

Faith and Fasting

When We Fast and Focus on God and His Word, Transformation Happens!



Lent is a season in the liturgical church calendar that is dedicated to preparing minds, hearts and souls for Easter. On this day, many denominations around the world—including Catholics, Anglicans, Lutherans, and others—reflect the time that Jesus spent in the wilderness being prepared for His public ministry. In a similar way, Christians are challenged to maintain a posture of humility, acknowledging our dependence on God’s grace and mercy. Lent is a time to study and reflect on our thoughts, actions, and attitudes that separate us from the life God intends for His children. The stage is then set for the next 40 days, starting with Ash Wednesday in which people are encouraged to study the Bible, spend more time in prayer, have a regular schedule of fasting, and to be aware of the needs of the poor—and help meet those needs.

There is no “one way” of fasting that works perfectly for everyone. A fast is not a fad diet; it is an understanding of the fundamentals of eating and the relationship between thinking and food. Like Daniel in the Babylonian court, we can find a way of eating that is God-centered, enabling us to thrive and carry out God’s will. There are several different ways in which one can fast. For instance, an Ayurvedic cleanse is an ancient process that helps to gently nourish the deep tissues and guide



Lisa Stavrakas, LMT

An Ayurvedic mono-diet fast, often called a Kitchari Cleanse, is a gentle detoxification practice designed to rest the digestive system, kindle the digestive fire (Agni), and balance the doshas (Vata, Pitta, Kapha).

the body into burning old, stored, fat-soluble toxins. It resets the digestive system with seasonal food and daily practices. The cleanse sets the stage for the body to naturally and gradually let go of the toxins that could affect emotions, mental clarity, and the immune system.

If we ate heavy, rich foods in the winter, which we all do to stay warm, in the spring, we are going to want to give the body a break and ease its natural process of detoxing. When the body holds on to these toxins, it creates congestion in the lymphatic system with symptoms such as: Allergies, rashes, itching skin, swollen hands or feet or holding on to more water, breast swelling and tenderness around the cycle, headaches, joint pain that moves around the body, swelling around the abdomen, cellulite, breast lumps, fibroid tumors, ovarian cysts, sore feet in the morning, sore throats, chronic colds, weak immunity, constipation, fatigue, and lack of mental clarity.

The reason allergies to pollen can be more easily triggered in springtime, may be due to your

Lisa Stavrakas



Lisa Stavrakas is an LMT, a Yoga Instructor, and an Ayurvedic Wellness Coach. Lisa has added [Low Pressure Fitness](#) to her holistic offerings for optimal health. She works with clients remotely through [private](#)

[online sessions](#) and offers both [in-person and virtual classes](#) for those seeking guided support on their wellness journey.



Daniel refusing to eat at the king's table, (early 1900s Bible illustration). See Book of Daniel 1:5-16. More on the Daniel Fast [here](#).

blood being too congested. Your body metabolizes winter fats in the springtime, making your blood rich, sweet, and thick. When afflicted in this way with congested blood, any single grain of pollen provokes a flood of mucus.

The best way to minimize mucus is by cutting back on foods that have similar qualities

Here are five examples from Scripture of who fasted and why:

- Moses:** *Spiritual revelation*
- Elijah:** *Strength and guidance*
- Daniel:** *Clarity and understanding*
- Esther:** *Courage and deliverance*
- Jesus:** *Resisting temptation*

to mucus, such as thick, sticky, and rich. These foods increase the thickness and quantity of mucus, which include dairy products (especially cheese), wheat & other heavy grains, and meat. When we detox or cleanse, we reset our digestive system, which can help alleviate seasonal allergies, symptoms from auto-immune diseases, and food allergies.

This Ayurvedic cleanse is based on a mono diet and is generally safer than most cleanses. The purpose of cleansing is to move out long stand-

ing imbalances. Therefore, cleanses can sometimes be exhausting, emotionally challenging, and physically uncomfortable. During the cleanse, you will want to eliminate as much stress as possible. Keeping your schedule lighter than normal is important. It is important that you take time to prepare for your cleanse by purchasing all your food items, set your intentions for the cleanse, and begin to meditate and/or journal on the process.

A fast is not just about limiting food, it is about our spiri-

tual/emotional health; it is about drawing nearer to God, allowing His word and the Holy Spirit to fill us—guiding us to what He wants us to see. That might be a challenging relationship, a job, idol(s), etc. When we fast and focus on God and His Word, transformation happens. We get more clear and lighter. 2 Peter 2:19 says: ***“People are slaves to whatever has mastered them.”*** For some, food has become their master. What has become a master in your life? Let God be your portion. He is enough! ■

For more information on a *Spring Faith and Fasting Ayurvedic Cleanse* contact *Lisa Stavrakas* at lisa@renewellnessmt.com or (406) 600-7267. *She will be leading an online group Faith and Fasting Ayurvedic Cleanse starting March 26th, so act now to set yourself up for a successful fast during Lent. If this time frame doesn't work for you, Lisa can assist you in setting up your own personal fast.*



Yoga • Massage • Wellness Coaching
Hypopressive™ Low Pressure Fitness

Lisa Stavrakas, LMT

RenewellnessMT.com

[Instagram.com/renewellnessmt](https://www.instagram.com/renewellnessmt)

lisa@renewellnessmt.com

406-600-7267

1200 Sawmill Road
Philipsburg, Montana