

## **Physical Benefits of 30 days of fasting**

Ref: Video “Merciful”

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Bismillaahir Rahmaanear Raheem

Today’s topic is “**Physical Benefits of 30 days of fasting**”

### **Stage 1**

During the first couple of days of fasting.

Both blood sugar level and blood pressure drop.

The body starts the cleansing process, and the first few days are the hardest as they are usually accompanied with headaches, dizziness, nausea and intense hunger.

### **Stage 2**

During the second stage, the body becomes accustomed to the fasting schedule and the digestive system is able to rest. The digestive system focuses its energy on cleansing the body and healing the cells as the white blood cells in the body start to become more active.

During the stage, the organs start their repair process as well.

### **Stage 3**

By the third stage, energy levels will have increased your mind is able to concentrate better, and an overall feeling of wellness overtakes you.

During fasting the body healing process becomes a lot more efficient, and so the body repairs any damaged cells during this stage. During this stage the colon, liver, kidney, lungs and skin are detoxing by eliminating toxins.

### **Stage 4**

During the last 10 days of fasting in Ramadan, the body has become accustomed to the fasting process. Your body becomes more energetic and you experience improved memory and concentration. At this stage, the organs are finishing up their healing process and once all toxins are removed the body is able to function at its maximum capacity. These are just some of the physical benefits of fasting that will take place within the body! But the spiritual benefits this month are far greater than anything mentioned here!

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