

SUMMER
2018

health science

Interview
with

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2018

NHA Conference
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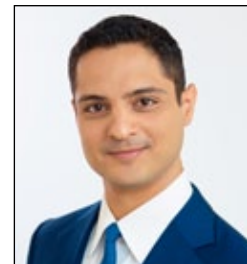
Nathan Gershfeld, D.C.

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New Fasting Center in Southern California

Welcome to the Fasting Escape Retreat Center!

by Nathan Gershfeld, D.C.



Fasting in Southern California is here! After much planning, I am excited to announce the opening of my new facility, the Fasting Escape Retreat Center, in Yorba Linda, California.

Fasting can be an intense healing experience, and my training under Dr. Alan Goldhamer, of the world-renowned TrueNorth Health Center, has been invaluable in creating my program and retreat center environment.

Serene and residential, the Center is located between city and nature in a suburb of beautiful Orange County.



Each participant is assigned a private bedroom with a queen or king bed, en-suite bathroom, and walk-in closet. The Center is located near a regional park, and is surrounded by natural landscaping, with various fruit trees onsite, a peaceful outdoor deck, and a tranquil walking trail surrounding the property. The Center has been described by TrueNorth's Dr. Doug Lisle as "An introvert's paradise."

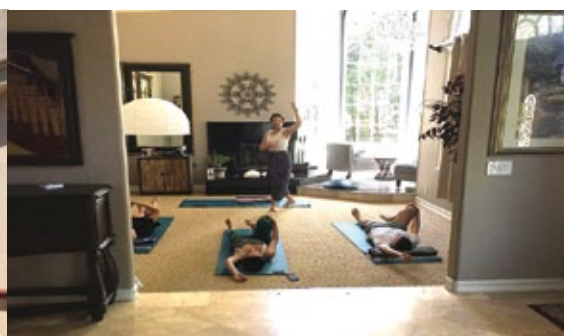
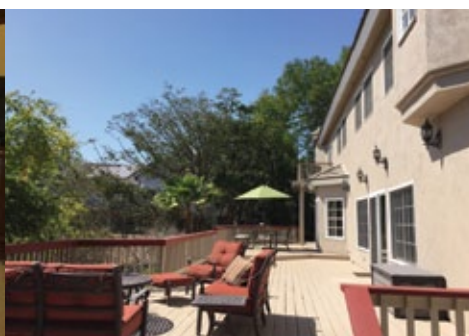
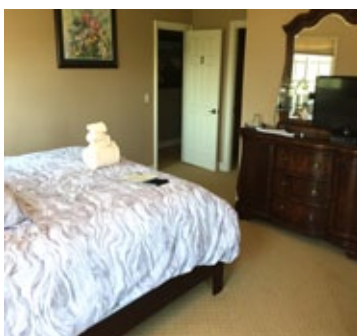
The remainder of the house has separate areas for various activities, such as a yoga and meditation sun room (many people find that their desire to stretch and exercise returns after a fast, so yoga and meditation classes are included); a main living room (for educational talks, entertainment, and movies); and a private office for computer work. A large entertainment kitchen is designed for cooking classes, which encourage participants to maintain a healthful diet upon returning home.

Each participant's experience includes all meals when not fasting, housekeeping, laundry, high-speed internet, lectures and demonstrations, and activities. Participants emerge stronger and healthier, with renewed vitality and



The Center was designed to create a distinct physical, mental, and sensory break from the overstimulation of our daily routines. While fasting, participants relax in private rooms and living areas or on open-air decks in the warm sunshine. During fasting, the body rejuvenates from the inside out as taste buds recalibrate, and energy and mental clarity return.

The number of participants at the Center are kept between four and eight to ensure a calm, intimate setting.





Chef Luz Correa conducting a cooking demonstration.

a new clarity about health and wellness.

I personally speak with each participant to determine the appropriate length of their fast, which can range from 5 to 40 days (you can schedule this by visiting FastingEscape.com). I may also prescribe a few healthy on-site meals in preparation for fasting. During the fast, rest is paramount as the body recalibrates and reboots. Certified by the International Association of Hygienic Physicians, I supervise each patient daily throughout their fast, and provide any necessary basic blood work, urinalysis, or lab analysis.

Supervised fasting is just the beginning of the retreat experience. At the conclusion of a fast, full meals gradually resume, with delicious, whole, vegetarian gourmet food prepared by our in-house chef.

Why Fast?


Living a health-promoting lifestyle can be extremely difficult in today's world. Social activities, work functions, sleep deprivation, and stress seemingly all work together to pull us off track. With proper rest and a fast, you can get back on track and gain some much-needed momentum for working toward your goals.

More people than ever have a basic understanding of the benefits of medically supervised, water- or juice-only fasting, thanks to mounting evidence of its efficacy in facilitating a host of health improvements.

The range of recognized benefits is now so broad, it is clear that fasting can help almost everyone realize better health. People seeking to normalize blood pressure, gain some momentum on a weight-loss journey, or normalize blood sugar levels, can see significant improvements, as can many who are suffering from other consequences of a modern lifestyle such as fatigue, low vitality, poor diet,

lack of energy, and other such symptoms.

Water or juice fasting is an excellent approach to greater wellness, especially in breaking the cycle of consuming "pleasure trap" foods that are rich in oils, sugar, and salt; or as Jeff Novick, R.D., so eloquently puts it, CRAP: Calorie-Rich And Processed foods. Diabetes (Type 2) and high blood pressure are among the conditions that show the most improvement with a well-designed and properly supervised water-only fasting regimen.

An important aspect of a transformative fasting experience is being in the right environment. A healthful support and guidance structure is also important to an effective, safe, and potentially long-lasting change in personal health. The Fasting Escape Retreat Center offers this support, guidance, and environment. I hope to see you soon! To learn more, please visit FastingEscape.com. 



Doug Lisle, Ph.D., co-author with Dr. Alan Goldhamer of The Pleasure Trap, shares his expertise in self-esteem and achievement motivation with residents.

Nathan Gershfeld, D.C. changed his career from being an electrical engineer to a chiropractor after having a life-changing health experience. Following an internship under Dr. Alan Goldhamer at TrueNorth Health Center, he joined the Center as a staff physician from 2011–2014. Since 2014, Dr. Gershfeld has maintained a private chiropractic practice in the Orange County / Los Angeles area and has recently opened the Fasting Escape, an in-patient fasting center in Yorba Linda, CA. You can learn more about Dr. Gershfeld's new, in-patient fasting center by visiting FastingEscape.com.