physical detox for many of my physical diseases and I was also interested in the spiritual part of it, but I thought I could skip the emotional side, I thought I dealt with my burden already, I was wrong. Now this whole fast has become mainly emotional, of course I have had many physical healing crises as well and I'm still having: parasites, worms, mucoid plaque, liver pains, dizziness, even fainted once in the bathroom, inflammations in my joints, weeks when I don't feel my body parts, nerve tingling, numbness just to name a few, I embrace them all! But honestly, I have understood that none of my physical problems will never be healed, if I can't heal my emotions that created the unbalanced situation in my body. I have being sick half of my life, ever since I was 14. Now when I look back, I know that this all started from emotions, and one disease after another my body started showing me my weaknesses. I started getting labels from doctors like hyperthyroidism, alopecia areata, ankylosing spondylitis, acne,

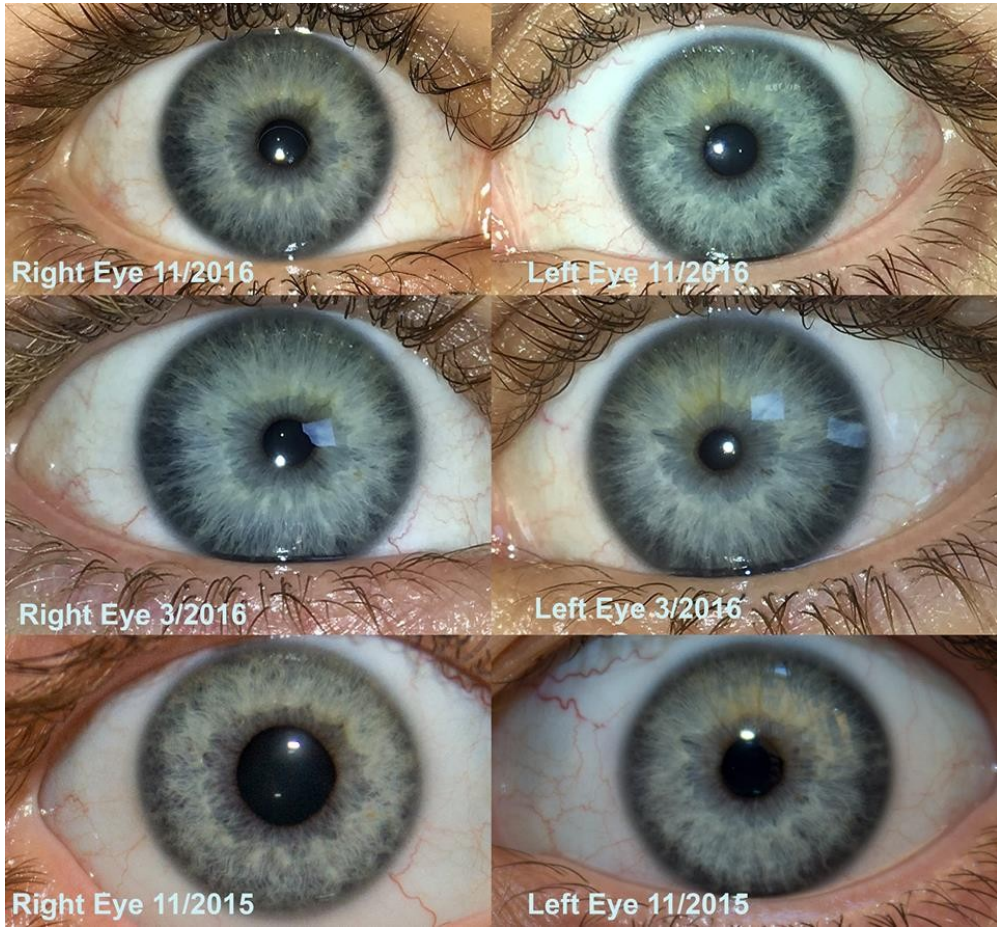
celiac, adrenalin fatigue..many so called autoimmune diseases, at the same time I was becoming so allergic to food that I couldn't eat anything without bloating, my pancreas wasn't able to help my stomach to start digestion, my GI-track was inflamed, leaky gut, parasites, worms took over in my acidic terrain.. just collapsing from every part. I have realised how my body has been just storing and trying it best to handle the heavy emotional toxicity buried underneath, and it has been showing the symptoms of this unbalance and stress outside in many different ways. Of course years of eating crap has just made it even worse and created acidic environment to store all toxics in and get unwell.

I'm learning here to let go and release, so easily said, and yet so hard to practise.

WHAT I HAVE HEALED this far: honestly I feel like nothing huge has happened, my journey just started. I feel so unfinished with everything. Generally I have being eating high fruit vegan already many years and even one year raw, and healed many of my autoimmune labels, but never got rid of the root problems and always plateaued. During last months of fasting I have just opened up things, shook a bit, and stirred up, maybe it means that my stagnant stage is getting ready to start moving. At the same time I feel like I finally understand a bit better what I'm doing here, what I'm dealing with, or maybe I start just finally accepting the fact that I don't understand anything and it's ok. The good physical things that has happened are that my acne has got much better, and during my long dry fasts my filtration has been full on pink sulphur, also my digestion was better after the fast, I'm not allergic to everything anymore, I have more energy and I don't feel so burned out, and I was even able to start working a bit this autumn, which I haven't being able to do for over a year.

WHAT I HAVE LEARNT this far, DO's and DON'Ts: After the first MFS and before starting the next one I have learnt that I shouldn't push too much. I was pushing way too much with the first fast. I did the 63 days with pomegranate juice and it was very powerful but a bit too tart. In the end I wasn't able to drink it, I started gagging. I tried to do too much dry fasting because my kidneys were not working, I was getting angry and frustrated because I felt like I did everything and they didn't function. I took divine 9 herbs, I did dry brushing, saunas, walking, deep breathing, sun bathing, my drinking window was 3-4 hours, and in the end I drank only all together 700ml of liquids and practised weekly 3 days of dry fasting. I got exhausted, and the result was that my kidneys didn't even work while dry fasting. This time I have been taking it more easy, I finally have concord grape juice, which I ordered from Austria, I don't follow my sediment like obsessed person, I do more yoga, my drinking window is whatever I feel like between 5-12 hours window. I simply stop trying to control my body and let it heal. I feel more balanced with the easier approach. I have still done a lot of dry fasting but less dry dry compared what I did before. Beginning of this month I have done one 10 days dry fast, one 5 days dry fast and then just weekly dries. Now I have been taking the herbs with dry fasting and it feels amazing, so powerful, but I think I will keep switching between dry dry and some with herbs. I have been taking TURPENTINE now everyday 5-10ml (1-2 tp) for 1 month to test it, and it's so unbelievably powerful. With the turpentine I started to realise candida and sulphur like crazy! Now I think I will have a little break from the turpentine, but honestly I feel great when I take it everyday while fasting, even ppl usually take it just few times a week. I also ordered even more HERBS <3 from Gino than before. Before I was thinking I can't afford the herbs, and now I know that I can't afford to live without them! I love V.c. Gino's herbal tinctures, they just changed my life! Today I drink them straight, and enjoy every drop! ...just 2 months ago I was so acid and full of parasites that I was hardly able to take those even with the tea.

Slowly but steady wins this race towards WellVille! Now I'm embracing the New Moon, New Beginnings with my Weekly Moon Fast! Who will join me and elevate the plasma energies to another level ???!





Fran Stockley

September 1/2016

Ok master fasters here are my
Findings
Results
Realisations
On 72 days of giving my body this gift of the Master Fast

Reasons I was doing this:

- 4 years on fruit based raw diet still felt full of mucus
- despite the above felt I was swollen and inflamed
- bad breath despite the above

What happened on my 72 days:

- I had a few days that felt rough
 - most days were magical
 - I got hundreds of worms out
 - I got meters of mucoid plaque out
 - I felt still and very close to myself
 - I felt powerful and in flow
 - I mostly slept like a baby
 - My aunty attempted suicide
 - My aunty was then successful at suicide
 - My mum was rushed to hospital with exhaustion
 - We sold a business
 - I sold a house from a way back relationship
 - I had 10 colonics
 - I did around 15 enemas as bowels moved well
 - I had bright green stuff come out
 - I had florescent yellow stuff come out
 - I had sulphur come out (burnt orange)
 - I felt angry, sad, euphoric and mostly peaceful
- I dropped bodyweight (not sure how much around 20kg) now weighing 50kg
- My warts decreased in size
 - My skin plumped up even more
 - My white spots on nails disappeared
 - All feelings of conjection have gone

Why I decided to break:

- It was a conscious decision
- we have booked a holiday to Greece for next week (much needed after big year) and I want to try their fruits and veggies
- I am cheffing at 2 big raw food demos coming up and want to be able to taste the food I am offering

Realisations on the MFS and what I am taking forward:

- My body needed a fast
- I will be eating in a 4 hour window each day only now
- I will fast till 2Pm ish and finish eating before 6pm
- 1 mostly raw meal seems ample for me
- I'll be dry fasting everyday for a minimum of 15 hours
- Raw does not seem law anymore
- I'll be introducing cooked juice occasionally and cooked greens.
- I no longer feel like I want to graze, just to consume all in one and then be done with food for the day.
- Weight training including body weight exercises will form my new routine as well as walking

Spiritual and energetic shifts:

- The way I feel is always more important than anything else
- My only responsibility is my flow the estate comes from there
- I can heal anything by aligning to the outcome I want
- I am way more powerful than I have been imagining
- We are all in this together
- There is no time
- There is nothing to fear

Plans to re visit master fast before Xmas and go full 108 into new year <3

Finally, I want to say a huge thank you to everyone on this page for cheering me on and encouraging me. This is very big and very beautiful and the beginning of a life long practice of fasting in this way. Gino from the bottom of my heart thank you for existing I am so happy we vibrated into each others existence!



