



**Tranquility is a Choice.  
So is Anxiety.  
The entire world around us  
may be in Turmoil.  
But if we want to be  
Peaceful within,  
WE CAN.**

*Ann*



Notwithstanding the unprecedented territory-wide suspension of the MTR on the first day of Chung Yeung holiday, 35 people resorted to various means to reach a fasting retreat, held in Shek Kong, Yuen Long, and spent three days in peacefulness and fasting, abiding to “The Secret of No Eating , No Aging!”

在重陽節假期香港港鐵全綫停駛的第一天，35人在各區用各式可行的方法到達元朗石崗的營地，渡過了寧靜的三天，體驗“斷食辟穀防衰老，不吃不老的秘訣!”



Are you feeling that you are not living your desirable physical and mental health? Have you ever thought that mainstream health information may be outdated or even causing other health problems? Does good health really just mean a lighter diet, more rest and more exercise? Intermittent fasting is becoming more and more popular in recent years. What is intermittent fasting?

Intermittent fasting means one only eats within a restricted time range, and drinks only water the rest of the time during the day. The most common intermittent fasting mode is “816 fasting”, i.e. 8 hours of eating and 16 hours of fasting within 24 hours. In other words, one either only eats breakfast and lunch or, lunch and dinner a day.

A large number of researches concluded that positive health changes or anti-aging effects can be obtained through proper fasting. These changes and effects include:

- Enhance memory and concentration;
- Lower blood pressure and lower heart rate;
- Reduce atherosclerosis;
- Increase muscle and liver sensitivity to insulin;
- Reduce fatty liver; and
- Accelerate fat breakdown

您是否感到現在的生活模式未能帶來預期的身心健康？您曾否想過主流健康資訊的內容可能已經過時或會引發其他健康問題？健康真的只是吃清淡些、多休息和多做運動便可達到？這數年間漸漸流行起來的間歇斷食究竟是什麼一回事？

間歇斷食是指在限定的時段進食，其他的時間祇喝清水。最普遍的間歇斷食模式為816斷食，即24小時內有8小時進食、16小時斷食，如是者，一天只進食早餐和午餐或午餐和晚餐。

現大量的研究報告指出適當的斷食可為身體帶來健康的改變或防衰老的功效，這些改變和功效包括：

- 增強記憶，提高專注力
- 降低血壓，降低心率
- 減少動脈粥樣硬化
- 增加肌肉和肝臟對胰島素的敏感性
- 減少脂肪肝
- 增加脂肪分解



In 2016, Nobel Prize winner, Japanese scientist Yoshinori Ohsumi, revealed his study of the secret of how a one-day starvation can bring about better health. His research also helped unveil the mystery of fasting – a holistic treatment method known and long-standing in human history.

According to records of countless examples in China since ancient times to date, fasting impacts on our health in enhancing vitality, promoting physical strength, preventing diseases, extending life-span, and boosting both cognitive and body functions.

Under modern medical and scientific research, the principles of the effect of fasting on our health are established. Fasting plays an important role in sustaining hormone regulation and maintaining efficacy of cell metabolism.

In general, intermittent fasting and full fasting exert positive influences on metabolic syndromes, including high blood sugar, high blood pressure, high triglycerides, central obesity, and general chronic diseases.

在2016年，日籍的大隅良典博士獲得了諾貝爾獎，他的獲獎研究便是一日飢餓能帶來健康的秘密。他的研究也幫助解答了斷食和辟穀這歷史悠久的治療、養生和靈修方法之謎。

根據從古到今在中國無數辟穀實例的紀錄，辟穀具有養生強身、防病治病、延年益壽、開發智慧、提高身體功能的效果。

在現代醫學和科學的研究下，斷食和辟穀帶來成效的原理慢慢地被發現，這主要和調節身體激素及保持細胞健康代謝有關。

綜合來說，斷食和辟穀對新陳代謝綜合症狀，包括高血糖，高血壓，高甘油三酯，中央型肥胖，一般慢性病等等都有特別的療效。



fasting village® and Mindfulness in Biz® held two retreats of 3-day duration in April and October this year where 39 and 35 people attended respectively. In addition to the lectures on “The Secret of No Eating, No Aging” (“The Secret to stay Young with no Food”), the participants on intermittent fasting or full fasting during the three days witnessed changes in their body and mind whilst taking part in simple physical exercises and in mind-calming activities. At the end of the retreat, most participants felt relaxed, joyful, not hungry, and in good spirits.

