

## Fasting as simple and healthy diet

The history of fasting in my country dates back centuries. Besides withholding food, there is a self-restraint from the bad thoughts and any worldly kind of enjoyment. There are several types of fasting and I will talk about one-day and half-day fasting on water, known as "Post".

Nowadays, in rural areas in Serbia, on Wednesdays and Fridays, people are eating mostly vegetable and fruit meals. Occasionally, rural Serbs such as orthodox, are fasting.

Fasting is the time to rest the body, to purge it of impurities and toxins and it is a form of connection with our spirituality.

After 24 hours of not consuming food, the body is rejuvenated and we get a wonderful feeling that we know exactly what we need, what kind of food and activity. One step to the balance between body, mind and soul is achieved.

Also, my grandparents were raised on beans and *proja* (corn) and they ate meat twice a year.

Nowadays, meat is everyday food. Not so healthy is it?

On Sundays, in orthodox is a rest day, ideal for 24h fasting on water. That is 4 times a month and that gives us plenty of time to help our body to rejuvenate itself.

But, orthodox people are not only ones that have fasting a practice and that means that everyone can do it.

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