Radhika Pai
September 17/2016

½ Half of my journey on MFS is over and I thought I should write my experiences.

How I found MFS

This is how one led me to another.....

- 1) I was impressed with Arnold Ehret's V= P-0 formula. It made total sense when I read his book " Rational Fasting"
- 2) I was looking for Kidney filtration episodes and saw DRM's and Gino's Youtube videos.
- 3) I was researching on intermittent fasting and found many links to Mark Mattson's literature and youtube videos. I was impressed with stemcells regeneration through fasting.
- 5) I had tried 21 days of water fasting this past February and thought it was not easy as days went by. I managed to complete it, but I knew just 21 days is not enough to clean the system. Didn't feel like taking up WF anymore.
- 6) Read "The grape Cure" written by Johanna Brandt. Was influenced by it to a certain extent, but was not sure whether just grapes would clean the system. Organic grapes were expensive.
- 7) With all of the above info I had, I googled " Kidney filtration", "Grapes", "Fasting" and I found Gino's website among a few others. He seemed to have all that I wanted to incorporate without having to figure out myself. He mentions his FB group on his site and that is how I found myself here.

Once I joined this group:

- 1) I felt kind of challenged since most of the information was not sinking in. GANS, PLASMA etc etc.
- 2) Didn't know what kind of questions to ask even to clarify something. LOL! I'm the kind where I like to do some homework before asking questions. I was sure there is a reason the group is doing things a certain way but I was not yet ready to jump in as yet.
- 3) Decided to try just whole grapes (from Grape Cure book) and raisins (had seen a video how raisins help with kidney filtration).
- 4) Kept going with my poor version of what I called 'MFS'. Didn't see much results, but I was blown away by what I was seeing in this group.
- 5) Continued to read each and every post and every comment on this board. There are amazing people on this board who share all the experiences without shying away.
- 6) Soon felt equipped enough to start MFS for myself.
- 7) Contacted Gino and got tinctures for myself.
- 8) Spoke to my husband about what I was planning to do and asked for support. Wrote the list of symptoms that I was planning to get rid of. Although my goal was 108 days, I promised him that I would listen to my body and quit if it causes too many healing reactions, but did tell him what a healing reaction may look like and how we may have to give rest to the body if required. Once I got his support I didn't look back and here I am completing day 60 and still going strong!!

My Schedule :

- 1) I do 66 to 72 hours of DF a week which starts every Sunday afternoon and break it on Wednesday afternoon. Could I go for more than 72 hours? Yes, but chose not to since I wanted to be available to my family. I chose to find a balance.
- 2) The rest of the week, my drinking window happens to be between 1:00 PM to 7:00 PM. So the dry fast is for 18 hours/day the rest of the week.
- 3) I do not take tinctures on DF days.
- 4) I take tinctures two times a day at the start and end of my drinking window.
- 5) The psyllium happens to be my last drink of the day. I take it in the form of slurry.

TIP: For those who do not like pudding style may want the slurry. I add 1/4 cup grape juice inside a bell jar and then add the powder (this way the powder doesn't stick to the bottom) and then add more grape and prune, close the lid and shake them well. This gives a uniform slurry without lumps.

What am I seeing:

- 1) Kidney filtration is more on DF days than on other days. Realized that kidney filtration happens even on cooked foods, on raw foods and on DF etc. but what happens during DF are all old releases. Body gets the time to scavenge and bring them out. I also saw pink sediments during kidney filtration which had nothing to do with my menstrual cycles.
- 2) I had a huge hard lymph node on the right side of my neck just below my head since three years. That totally disappeared.
- 3) In the past, my right ear would keep having ear pains and the lymph node just below that on the sides of the neck would swell up. So the right side of my head definitely was an issue. That swelling went away initially and then came back twice in the last sixty days. I'm expecting more healing in that area. This certainly indicates head congestion.
- 4) I can feel my head draining. It is a beautiful feeling. Unable to explain how exactly it feels. It feels like something is tricking down from the inner walls of my head and sometimes it feels like the pressure and tightness is loosening up and expanding to just evaporate. That release in compression is a very good feeling. Imagine a flower blooming...somewhat that kind of a feeling in the head when it breaks loose.
- 5) My eyes go through blurring and double images from time to time. The moisture in my eyes feel more waxy than clear. Sometimes my eyes burn. I had eyes burning issue as a child too.
- 6) The back of the teeth (molars) tends to be sticky and I'm guessing it is the lymph in that area. I saw on a couple of occasions that my gums looked white which I had never experienced before. I have experienced a white tongue, but never white gums. Did a lot of massaging and oil pulling. Tongue is not as white as I expected and breath is not unbearable and I'm guessing it has to do with keeping my body cleaner through several small and big detox protocols in the past.
- 7) Releasing mucoid plaque but not digging my poo. Feel better after it. Sometimes have had to do enemas.
- 8) During DF days I can feel my body extracting acids and feel body pain all over especially while I'm resting. The more I am busy and walk around the less pain I feel.

9) My big toe nails have a patch of yellow. That means the Candida is moving out through the nail.

10) I have a few lipomas in my body. The one on my arm which was big and hard has gotten small and tender now.

11) I have had high blood pressure which was a result of stress. My adrenals are still an issue and emotions plays a big factor in this area. I have not yet stabilized.

12) I am getting very stringy saliva in my mouth and I feel an obstruction in my throat. Not able to cough it up nor swallow that mucousy feeling.

13) Hair and nails are getting stronger.

14) I have had fibroids in my uterus and I think the continuous bleeding I have from past 3 weeks is related to that. I'm seeing dark brown old blood clots moving out.

15) Very rarely I have low energy, mostly it is high. I'm able to carry on with all my other responsibilities with ease.

16) I've had less need for sleep at night, but there are times when I feel sleepy at odd times.

17) Lost weight as a side effect of this fast. My focus has not been on weight and I really don't care how low it goes. I lost around 16 pounds in the past 60 days which is not much. I'm happy at the pace at which it is moving away what is not required. I'm short, just 5 ft 2 inches with a small frame. So it is easy to look fat since all the fat gets bunched up within that short structure. Now I'm at 118 pounds and looks like I may continue to lose more based on what the body thinks is necessary to shed as an outcome of cleansing. I usually lose more during DF days and regain a few after breaking and hydrating the body.

18) Lips keep peeling every day. This happened even while I was on water fast.

19) I developed a wart on my thumb about an year ago which I think is viral. Now that is smaller. According to me that wart is a sign of viral load inside my body.

Emotional:

1) Emotional cleanses happen as the body is cleansing. The tucked away hurt, the suppressed emotion will resurface and one may revisit past hurts too. Not always a fun experience, but just like body is removing the toxic sludge, the toxic emotions that don't need to be in there anymore moves away too. I sometimes call some emotions "Cocktail emotions" which can be a bunch of emotions showing up all at once. Best to be an observer, be kind to yourself and also bring a closure if required by addressing it. I write journals since I want a passive medium to put my thoughts.

2) The positive sides of my personality continues to get stronger and is coming forward with an added force to assist me, while the negatives of my personality seems to drag me down. We are a combination of all that we have experienced in our lives and that need to be cleansed too. I've had to face them and understand the root causes of the reason I'm the way I am. A lot of self-reflection, where we take accountability for our own actions.

3) I have had an accommodative personality but lately I learned that we need to let go of relationships that don't work. I think just like when the physical matter moves out of the system creating a cleaner space to rebuild ourselves, we also experience the need to let go of people, situations, events which doesn't serve us anymore to give space to new beginnings and welcome new creations through our thoughts.

4) We may get overly sensitive one day or overly confident about handling the very same issue on another day.

CRAVINGS:

LOL!! Many many cravings, even for foods that I ate as a child. I cooked meals everyday based on what I wanted to eat rather than what my family wants to eat. They said I turned out to be a best cook while I'm on my fast. I think our sensory information is at its peak during MFS.

Conclusions:

1) There will be dips and highs and healing is never a straight line and there is no shortcut to healing.

2) Body is an amazing machine with a divine purpose to house the soul. The more we own it the better it responds.

3) MFS is about slowly transforming ourselves physically, mentally, emotionally and spiritually.

My thanks to V.c. Gino Di Serio - the toughest master I've met, other admins in this group and several active members who keep posting their experiences. I'm afraid I will end up not mentioning some names. The list is too long. Love you all and thanks for teaching me by sharing your experiences.

Below is a photo of my "Master Tinctures". I bought a pretty blue bottle and put all my tinctures in equal quantities. It saves me time.

Happy Healing!

#Radhika #Pai #day60 #mastertincture.

Marin Kalchev

August 14/2016

My life with MFS



Marinela Dan
August 19/2016

Power of Dry Fasting during surgery

Many of you asked to share Marin's story. His story is very long, very complicated, and trust me when I say horrific it's an understatement. But I'd like to tell you what happened this passed June.

He had a sudden sharp pain in the chest that brought him in the Emergency. Rush. Exams. Dead tissue with trapped air was found in the lungs and must be operated immediately. At the beginning doctors were blaming the breathing exercises, their explanations were not making a bit of a sense. Marin kept questioning them. Eventually they admitted this was another devastating effect of the chemo. Since his toxicity was 97%, administering the anesthesia was another challenge for a 11 hour operation.