The mind-calming activities in the retreat included painting (Pastel Nagomi Art and Mandala), meditation and singing bowl music; physical exercises included qigong lessons (Baduanjin, longevity standing meditation), simple aerobics and self-massage. This is to let the participants experience the continual calming state through concentration in simple activities. Nowadays, quiet and focused mind is essential to the physical and mental well-being at any age – from children, adolescents, middle-aged to the elderly. In the retreat, the participants, assisted by experienced trainers, also measured body indexes such as blood sugar, blood pressure, ketoacid, body weight every day. The collected data showed an overall improvement after three days.

fasting village® 與 Mindfulness in Biz® 繼今年4月的39人三天斷食/辟穀體驗營，在10月5-7日再舉辦了今年第二次35人的斷食/辟穀營。營中除了有“不吃不老的秘訣”專題講座，參加者更親身體驗了間歇斷食或辟穀伴隨著靜心活動和簡單身體鍛練在三天內的身心變化。營後大部份參加者都感覺輕鬆喜悅，不餓，精神好。

營中的靜心活動包括繪畫(和諧粉彩和曼陀羅)、靜坐和頌鉢音樂；身體鍛練則教授氣功(八段錦及養身樁)，簡易帶氧運動和自我推拿。這都是讓參加者親身體驗在簡單的練習中培養持續的靜心及專注。在今天，靜心及專注能力對老年、中年、青少年或兒童的身心健康都非常重要。營內每日還為參加者量度身體指數如血糖、血壓、酮酸、體重等，三天後整體指數都有改善及提升。



# Three-Day Fasting Program

Oct 5 to 7, 2019

## Observations

*This report is prepared by EL, PhD*

*Volunteer Consultant, Mindfulness In Biz*

*Over 20 years experience in global clinical research and development*



# Three-Day Fasting Program

Oct 5 to 7, 2019

- A total of 35 registered subjects was included in this three-day fasting program organized by the Mindfulness In Biz on Oct. 5 to 7, 2019. Majority (95%) of the subjects selected intermittent fasting. One subject selected water fasting.
- Blood pressure, blood sugar level, body weight and other relevant parameters were measured on Day 1 and Day 3 of the program.
- Twenty (20) subjects returned their measurements

# Baseline Characteristics

Oct 5 to 7, 2019 Fasting Program

Characteristic	Fasting Group N= 20
Age range	
18-30 year – no. (%)	1 (5)
30-40 year – no. (%)	3 (15)
40-60 year – no. (%)	10 (50)
60-80 year – no. (%)	6 (30)
Male – no. (%)	5 (25)
Body-mass index kg/m <sup>2</sup> – median [range]	22.89 [17.22 – 29.87]

# Baseline Body Mass Index (BMI)

Oct 5 to 7, 2019 Fasting Program

Obesity Classification, Asia Pacific Guidelines

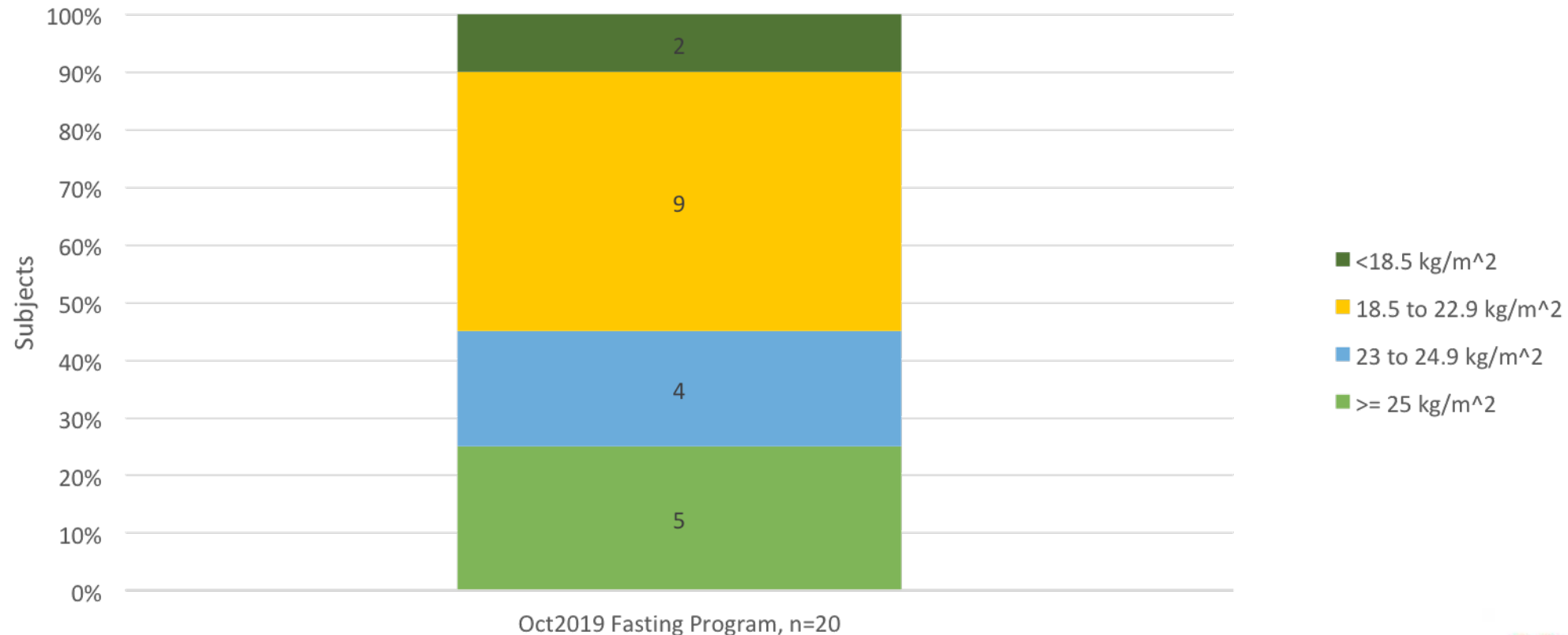
Underweight:  $<18.5 \text{ kg/m}^2$

Normal:  $18.5 \text{ to } 22.9 \text{ kg/m}^2$

Overweight:  $23 \text{ to } 24.9 \text{ kg/m}^2$