Marin started dry fast. He refused all medications except the anesthesia and cannabis oil. The operation happened on the third day of the DF. He kept the DF for the next 10 days while staying in the hospital. The pain was excruciating. But he kept refusing any medication. And he did not develop any inflammation and the recovery speed was phenomenal despite his conditions (previous huge operation was only few months prior). The filtration was remarkable. Doctors were in bewilderment. They haven't seen such a dark, stinky urine with a thick sediment at the bottom. They haven't seen a person not eating/drinking for 13 days, going through hell, and weren't able explain why test results show improvement.

Kitchen personnel complained that it's an offense this stubborn boy didn't even want to try the tasty cheese, chocolate milk, bread and salami he was offered 3 times a day. Doctors were pursuing, pushing, pressing him to eat and take drugs; at the end they threatened him to sue for refusing medical treatment. At this point Marin released himself from the hospital.

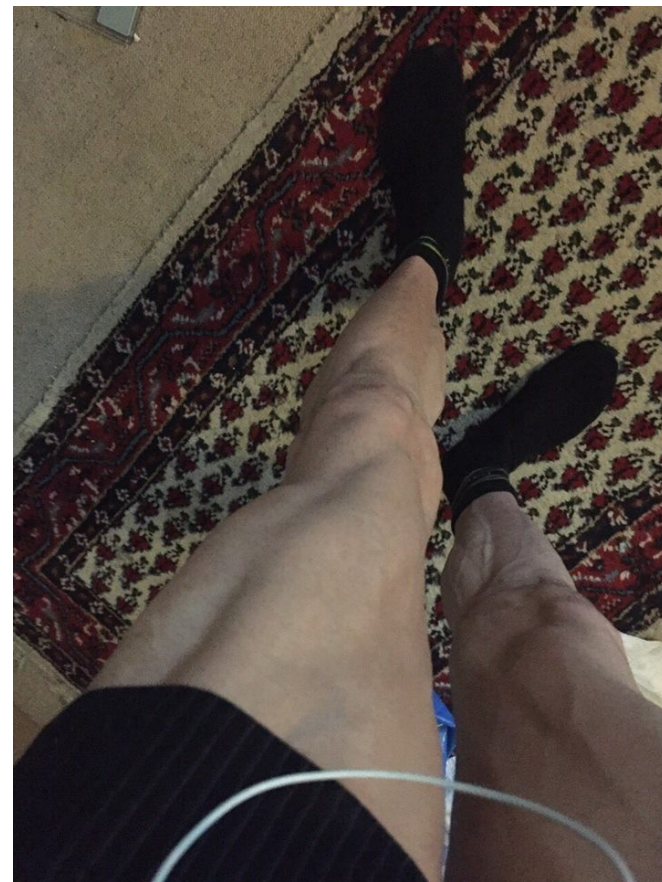
The rest you know because he posts quite often here. Always happy, smiling, with a captivating optimism. What you don't see is the deep healing crises he is in. And the dry caught that is ripping his lungs still full of stitches.

Dear Ones, I am sharing this story to reveal to you the power of the dry fasting in our health journeys. And to show you that with faith and will power there is no peak high enough not to be concurred.

Marin, you are truly inspirational!

And last but not the least, Fez, thank you for creating a GoFundMe site for Marin.

Namaste



You guys,

Do you think we need proteins and supplements to built muscles? NO!

You need to detox on MFS and exercise to build muscle mass. Detox removes obstructions and enables the body to utilize its energy more efficiently.

Btw, these pics are not mine. 💎

They are Marin's. He is only 52 kg now being 184 cm tall. Can you believe that some 5 months ago he was on a wheelchair?

If you feel like supporting him in his quest for health, here is his paypal account.

Send as friends and family to avoid paypal fee.

<https://www.paypal.me/MKAlchev>

Much love to all of you

Before MFS



After MFS





Lisa Penn Solomon
October 18/2016

I've now been off after 60 days on the MFS. I've had loads of watermelon and various melons, salads, veggies of all sorts and am feeling good. I had promised to post a photo and just didn't get around to it. This is me in Planet Organic 'eating out' for the first time in over 90 days. See a 'before' shot in the comments.



Caroline Glasius-Nyborg
October 25/2016

Day 100 :-D Before releasing the wormie I had decided to make an update, so I'm just gonna go ahead and do that ;-)

I'm doing really good actually. Can't believe that I'm actually close to finishing this. The goal seemed so far away for so long, and now the time has almost come.

Yesterday I ended a 36 hour DF and released a lot of yellow mucus, MP, worms and acids. I've been expanding my daily DF to 18-20 hours and trying to limit my liquid intake a bit, the last 10 days or so and this clearly have shown results with more releases. Yesterday I also had my first natural bowel movement while on DF. Wuhuu :-D A sign that things are improving!

I've been so happy today. I want to make these last days really special and do the things I really enjoy doing. This morning I tidied my room while listening to Gino's plasma video. Love the music playing in the background so I continued listening to this amazing artist -Hanna Leigh- afterwards. Later I walked to the sea, and sat there for a while enjoying the tranquility and the beauty of nature.

This MF has really changed me. I now understand why it is that Gino recommends 108 days/a long fast. Something has really happened with me these last few days. It's like my connection with everything around me is so much deeper. When I'm walking in nature I'm enjoying the soft feeling in my body when taking a step, the peace I feel inside, the colors, the smells, the smiles from strangers in a whole 'nother way than before - on another level. Everything feels different, it's truly wonderful <3

I Feel like I'm waking up, coming home :-D <3

Pics from my walk, as Gina Vadana And Chrisse Serville have inspired me to pick up my camera again and do some photography in nature.



Linda Chamberlain

October 26 at 10:30am

DAY 108 - Dear Friends, here I am, the last day of my initial fast on this healing journey of mine. What can I say...has it been a roller coaster ride, no. I have done so much healing when I got here. I knew there was more to do. I have been a yo yo though, one day I feel so good and another day I have the blues. However, I have this peace and its so wonderfully beautiful. I have suffered from allergies and asthma my whole life. I've lost most of my hearing at the age of 25 and today I'm 46. My hope was in some way my hearing would clear up. It hasn't entirely. What I can say is...the other day when it was raining...I actually heard the rain. It was so beautiful. I still have to use my hearing aids but I know now that I know what I know, my healing journey is super powerful. I have less mucous I'm coughing up. The other day I did some breathwork with my friend and I had an asthma attack. I usually get afraid when I can't breath but I allowed myself to breath through it. I could hear the demons being released from my body and at the end I had tons of mucous I was coughing up. The next morning I woke up full of energy and feeling happy. I'm so happy and so grateful. I have eliminated so much waste from my body. I'm posting a picture of before and after. I'm not a big fan of posting pics of myself but I wanted to share with everyone where my body is. I appreciate so much of the pic updates. Thank you Max Dipro and V.c. Gino Di Serio! Max thank you for sharing your light and knowledge and thank you for being there for me. Gino, thank you for this beautiful message of healing and strength. I know I have so much to bring to the world and if by doing this fast I can shed a light on humans, I'm grateful. In memory of my loving and beautiful mom. Who was not open to fasting but instead had a surgery that took her life. In memory of all those who trusted a doctor and would not trust themselves. We can heal our lives! WE are more powerful than they want us to believe. There is another world more brighter than this and we all belong to it. We are astral light beings and we deserve to be happy and free. Love you all and I'm here for anyone who needs me. Blessing be!:)

October 30/2016

Story time

30/10/2016

I've started my own healing journey this year, on 30 June 2016. I've started first with a Dr Morse protocol, switching from a high protein diet *meat, eggs, bread, cooked foods to a fruit diet with herbs. Remember that everytime I was eating a watermelon, after 1 hour my whole body felt so drained, exhausted, terrible, I didn't feel at ALL the freshness of the fruit on my body, sign that I was so toxic, my intestines were compromised, and so my digestion. I couldn't eat anything, although I was always hungry. I had 43 kilos and feeling such a mess. Then, on 28.08.2016, I send this message to V.c. Gino Di Serio, after founding him by mistake or by a meaningful coincidence, better said and understand this later, when I was in desperate need:

"Hello Gino! My name is Gina. I've found your youtube channel yesterday and your website and I was so excited, because I knew I need to dig deep in my healing journey. I'm currently on my 11 days of juice fast, mainly white grapes or black ones, melons juices, apples, watermelon few green drinks. Long story short, I'm a raw vegan since last month. Till then I was eating meat and eggs, veggies and cooked + fruits. I've been taking 5 rounds of antibiotics last year for a tooth infection and I ended up with digestive issues, bloating, candida, sulphur, adrenal fatigue, no filtering, no energy, backed up lymph and all together, at only 28 year old. I have a lot of genetic weaknesses also. I'm on Dr Morse's herbs protocol, but have some issues now on this juice fast. I've decided to put myself on a juice fast because my go tract was inflamed, I was eating and not digesting foods well, weak pancreas, I also had no energy after eating, food that stays in my GI tract for long fermenting. The same thing I experience now on my juice fast. I barely poop and when I try to do myself an enema, the water don't enter as it should. I also barely sweat, I have to put lots of clothes on and stay to sunshine, head pressure, brain fog, no filtering after 11 day of juice fast, I'm already underweight 1.72, 41 kilos, back pain if I stay too much in my feet, no periods and so on. Now, on my juice fast, I've not seen no mucoid plaque yet, although I'm taking every night one coffee tbspoon GI BROOM, and stomach n bowel. I feel that is hard stool inside of me, and after drinking the juices, especially the sugary ones, fruits, my breath smells so bad and I also have gasses that smells like wow, I get dizzy. I would be so happy if you could advice me about what to do? Maybe I should try more greens? My taste buds are for sugary stuff. I also feel, after drinking, that the liquid might be stuck in my intestines and right above the belly button I can feel something hard in there. Not sure what it really can be, maybe some hard stool. I never did an enema like it should or a colonics. I hope this is not to long and that you have the patience and kindness to read my message. Thank from the bottom of my heart! "

He then answered:

"nobody finds MFS by accident"

And I now know I didn't find it by accident. I've started with all my enthusiasms this healing journey. I was so determined to achieve the health and dig deeper in the detoxification of the body, a process perfectly put out there by a humble and experienced man, who tried first on his skin and later learn other people how to follow his steps. I had so much faith in this, I ordered asap the herbs and started the journey.

As time passed, I've began to have healing crises, those kind of not being able to do anything, stiffness in the body, feeling weak, days without filtering at all. I remember my first DF, it was unbelievable for me to not consume anything, only deep breathing exercises, nature and sunlight. After my first 24 hours, I was feeling so grounded, so in love with me, I felt a sparkle in my soul that began to shine. I was motivated day by day, staying in nature helped the most and reading and being inspired by all the stories and experiences from people on this forum *without it, the journey wouldn't have been the same. To have support on every symptom your body gives while detoxing and being confused in a matter state of mind, it's kinda difficult. So, slowly I understood that we are more than matter, we are universe, we are the sun, we are everything surrounding us. Emotions are the root of the disease as Gino says and he's so right!

What I've learnt from this journey of 54DAYS MFS

- talking and listening to my body is something I never knew to do and it was one of the most important, in silence and leaving the mind behind, just being aware of my body internals and organs and talked with them, showing them love, gratitude, respect and kindness. They answered me 100% back. Tested!

- leaving the fear behind and when I felt it, I knew I wasn't in the present moment, I was lost in my thoughts again, in the matter state, the one that brought me the disease in the first place. I had fear on losing weight too, but I realised that the body will get rid of the waste and build after in such an harmonious way. From 43 to 35,5 kilos. Happy skeleton!

- learning how to do an enema like a pro and doing it whenever I felt drained out, no energy, way too many toxins or no poo. The perseverance and strenght on doing them led me to releasing a lot of wormies and parasites, mucoid plaque as you can see

- the burnt stick massage is a KEEPER habit for life *thanks again Gino. First, I didn't do it frequently, but after doing this everyday, my kidneys started opening and now, after the MFS, my kidneys started filtering with solid foods too, thing that never happened before or first weeks on MFS. So, on this system, nothing is "just like that to be there", it's a MASTERPIECE that will remain in history

- neurolymphatic points along with coconut oil massages are another MUST. Thank you my beloved boyfriend for taking care of my weak avatar when I most needed <3

- feeling weak and with no desire, having cravings and doing nothing, being lazy, PARASITIC mind. This is a thing I've ever had it! In these moments, the first thing I did was closing and throwing away my Iphone and leave the house, grab myself weak and spaced out as I was. Staying in nature, meditating, doing yoga, light stretching, light walking, observing, talking with the trees and embracing them, paying attention at something, being in the present moment, working with myself, singing, yelling, releasing the tensions or relaxing, all helped despite the fact that in the beginning I was OFF! You have to push yourself, focus on your goals and dig deeper.

- detox baths. Oh God, these are heavenly when you feel that your skin is congested and you don't sweat. In first days, in Switzerland, it was still hot and the sun was powerful, so everyday, I stayed dressed up in black at the sun to start sweating and releasing toxins through my skin. Going to saunas was too expensive and way too many people. I preferred doing it in my way. As I said, detox bath with ACV, BS, sea salt, different herbs, cinamon, thyme or eucalypt essentials oils + epsom salt, was a must. I remember feeling sooo weak I could barely walk in my room, from the bathroom. Right after the detox bath, a guided meditation for healing the soul/body/mind soothed my being and made me stronger day by day.

Recommend! Ah, and when you feel so weak after the bath, take your time, you'll move like a turtle, but embrace it and do it in your own rhythm. When it's healing mode ON, the time does not exist!

- hot and cold showers are included. They are so powerful, I still don't do them like a pro, now in the cold weather is way more difficult for me to keep warm and a cold shower will make me freeze too much, but switching from a hot to a cold shower definitely helps me a lot

- DRY BRUSH! I had to write about this habit in the first place. I always had dry skin, I still have it, I had a super congested lymph since my mommy gave birth to me. I always thought that this is how my skin looks like and that's it, let's put some chemicals on and this shall pass. No way! I was dehydrated at a cellular level, with lots of infections, no sweat, dry skin and so on. I've started doing DRY BRUSH on a regular basis and damn! it made such a difference. I now have smaller lymph nodes, I had more swollen lymph nodes in the groin area and smaller one in neck area, congested head.

- sipping the juice instead of drinking as a mindless human being. I felt so bad after drinking too much and kept on working on that till the end of the fast. Slowly and safely it was way better, kidneys happy, me happier.

- sun baths are super powerful and charges you in such a positive way. In first weeks it was so hot, still summerish, but then, the autumn came and I had less and less sun. But when I had it, I always enjoyed it at maximum

- my longest DF was 60 hours

- FIRE! Having a lighter with me everytime, everywhere it was a MUST. I've burnt all the branches, all the leaves and herbs and smelled everything like crazy, it was like tricking my mind, some sort of eating. I love the smell of burnt wood or anything earthy, it grounds me even more. I also smelled everything from food like cheeses "I know gross but it reminded me of childhood and I was feeding my emotions, cooked foods, BREAD my deepest and intense cravings that I still have, musli with chocolate, I loved the dried parsley so much, cinammon, essential oils, lots of authentic indian incenses and palo santo.

- the iridiology is the deal to see how the body changed after a long fast and wow! I was thrilled when I saw the huge transformation my eyes had. You can see in the pics how the lacunas are starting to close, how my internal organs are healing and how the sulphur is less and less. More work to do, but definitely jumping with all the heart in MFS is the big deal! Can't wait for round too, 108 days, divine 9

- I've started doing the kidney tea with grape juice and I'm thankful I did it! Not my idea tho, someone nice from this family shared it with us and I did it. Till sipping on that, I never switched back. The flavour and aroma of all the herbs, fresh and dried with spices are straight from Heaven. And my kidneys were happy too, started filtering quite well. Thank you kidneys! You're my heroes!

- as for the psyllium pudding. I loved it. I couldn't wait to arrive home after my morning "in the nature walking" routine to throw myself in it and eat it like I was eating the best cake in the world. First, I used to have 4 teaspoons at one sitting with a lil juice but it was too hard for my intestines and the toxicity was huge, and after an hour of taking it, I was feeling how my body was unable to function because he was trying to get rid of the toxins. So, I decided to be gentle with myself and did 2 teaspoons with a cup o juice, let it sit in the freezer overnight and drink it the next day. Ah! I miss you psyllium pudding! And lil wormies that ended up in my WC and POO album that I plan to keep it in my computer for ever :))

- I've tasted grape juice combinations with pomegranate *powerful stuff, blackberries, blueberries, aronia, cranberries, black currant, prune juice, with less or more lemon juice and understand how my body reacts and what is the best. I've stuck to the grape juice finally ☺ It did wonders although I've never had the Concord grape juice, only organic red grape juice. Anyway, it worked! So no worries for those who don't have from where to buy the Concord Juice

- I've learnt to embrace those "I think I'll die" kinda moments. Stay still, breathe and don't worry. This shall pass too. And push yourself on always moving, keeping busy, rest when needed, be positive.

- RELAX RELAX RELAX is one of the most important thing that we don't know how to do it! I mean a deeper relax that will bring your body back to homeostasis. I felt this way. The more I relaxed, the more my body healed. And you know how I could do this? By letting go of everything, every thoughts, every pattern, every emotion that was holding me, even by understanding that dead is not something worse or bad, it's natural as the birth is. That was the moment when all shifted!

- prepare to awake your senses more than ever and taste everything intensely and with passion, at a deeper level. Everything is deep on this system.

- I've introduced Turmentine in my last days with honey that helped a lil bit but made me crave more and more honey, which fed my emotional body and left me weak. I had some releases after taking it.

- I love being alone! Before MFS I was afraid of staying alone in the dark or everywhere, I always wanted the company of someone. While detoxing I realised that being alone is the most beautiful thing you can do for you. I've started knowing myself, I could listen, be aware, present, love, create, to create, be grateful, appreciate, seeing and listening more, staying in silence, relaxing, connecting! Now, I love staying most of the time alone, in the dark too. No fear of anything!

- I've learnt to GIVE, one of the most important lessons

- I've found a lot of passions within me. I'm still discovering.

- I've found and made a LOT of friends on this forum, all over the world, higher spirits with such positive and human attitude, so kind and warm, I can't thank you enough for all the support and helping me when I was in pain or felt lost! You are in my soul and always will be. Hope someday to meet all of you <3

Work with yourself! Set your goals! Keep your focus! Push harder! Breathe deeply and make some space! Everything is possible! I am possible! Stop thinking, stop trying, just DO! Plasma love is flowing

When you think that one system can bring you back the health of the physical body, the clarity of a brain foggy mind, the support for an overthinking mind, the love and balance for the emotional body and the strength and power for your being, why to wait? I highly recommend this system to everyone who wants to HEAL! And one of the simplest way to do it is take faith in nature, understand your body, get in touch with your spirit, use all the tools and dig deeper! The healthy and abundant life is waiting for you! We are meant to be healthy and happy!