Obese:  $\geq 25 \text{ kg/m}^2$

\*Reference: Lim JU et al. Int J COPD 2017;12:2465-2475



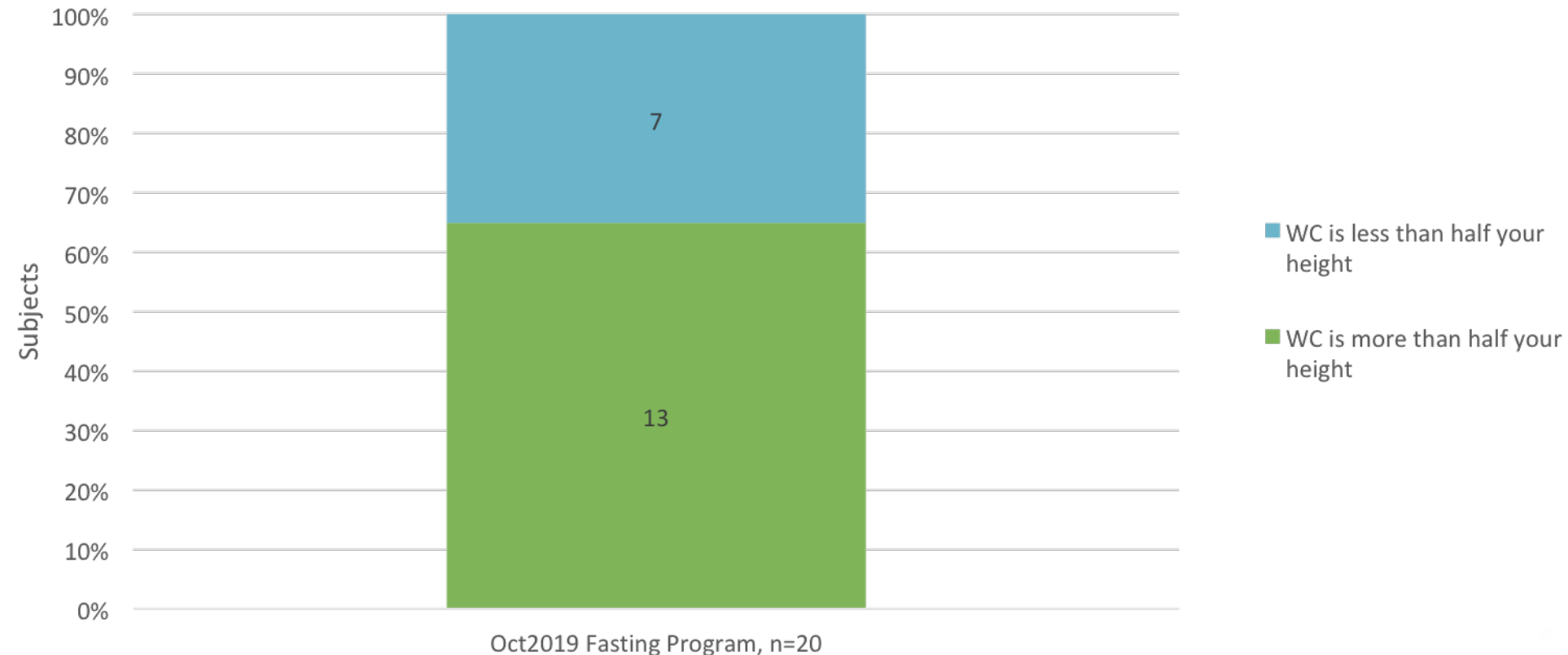


# Waist Circumference (WC)

Oct 5 to 7, 2019 Fasting Program

A study reports the simple message "Keep your waist circumference to less than half your height".

\*Reference: PLoS One. 2014;9(9):e103483



# Blood Pressure Observations

Oct 5 to 7, 2019 Fasting Program

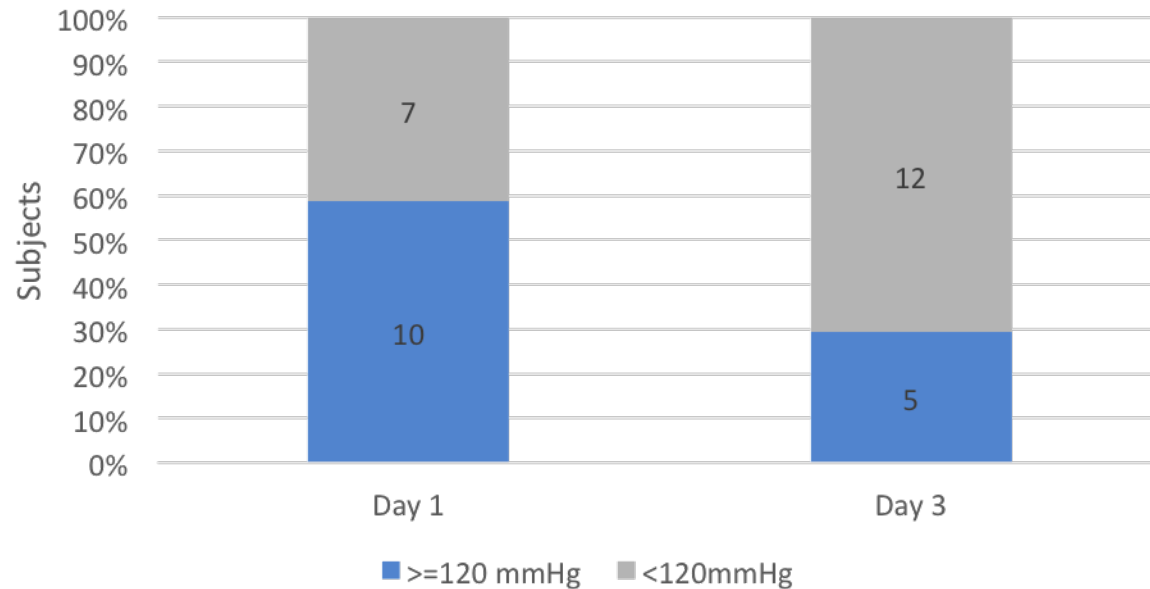
Normal Blood Pressure\*

SBP <120 mmHg

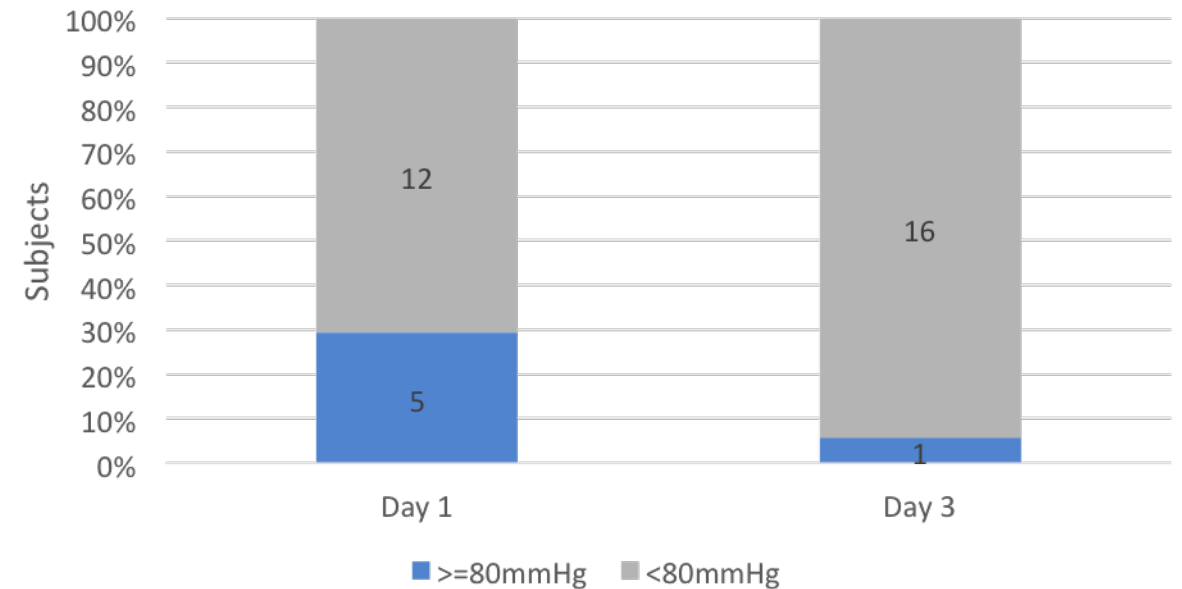
DBP <80 mmHg

\* Reference: 2019 ACC/AHA Guideline

Systolic Blood Pressure (SBP), n=17



Diastolic Blood Pressure (DBP), n=17



# Blood Sugar

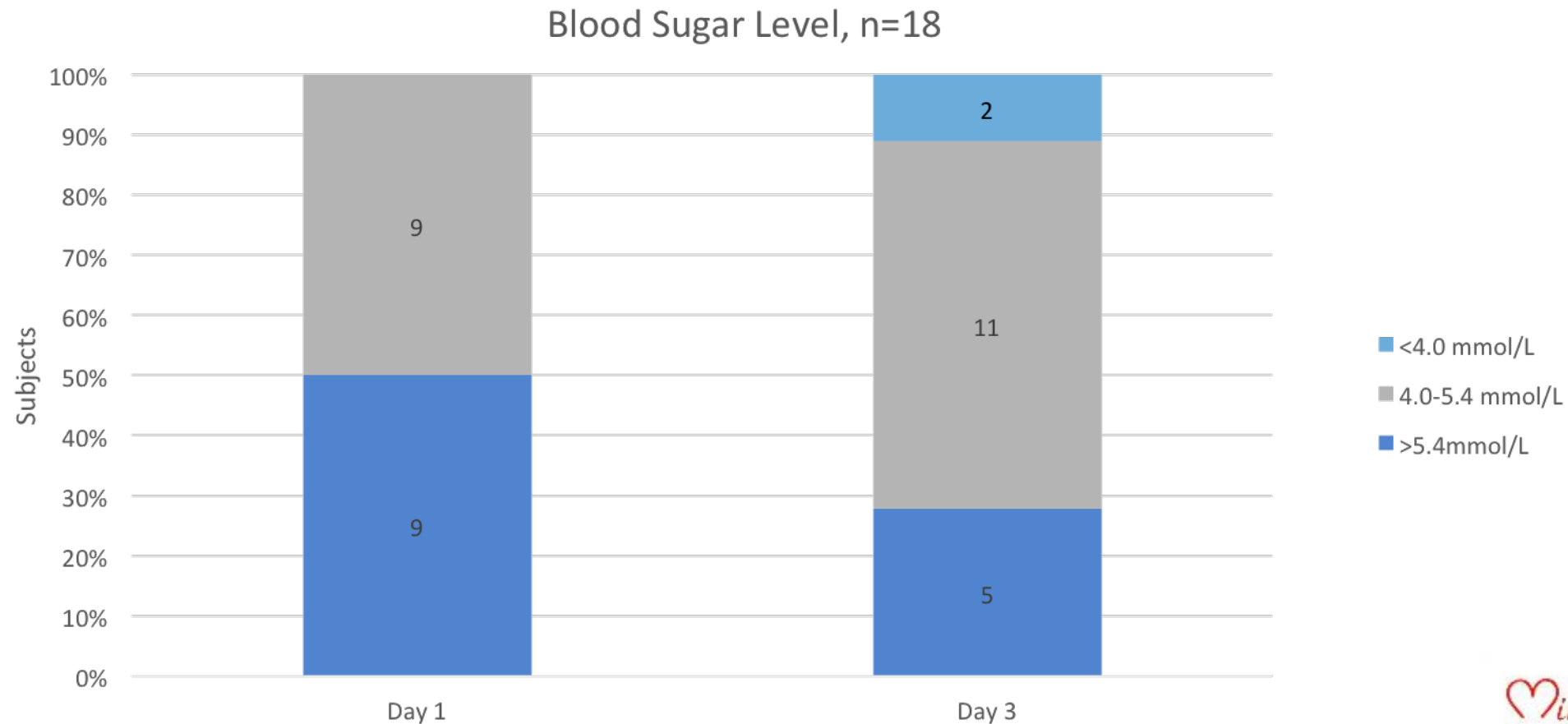
Oct 5 to 7, 2019 Fasting Program

Normal Blood Sugar Level\*

Between 4.0 - 5.4 mmol/L when fasting

Up to 7.8 mmol/L two (2) hours after eating

\* Reference: 2018 NICE Public Health Guideline



# Summary

Oct 5 to 7, 2019 Fasting Program

The following was observed:

- Approx. 80% of the subjects were 40 years or above
- Approx. 65% of the subjects with waist circumference more than half their height at baseline
- More (majority) subjects in the normal blood pressure range\*, SBP<120 mmHg and DBP<80mmHg, on Day 3 vs. Day 1
- More (majority) subjects in normal blood sugar level range\*\*, between 4.0-5.4 mmol/L when fasting, on Day 3 vs. Day 1

\*References: \*, 2019 ACC/AHA Guideline; \*\*, 2018 NICE Public Health Guideline

# Further Thoughts

- Increase sample size
- Ratio of  $\leq 40$  years :  $> 40$  years subjects
- Ratio of male : female participants
- Standardize and record the time of the following measurements
  - blood pressure
  - blood sugar/glucose
  - body weight
  - waist circumference
- Include the following, if possible:
  - Medical history (for e.g. Hypertension, Diabetes, Hyperlipidemia, Atrial Fibrillation, CAD, etc.)
  - Medication
  - Ketones measurement
- Consider regular programs (for e.g. 3-day fasting bi-monthly) and the changes over time (for e.g. 6 months); may ask participants to complete a bi-monthly questionnaire





Let's take a picture with our works!  
大家一起和自己的作品合照



Baduanjin practice  
八段錦練習



Meditation  
靜坐講解





Carefully adjusting each posture  
細心調教每一位  
的養生樁姿勢



Demonstration of simple aerobic  
exercise to clear lymphatic  
system  
示範有助清淋巴  
的簡單帶氧運動