Wish you everyone the best of your journeys and don't forget that when you'll feel the worse on this system, embrace yourself and thank you because those moments will bring the sunshine in your life!

Thank you V.c. Gino Di Serio for being here with us and for us, your energy is felt, your love is felt, your dedication is felt! You have a special place in my heart

Post MFS

Quick review about breaking the 54DAYS of MFS, last Sunday. I've had a huge half of papaya with lime and it tasted like heaven. Every single cell of my body enjoyed the taste and flavour of it. I felt high after eating it! ☺ After one hour, I had the other half. First days were really awkward because I was eating way too much, parasitic mind and I didn't poo. I did one enema but hadn't so much release. With time, while cleansing and sticking to a high fruit diet, the bowel movements will function as it should. This week I wanted to give my body food and experiment and see what he wants. I ate melon, grapes, apples, pears, mangoes, ripped bananas, dates, zoodles with sauces made with herbs and spices and lil bit of avocado, watermelon. Before that, when I was eating fruits, they were so astringent and I was so toxic that everytime I was eating, I was feeling exhausted, no energy, like crap. After 54 days on MFS, these fruits makes me feel high, they give me energy, I feel my body nourished by them, I've started bicycling, walking, doing yoga, being super energetic, less stiffness, more clarity in mind, focus. So yeaah! Come to this almost clean body, fruity lifestyle! I've took once a day the herbs that helped me so much with my filtration. Beside that, the filtration wasn't so intense, but I stuck to 14-16 hours DF everyday. Today, to celebrate my first week post MFS, I'm DF and I'll keep it till tomorrow in the morning, or maybe more. Just in time for the NEW MOON too, yohoo. Synchronicity

Sorry I'm not sorry I wrote such a long review, but for me this experience was a life changing event that leads to the best version of myself. Hope to inspire every single soul that is struggling and seeking answers, you can do it!!!

PS: You have a little album with memories from the fast, captures from the snake inside of me, sediment, body weight and some faces I took during the fast. Enjoy!

Don't think

Don't try

• JUST DO





Nancy Thomas

October 31/16

Day 63.

Divine Nine Weeks.

I am so full of love for my Master Fast family.

Now that the system has become somewhat routine, I choose to deepen my spiritual practice and develop my creative expression.

I am examining the emotions underneath the red, itchy, scaly, skin issues that have plagued me since I was an angry, rebellious, embarrassed teenager.

It often felt like the skin was an outer manifestation of the deep and intense shame I felt inside. I became "embarrassed on the outside."

For more than 40 years, I have taken so many different pharmaceutical medications to mask the symptoms.

My skin is craving its "fix."

I am experiencing "Big Pharma Karma" in the form of itchy, irritated skin.

Now I choose to turn that irritation in acceptance. Of what is.

To let go of burdens and receive more blessings.

To empower myself and others with Self Acceptance, Self Love, Compassion and Non Judgement.

I see perfection in myself and others.

I shine!

I re-state my Master Fast goals - to be lean, strong and sexy with healthy, glowing, radiant skin.

And ... my tip for the day ...

I've been craving Fruit!

So I made my kidney tea with mint, basil, cilantro and parsley.

I added some fresh raspberries and pineapple chunks and orange essential oil.

But wait .. there's more.

And then, I added some ... grape juice.

Over. The. Top.

Delicious!!

Plasma Love to All!!!!

Day 76. Nancy Thomas, Nov 14/2015

Emotion is the seed of every disease.

A deep, core emotion coming to light.

Hate.

I hated her so much.

From maybe age 8.

Hate.

With a passion

Equal and opposite to the passion she demonstrated for her causes.

And there were many.

The Traditional Latin Catholic Church was #1.

Saving the World was a close second.

And being a health food nut, way before it was cool.

My mother was a zealot.

A pioneer in the fight to save us from the "conspiracy"

That was out to dominate and control us.

She fervently fought against Big Pharma, vaccinations, fluoride, pesticides, food additives, chemtrails, restrictive legislation that took away our Constitutional rights.

And for the republic, for which she stood, and pledged her allegiance.

One of the original crusaders,

She was undaunted in her zest to save us,

From ourselves.

But few wanted to hear her nay-saying extremism.

Back then, nobody believed that corporations were taking over and that the word was run by an elite few.

"Oh Rosemary, our government will not allow that," they said.

She pushed away strangers. And friends. And family. My siblings.

And me.

Because she was "right."

Always.

Right.

Consequently, I was never good enough.

Always wrong. By default.

I felt judged.

And criticized.

I longed for the loving, supportive mom who made chocolate chip cookies and fried chicken and brushed my hair like she did when I was young.

I wanted a mom who helped me with my homework and protected me from the bullies who teased me relentlessly.

But activists have no time for that nonsense.

Instead, my mother preached to everyone to stop eating sugar, to write their congressman, to sign this petition, to attend to a lecture or film or rally, or to boycott some product or company.

Or to take her latest holistic concoction and avoid the doctor like the plague.

To eat organic, healthy food - like carob. (Yuck)

And juice carrots.

Or worse. To exercise.

So I hated her.

Hate.

Vile, venomous, evil, spiteful, mean, cruel hate.

Oozing from my pores.

And out my skin.

And I made an unconscious vow to be "not like her."

Everything she fought against.

I embraced.

With a passion.

So I ate sugar. Lots of it.

And the more I ate, the more my skin broke out.

And I took drugs. Illegal and pharmaceutical.

The more the merrier.

I turned a deaf ear to her pleas.

And I exacerbated my hate for her in acidic thoughts and addictive behavior.

All in the name of revenge.

And being "not like her."

I just wanted people to like me.

I wanted to fit in.

And I lost sight of my heart's desire.

My passion.

Instead of becoming me, I became "not her."

In my acts of rebellion, I thought I was pleasuring myself,

With donuts, and cookies and cake.

And fast food.

And cigarettes.

And sex.

And alcohol.

And fun.

And apathy.

And everything she deplored.

I turned that hate inward.

And I didn't even realize that in defying her,

I punished myself.

"I'll show her."

And boy did I show her.

A fat, lazy, skin-inflamed, angry, lonely girl.

And I blamed her for this!!

I spent so much time and energy hating someone who loved me so much.

And. Now.

I focus on loving, honoring, respecting and accepting myself.

Forgiving myself.

Healing my body from all that acid.

And all that hate.

And all that irritation.

76 days of letting go.

And many more to follow.

Dry Fasting for the Full Moon.

To shine its light on my darkest secrets.

And honor this life I chose.

Now.

This system that is saving my life.

Is pushing away my friends. And family.

I don't fit in.

I am too extreme.

I am - just like her.

Ah, twisted fate of irony!

I am requesting plasma love to clear this karma.

And free myself, and my skin, from the damage I incurred.

And release the cords the bind me to this itching.

And my newest addiction.

To scratching

My tender raw skin.

So that I may heal.

My body. My mind. My spirit. My heart.

From the inside out.

And love.

Myself and others.

I send love and light.

To my angel.

Who watches over me still.

I love you Mom.

With all my heart.

Thank you for the gifts.

Dec 5, 2016

Day 98.

I don't have much to say - I am just excited to say Day 98!

What a journey!

I did re-start taking the turpentine - I started 4 days ago - with 1/2 tsp per day in the morning on an empty stomach.

I think the lower dose works better for me - at least right now.

My Oh My - the plaque that is coming out of me.

I am flabbergasted that so much is still coming out after 98 days no food.

Often without an enema.

It really boggles my mind.

I have seen some rope worms - but not much Candida.

I did try the turp/coco oil/castor oil mix on my skin before, and it itched so bad I had to stop.

I will try it again with a small amount of turp. (I don't remember the ratio I used last time.)

One exciting thing to note - I slept all night without waking up itching - or clawing at my arms or legs.

Woo Hoo!

First full night's sleep without itching in 11 months!!!!

I am so grateful to Gino and my Master Fast family for being so loving and supportive.

You guys are the BEST and I send plasma love to each and every one of you!

I will see you in Wellville!

Love. Love. Love.



Linda Wohlfeil Maris feeling grateful November 1/16

Thank you Gino for sharing your knowledge and wisdom with all of us! ♥😊

I would like to share my daily protocol that I was on when I was doing the master fast for 90 days this last spring.

I had a tumor on my kidney that was 4.2 cm in December 2015 and in August 2016 the tumor measured 0.3 cm by ultrasound.

Master Fast System and in particular dry fasting WORKS!!

I still do the hybrid and dry fasting, and come January I'll do another 90 days, or maybe longer this go around!!

Much love to all the master fast family!!!

My Daily Protocol

* Dry fast 18-20 hrs/day

* First thing in AM, I Oil pull with coconut oil and thieves essential oil blend

* Herbal tea or baking soda/lemon enema

* at start of feeding window I...

make detox/kidney Tea with dose of tinctures-drink

* wait 30 minutes then do psyllium mixture with grape/lemon juice and follow with another cup of Grape/lemon juice (swish mouth with baking soda water)

* drink more grape/lemon juice as wanted, swish with baking soda water after each consumption

* make more detox/kidney Tea with tinctures-drink

* drink more grape/lemon juice so desired, swish with baking soda water

* I do one more dose of psyllium mixed with juice, and follow with another cup of juice. Then I swish with baking soda water

* I wait 20 to 30 minutes and then I oil pull, and close my feeding window down

* Every week I dry fast from anywhere from 24 to 48 hours

* Dry fast 3 to 5 days over the full moon cycle

* When I do a 3-5 day dry fast (usually over full moon cycle) before the start of the dry fast, I drink a tablespoon of apple cider vinegar mixed with lemon juice mixed with a half a teaspoon of baking soda in grape juice (Champagne drink)

* I follow with enemas 2 hrs after the Champagne drink

Jan. 3, 2017 update.....

Hey Master Fast family!!! I had an ultrasound done last week and I have very little change of what's left of the spot on the base of my left kidney... The radiologist says what's there is scar tissue!!!

👏👏 awesome is that!!!! ♥😊



Karri Tidwell

November 1/2016

I have 9 days left to my 40 day goal on MFS! In the past I have always been in search of the best foods to eat. So when I learned about "so called health benefits" of foods I would add them in my diet. I would feel a little better over time but never felt optimal. I learned about Dr Morse's teachings 1 year and a half ago and it made so much sense to me I started on his program, got some results, and took his courses. I new I still had work to do especially with my GI tract so when I learned about MFS I knew I had to take it to a whole other level.

Things I have noticed so far are low back pain which is way better, intense kidney pain, little itchy bumps on my skin, weight loss, dizziness, irritable, and tired on some days.

Things that have helped me are enemas, dry skin brushing, saunas, detox baths, hot and cold, ear candaling, massage, using the burnt end of palo santo stick on my back, kidneys, neck, and reflexology points on my feet, calling Carrie when I needed more support, reading everyones stories, deep breathing, yoga, colonics, walking in nature, sitting in sun, and not giving a shit about my weight/waste loss. Looking forward to build on a better foundation!

I'm not really hungry anymore and I can only drink a little juice and tea at a time. I had a hard time drinking the psyllium mixture and made the pudding which is much easier for me to consume.

Seeing all the results and support from everyone here is very inspiring so thank you all for taking great care of yourselves and sharing your stories! And thanks Gino for sharing everything and creating this amazing group!

Much love to all of you!



Rana El-rass

March 5/2016

My experience with "science". A few years ago, I was a graduate student in a stem cell lab. My project involved engineering genes and generating stem cells expressing those genes. The aim of the project was to generate tissue for potential tissue replacement (i.e. treatment-based). With periods of high stress in graduate school, I turned to junk food for comfort. That's when I hit rock bottom and decided to seriously clean up my diet. I began researching detoxification. Started by removing dairy, coffee, gluten and reducing alcohol. However, a few months later, I still felt sluggish, heavy and swollen. Kept researching and came across the raw food diet, which sounded crazy at first, but the testimonies were too good to be true. So decided to try it. After a week on fruits and vegetables only, my body detoxed from every opening. Had severe mucus released from my eyes, a cough like asthma, and non-stop nasal drainage. I have already read about detox symptoms, so I knew that my body was releasing garbage. That's when I said "I BELIEVE!". I felt better than ever and didn't mind eating this way for the rest of my life. Going back to science, I was frustrated by how after all these years (>10 years) in university studying science, we didn't learn anything about the ability of the body to heal itself by simply going back to nature. We were focusing on the details of the body and diseases. A few months after switching to a raw food diet, I was inspired to pursue natural healing studies to prepare myself for a career in the field. I now own a colon hydrotherapy practice and share my experience and knowledge with others to help them improve their lives. I thank God, my family and V.c. Gino Di Serio for all the support. I am not going to wait for a scientific study to prove that the body is able to heal itself by simply going back to nature. I experienced it first hand. Also, being in research for years, I know that the funding agencies (government, pharmaceutical companies, etc.) have no interest in natural healing, thus will not fund such research. Much love



Caroline Glasius-Nyborg

November 3/2016

108 <3 I reached the 108th day on the MFS yesterday. These last few days I've been really tired. Today I was totally exhausted! The last 20 days or so I've been 'digging' deep being dry 18-20 hours daily, limiting the liquid and taking 3 tablespoons of the psylliummix, and I think I was starting to feel that it is tough for the body doing so heavy detox. I mean of course it is. Another reason, that my new dear fellow-dane- MF-friend Henrik Sørensen helped me realize, I think, is because I've been pushing myself for so long time, just kept telling myself to keep going, keep going, no matter what, you just have to keep going! And it's been tough for sure. It's also been the most amazing thing that has ever happened to me, and has truly changed my life, but it's been rough as well, and I think part of my exhaustion now is also because it's such a big relief to have made it through. Now my body and mind can relax for a bit, and I really enjoy that feeling of freedom. Anyway...So today I eat my first piece of melon, and it made me so happy that I felt fine afterwards. Until now, I've only eaten that piece you see on the photo and drank some juice. I'm gonna go really slow as I transition and listen very carefully to my body. I've been quite a bit worried about how I would be able to control myself during this phase but I actually feel quite confident now that everything will be fine. When I did 50 days on the MF in may/june it didn't go too well afterwards. I was flying high and kind of lost connection to myself. I also believe this might be a reason why I feel a bit strange these days. I've been looking forward to this for soooo long. Now I've arrived and I feel a bit...Don't know how to put it...But I think it's because I really want to stay grounded and know how important it is, so I'm trying to prevent myself from flying away out into the sky. I'm not gonna run out and buy a lot of delicious fruit just yet, because I know that then I'm not gonna be able to control myself from eating it all at once. I'll start with this gigantic melon and then when I've eaten this in a few days I'll go out and get something else.

This afternoon I went for a walk, and it helped me so much. I feel so much better now. Amazing what nature and fresh air do to us <3 I went down to my small special place that I've visited almost daily throughout these past 108 days.

In the comments I'll post 2 pics of my enema's from yesterday and the day before. Day 107 and 108, this shows once again that 108 days on the MFS just scratches the surface.

Soon I'll write a post about my journey and all the progress I've experienced.

THANK YOU V.c. Gino Di Serio for everything! For sharing this mind-blowing healing system that you've developed!!! I'm forever and ever grateful!! And thank you all of you wonderful wonderful people here in the group for always being so loving, genuine, supporting and understanding. Love you all <3 and really hope to meet you one day



Karri Tidwell feeling blessed
with Raena Josephs-davis
and Kimberly Renee Hofner.

November 9/2016

My goal of 40 days is today!!! :-)

I had a great day today and I barely had kidney pain at all. And my itchy bumps are all gone. I went out to dinner for my friends birthday and enjoyed the time with them. I didn't eat or drink anything! I told her I'm celebrating my rebirth with her birthday. Divine 9-9 ;)

I really feel like I get a new start. My friend Kimberly has this scale that checks your weight, body fat%, metabolic age, and hydration. Last time I weighed myself on Sunday and I was 98lbs, 17% body fat, metabolic age of a 12 year old, and I'm hydrated! I remember weighing 117lbs in 4th grade! I am so looking forward to build strength on a much better foundation. I used to struggle with losing weight and over eating and I feel I have overcome that plus so much more.

I decided to take a nice detox bath tonight and felt this amazing tingling in my hands and feet. I was led to do deep breathing and felt the tingling through my whole body. I breathed in gratitude and thanks and out love. Thank you all for sharing your stories and inspiring me to go on this journey and dig deeper than I already was. Thanks V.c. Gino for paving the way and creating this group of amazing beautiful souls. This will be a lifestyle for me moving forward. After completely changing my diet 1 year and a half ago I feel I'm at a good place to build back and get ready to bring a baby in this cleaner and much healthier body and mind.

I dry fasted a total of 16 days!

I'm finishing the day dry going in to 31 hours now and I plan to break it tomorrow afternoon mindfully with grape juice and grapes later.

I'm so grateful to have this knowledge and awareness to take on these last 40 days to a whole new level on so many levels ;)

I inspired myself and I pray this will inspire many more. Much love to all of you!



Almira Bobrzak

Nov 13/2016

Hi all

People wonder how I can keep steady weight? You are not skeleton without food so long and you are not just skin and bones 🙄 I don't think I hold the weight, I go down yet but slowly and I am not skeleton, should I ? 😊

I have very loose skin here and there on my body muscles have disappeared and my butt is gone 🙄😊 all that is temporary!

I'm really small, the clothes do not fit anymore,

I have changed three pairs of pants at work in two months and the last pair are too big now.

Should everyone who fasts 108 days, become a skeleton ? All is different, different backgrounds and issues. I stick to the MF protocol and I love it 😊 I love to fast, this is my second MF this year. I planned to do 63 days this time but I changed my mind on the way and I am on day 98 today 😊 Nobody should care about what other people think or says this is just healing and our own journey to health!

First pic is when I started, second some weeks after and last pic is from last week .



Almira Bobrzak

Nov 26/2016

Hi guys!

Here is my little story about my 108 days on the MFS.

I had no direct issues when I started MF but everything was not as it should either.

During two years on the high fruit diet before MF all my symptoms disappeared

Before fruit diet I suffered:

Daily chronic migraine

hormonal changes

Cell changes in the cervix (stage 1-2) surgery

Severe PMS symptoms

Edem (right arm, legs)

The fruit did awesome job on my body and I felt great (no symptoms) but large fluid accumulation (stagnant lymphatic system)

My heavy (6 days) menstrual reduced to 1 day, without pain 😊

🙏 more migraine that I suffered for 28 years and were medicated for 😊

Why I did then MF ?

I discovered that my kidneys are not filtered as they should and that I was still full of mucus (stagnant lymph)!

Through a girl on fb named Karen Gordon

and her daily detox post I learned

more about kidney filtration and started to experimented with intermittent fast , then dryfast and carefully come up to my longest df of 5 days, saw filtration and was very happy.

Somehow I found Gino on youtube and found to MFS group and saw all the amazing people doing great jobs.

I became so inspired to dig deep myself and here I am today!

some kg of crap lighter 😊 skinnier and healthier.

What I have learned along the way?

🙏e learned the most important thing in my whole life, to not needed all that food 😊

we do not need all that we eat today!!

🙏ave found the key to well-being, vitality and longevity, do we need something else ?? 😊

I'm almost 44 years old mother of 3 (23y, 20y and 11y). and I feel like a kid full of life, joy and happiness (which you can not buy) As most of us, I have tried all kinds of diets, superfoods and wasted money unnecessarily, everything was in front of me and for free.

Nature is generous to those who find her ♥

Fasting, natural operations table. 😊Nature, alone is the teacher, she heals through one thing- FASTING .

Ppl, scale everything that they have said to us and find your health and freedom!

🙏uch love to all of you gorgeous faster's !!



Tee Kidger

September 2/2016

Hi beautiful MF fam ♥

I'm on day 42 & I've decided to break my fast. I spent this morning at the gym & I'm going to slowly build back up with weight training. My body feels light, clear & strong. This journey has been amazing & I'm so grateful for you all. I definitely have the desire to do the full 108 days in the future. I'll write another post about what I've learnt & experienced on the MF shortly.

Peace love & gratitude ♥

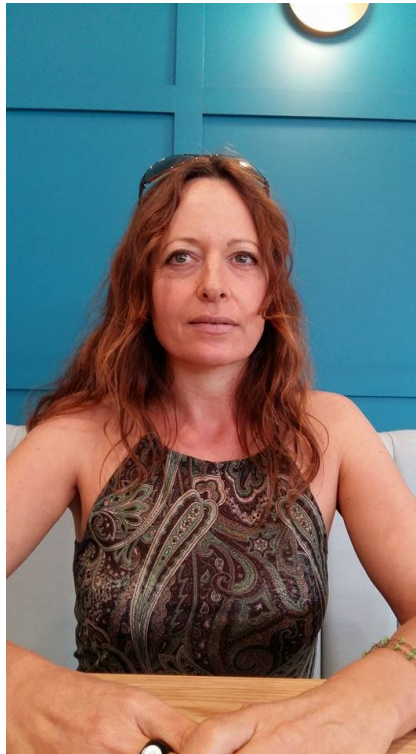


Day 30 😊

When I gave birth to my first son 16 years ago my stomach muscles split from sternum to groin....never to join back. I was told only surgery would knit them back.....but guess what!? Can't fit ANY fingers in the gap that once was! 😊

Arty Anderson

April 20, 2016



Arty Anderson
August 15/2016

Morning beautiful family 😊

35 days today back eating.

Have gained 6 kilos/13 pounds..but have not dry fasted since end of fast..wanted to build up to strip back for my first long dry this full moon 😊

So what am I eating??

Well I am basically Tannyraw at the moment..search her she is great 😊

It is cold here and wanted more so have added in the greens until summer then will do 100% fruit again. ...

Bowels are rocket fueled since the fast lol Sooooo happy...like you have no idea lol

Skin silky smooth(I am 48)

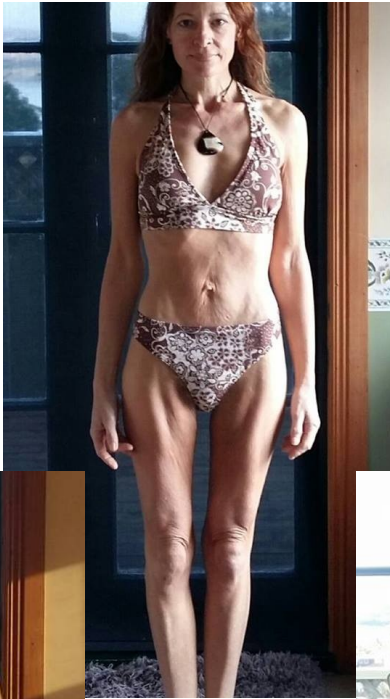
Don't need deodorant soap shampoo perfume etc

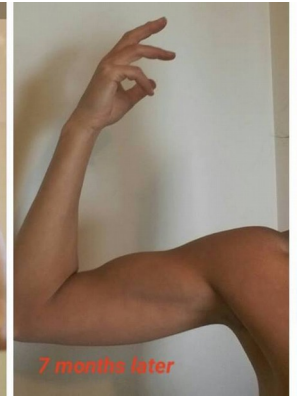
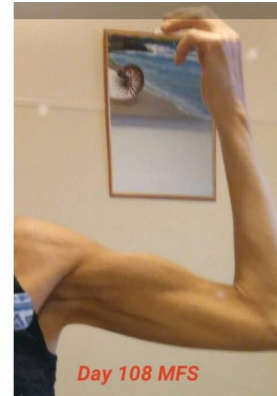
Eye sight 20 /20 ! Can read fine print again!

Getting stronger fast now!

Love you all xx

Have a peace filled productive day! 😊







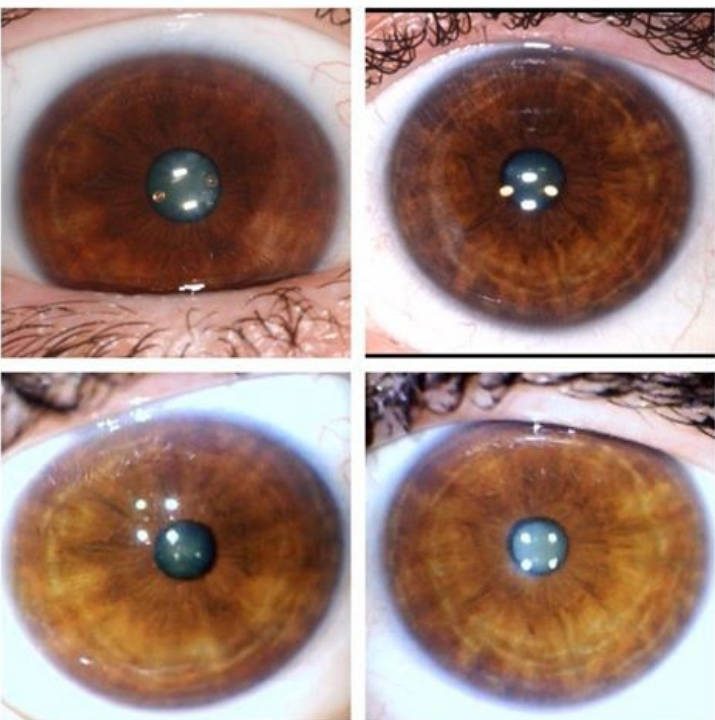
Day #45 -- DIVINE NINE --last day of Master Fasting here for me now. Breaking my MF tomorrow. I've met my initial goal!!! This was before I knew very much at all about what I was doing with Master Fasting. But it all worked out perfectly!!!

The bigger challenge for me going forward, I think, will be tomorrow -- breaking this baby correctly, and staying true long-term. Really excited to incorporate even MORE Master Fasting wisdom into my permanent life-style from here.

I'll start tomorrow with some homemade green juices, then add fruit in a couple days. I'm down with that. And between now and then, I'll carefully and strategically structure myself for the rest to come!

V.c. Gino Di Sergio, you are a god-send on this planet! Your generous giving of much personal time and know-how to this fb group has already permanently changed many lives, including my own. Your idea to start this Master Fasting support page was BRILLIANT. I am forever grateful to you, and to all my fellow Master Fasters here, who kept me company during my fast. What a blast!

I'll remain glued to my MFS family page right here, of course, help out where I can, and will write a little more later. Meanwhile, much love to you all! Keep digging



Christine Boyle

Nov 17/2016

I've made some very nice progress thanks to V.c. Gino Di Serio and my recent dry fasts over the last 4 months. I remember coming across Gino's dry fasting video while I was surfing the Internet several years ago as I laid in my bed dying. I thought this guy is out of his mind 😊 He's whaaaaat? Dry fasting for 11 days! No food, no water?? I was taken back and thought how craaaaaazy and here I am LOL, kicking ass, lovvvvving dry fasting and healing deep!, sharing with as many people that are ready and helping others get their life back. I prayed a lot and my angels carried me here to Gino and Dr Morse so blessed and grateful to be here!

I never knew what it was like to be 'healthy' as I was born toxic, acidic and premature from a very toxic Mother. Mom was 43 and didn't know she was pregnant with me until several months along as she was overweight and skipping periods. She was a smoker, diabetic, had emphysema, colitis, a hernia, prolapsed stomach, and the list goes on and on!!, all labels for severe acidosis! I was surrounded by illness as I watched my moms 5 siblings suffer and die with severe acidosis! and grandma who had a leg that ooooozed with lymph 🤢 and many other toxic ailments. I was constantly sick, malabsorbed, constipated!, dehydrated. Never understood how my body worked or that I should eliminate 2-3 times a day as opposed to 2-3 times a week. I suffered with lung issues and mucus, I lived on neo-synefrin (an over the counter anti histamine) for years so I could breathe. As I understand now, my kidneys checked out and was "diagnosed" with Epstein Barr and severe adrenal fatigue when I was in my teens. I had cold sores at a very young age so I was born with viruses. My immune system in constant battle. I can go on and on and on for hours so for now I leave my story with this...

The below pics show I've made some progress but I have lots more digging to do, several generations worth but I'm meant to put an end to the nightmare. I'm dedicated to healing both my children before they have kids of their own. I know my Mom led me on my healing journey! I can feel both my parents by my side guiding me to more and more wisdom, health and healing. I will write my book soon!

The top pics were taken approx 16 months ago and the bottom this past week. I encourage all of you who are struggling on MF to ease into it, take one day at a time, if you fall off get back on and most important NEVER GIVE UP! Dry fasting is the most powerful level of healing!

God Bless everyone on their healing journeys! I truly love every one of you for sharing your stories and inspiring me on my journey

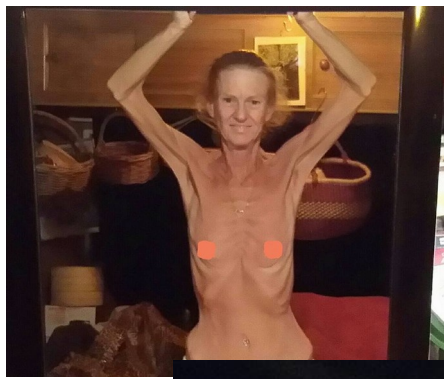


Wendy Sharman Wood

Nov 18/2016

Day 19 - day6DF feeling clear and strong, had some emotional turbulence day4-day6DF, I am half way thru day6Df now just starting to get an abdominal squeeze. I went wetDf day4 with only Dr M's Eye wash and ear drops and a couple of drops of Eye Health tincture under the tongue which offsets dry mouth, (I can now read my phone with only one pair of glasses on - yay) ear candling every day at the moment, might go Drunken Wino DF very soon :) DF hrs average now 84%

My husband John (dry fasting grasshopper) is so impressed with my progress, he says I'm getting more 'gorgeouser' everyday, he is due to start MFS next week when we road test some Aussie made tinctures, he reached his personal best of 88hoursDF this week DFing with me, a great prep going into an MFS.



Michelle Gibson

Nov, 21/2016

As many of you know my weight got down to 35 kilo. I'm now 43 kilo it's not taken that long I'm gaining almost a kilo a week. I have never felt as good as I do now. I'm actually mentally emotionally and physically powerful now. It's quite a settling feeling. (took Michelle several months for the weight to come back on after 108 days MFS was completed in April this year I believe but as soon as body was ready, this is how it changes very quickly. I hope she can share her whole story soon. Its a huge transformation).



Wendy Sharman Wood
Nov 22/2016



Day 22 - 9dayDF - I just had to stop! I've been up late at night the last two nights doing housework lol.

Seriously, I'm so pleased, it went really well, good KF everyday, I have only had intermittent light KF for 9 months since my last epic DF (preMFS)

The use of the spoon was crucial, I just used it anywhere I felt pain, saying thanks with every rotation, for the opportunity to heal.

Day 1-4 went OK

Day 4 went wetDF with Eye Wash, a few drops of Eye Health under the tongue

Day 4/5 some emodrama, breathe with gratitude

Day 6 started on tinctures 10-2pm

Day 8 Beach & showers for heat

Day 9 Ti-tree lake & showers for heat.

2hour rehydrate then giving my bowels some big love, will post results later.

Lots of eyes and ears expressing this fast, I'm wearing in the pic the +1 reading glasses I no longer need over my prescription pair to read my iPhone.

Overall doing this long DF within the MFS has been so worthwhile, I travelled through with more ease and grace and am very glad I did so.



Sue Manley

Nov 22/2016

MFS Day 27. I must say I've had a fairly easy time physically so far. Some dizziness in the beginning. A few mild headaches. Daily natural releases, some very large MP, a few (what looked like) wormies, although I don't want to dig, so there could be more. Had a full day of green bile-smelling watery release the day I broke my 57 hour dry (longest so far). That took it out of me. I started out at 126 lbs (5'7") and I'm currently at 114, so 12 lb weight loss. My nails feel stronger. Kidneys are filtering nicely.

All in all I'm feeling very good, positive and content about my healing journey. It is the clarity of my emotional world that I am most impressed with. Past hurts, grief, and anger, that I've been working on forever, just seem to slough off relatively easily. I'm coming to a higher view of them.

Some highlights:

I have taken things personally. People do what they do for their own reasons. It is not about me, and never was. My inner struggle was due to my resistance to the acceptance of what is (instead of how I wanted it, or how it "should" be). Some call me tenacious :). This set up a constant low-grade tension that I've had since age 12. It was my resistance to accept what is that held it there. My hips opened when I got that.

It was important for me to forgive myself for not being able to find the key to the door, so to speak. I've worked so hard to "let go" all these years and have inevitably cycled back. Resistance certainly is futile and knowing that in my cells has been my key. Better late than never and an important knowing for the future.

I'm feeling very supported with Gino's Divine 9 plus two extra formulas. The kidney tea I make is the basic seven herbs in addition to those from Conny's kidney tea/tincture herbs (in the files). So lots of herbal helpers.

The very large tumour in my breast will be softer one day, and harder the next. So change is good. I'm not scared anymore. I am trusting in the process and the wisdom of my body and heart.

I read everything, and appreciate you all.

Bless.



Wendy van der Grinten
Nov, 27/2016

6 weeks guys.

I posted in the other group on October 15th, that I started fasting with the grape lemon according to MFS.

I would like to share my experiences so far.

I am still taking it one day at the time. And have mixed feelings (and thoughts) about continuing.

I took someone else's grape juice from a bottle because I was the day out, outside en Very cold. This didn't feel right. Stomach PAIN... so bad. That was not good...

I do go to my holiday in a few days and do wish that I can digest something else. Just in case. (Read that I have some fear) In the plane or after.

I feel really happy on MFS and I am so glad I found it. The is so powerful , it detoxes and makes you have enough energy to get trough the day. My head is spitting out mucus every day, ears, eyes, mouth everything. But the brain heel clearer. Stress is reduced enormously!

I can think about how to react to something and feelings and emotions in a debat do not rule. Claerity and patients rule now. All this is to gain on the MFS.

So (I think) somewhere doing this week I will go and eat something. And first make some other fresh juices. I'll go hybrid for 3 weeks.

40 days is so totally not enough, that I really want to come back soon and start over.

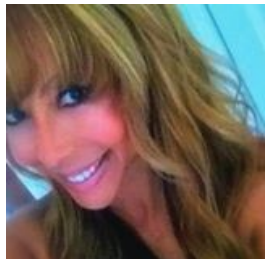
Well , I lost loads of plaque and some dead parasites, candida, and weight.

All I have left is some muscles in arms and legs, the rest is gone. 45Kg is scaring the rest of world . Hopefully I can grow some heathy cells next few weeks.

Only downside is I cannot keep warm in this weather. Not even with all the layers and layers. I got now 8 painful toes, a heel, two fingers and one ear shell that really really hurt because of the frost bite. :(

Some curaçao * will do me loads of good and then I am back with renewed energy.

I love you all for supporting, sharing, and especially V.c. Gino Di Serio for making this happen.



Cuca Russell
Nov, 30/2016

I'm treading lightly here with what I'm posting. As I have been studying the MFS, I've been helping my client who has tumors in his brain. He wasn't given much of a chance to live, out of desperation I gathered up all I could about Dr. Morse's protocols and Master Gino. I took pics of his eyes, had several healers asses his condition. He's done the MFS without fail for over 3 months (however long I've been here) along with Dr. Morse's herbs and tinctures. he's been dry fasting and doing grape juice with lemons -- no other foods.

Today he went to the doctor, they did not know that he had stopped all meds but they knew he wasn't going to have tumors removed. Here's the NEWS! His chances of living were nil. He didn't falter on the MFS, he didn't falter at all! He lost a ton of weight... worms and gunk released daily ~~xxx~~ he has dug deep in the process. No stopping now that he sees the miracle of this system. I'm posting the latest scan...yes, I know scans are bad but it's proving that docs kill not cure.

His team of docs have no clue how he's healing! 😊 I can't wait for him to share his story to this group. He's a MFS believer! **the white circle is the biggest tumor pushing on his brain****

Please send healing prayers his way. he told his docs "no need for surgery"

He's a former heavyweight lifting Olympian so his level of discipline was off the chain and nothing was being allowed to get in his way. I worried daily about his discomfort but he didn't complain a single time. He's not done but I'm so excited I wanted to share.

Thank You, Gino

>>his scan was posted with permission



Heidi-Sioux Rawleigh

Dec. 13, 2016

DAY 104 on the home run.....almost there.....wow what a journey <3 feeling more grounded and emotionally stable, than I ever have. I have had a life time of Emotional turbulence , starting with loosing my Muma at 4 years old, a roller coaster ride from there. Have been extremely unwell candida - mercury - parasites. The MFS is undoubtedly the best <3 I have tried every imageineable healing regime - this tops every thing, nothing short of amazing. My sincere thanks to V.c. Gino Di Serio for all it took for him to discover and critique this system. Just drove 13 hours from one end of NZ north Island to the other, feeling quite tired. Dry fasting now over full moon. All is well kidneys filtering nothing major though still have some mucus in stools nothing extreme, however still off loading - shedding. Fly to Sydney on the 18th my last day of fast to be with my daughter for 3 weeks, so excited..... Much Plasma Love <3 to all.