A meal after fasting for 16 hours  
斷食16小時的一餐



Focus on painting skills  
專注學習繪畫的技巧





Morning stretching  
清晨拉筋操



Assisting everyone in painting their own Mandala  
協助每一位繪畫自己心中的曼陀羅



A moment of joy, concentration, harmony  
喜悅、專注、和諧的一刻



Let's draw our first Pastel Nagomi Art together  
齊齊畫各人第一幅和諧粉彩



Having witnessed "zero failure" of the Pastel Nagomi Art  
一起見證了零失敗的和諧粉彩





Intermittent Fasting Ketogenic Meal 間歇斷食生酮餐單	Day 1 第一天	Day 2 第二天	Day 3 第三天
Morning drink  早上飲料		Bulletproof coffee / green tea (organic coffee or green tea, raw butter, coconut oil)  防彈咖啡／綠茶 (有機咖啡或綠茶、生牛油、椰子油)	Bulletproof coffee / green tea (organic coffee or green tea, raw butter, coconut oil)  防彈咖啡／綠茶 (有機咖啡或綠茶、生牛油、椰子油)
Lunch (12 noon)  午餐 (12時)	Fried poached egg, rice with lard and stir-fried chives  煎荷包蛋豬油撈飯配炒九菜花	Scallop, shrimp, salmon with shredded cauliflower  帶子蝦三文魚椰菜花飯	Cabbage, bacon, dragon fruit, smoked duck breast with fired konjac  椰菜煙肉炒蒟蒻烏冬配火龍果煙鴨胸
Dinner (7 pm)  晚餐 (7時)	Lettuce wrap with corn and minced pork  粟米粒免治豬肉生菜包	Grapefruit and black vinegar chicken salad  柚子蜜黑醋雞沙律	





The mission of fasting village® is to introduce the benefits of proper fasting to the busy and stressful urban population. It also aims at helping participants adopt **a new attitude to healthy living** through an experience of self-awareness and controlled eating.

fasting village® is launching its 1st season of **intermittent fasting/full fasting retreat** on January 3-5, 2020 at Kadoorie Centre, University of Hong Kong in Shek Kong. It offers a getaway from urban humdrum to immerse into nature's beauty and peacefulness. Registration has commenced. You are welcome to WhatsApp Ms Hoi at 6099 7391. The quota is 40 and the fee is HKD 3500 (including accommodation) and HKD 2000 (day camp).

Thanks to the joint efforts of fasting village® and Mindfulness in Biz®, the fasting retreat held by Mindfulness in Biz® in April and October, 2019 enjoyed popularity and success.

fasting village®, under the flagship of Joyful Wholeness®, is a specialized organ that provides organization and logistics for fasting retreats. Joyful Wholeness® was founded in 2015. Its staff is a group of practitioners with long-term rich experience in fasting. As early as 2013, it already started to organize fasting retreats in Hong Kong. More than 1,000 participants have benefitted from the experience.

fasting village® 's vision is to promote fasting, enhance health awareness and, possibly to inspire and nourish the new generation to adopt fasting as part of a healthy lifestyle.

fasting village®的使命是希望更多人知道適當的斷食對現代繁忙及壓力大的都市人所帶來的好處。更希望參加者在營中經過親身體驗，慢慢建立一個 **新的限時進食的健康生活模式及態度**。

fasting village® 現籌備在1月3-5日再在遠離煩囂、環境優美寧靜的石崗香港大學嘉道理研究中心舉辦2020年第一季的**斷食/辟穀體驗營**，名額四十，現開始接受留位，有興趣者可以WhatsApp 許小姐：6099 7391。三天體驗營收費是港幣3500（連住宿）或港幣2000（日營）。

fasting village® 是 Mindfulness in Biz® 在2019年4月及10月份舉辦的斷食/辟穀營的協辦機構。

fasting village® 是圓樂堂® (Joyful Wholeness®)下專門籌辦斷食/辟穀營的團隊。圓樂堂® 於2015年成立，其成員是一班有多年斷食/辟穀經驗的修習者，早於2013年已開始在香港舉辦辟穀營，至今已有超過1000人次參加。

fasting village® 的願景是將斷食/辟穀推廣給更多注重健康的朋友，讓這不費力的活動成為新一代的健康生活新模式。



## Intermittent Fasting / Full Fasting Retreat ~Schedule~

**Theme: Freedom to eat and not eat**

### DAY 1

0900 Registration and Measurement of Health Index  
1000 'Freedom to eat and not eat' theme sharing 1  
1100 Qigong lesson - Gao's Qigong Part 1  
1200 Full Fasting Group - energy-harvesting  
1200 Intermittent Fasting Group and Non-Fasting Group - lunch  
1300 Mandala and Pastel Nagomi Art  
1500 Qigong lesson - Gao's Qigong Part 2  
1600 Self-massage  
1730 Walk at sunset  
1800 Full Fasting Group - energy-harvesting  
1800 Intermittent Fasting Group and Non-Fasting Group - dinner  
1900 Singing bowl music  
2000 Meditation  
2100 Day 1's activity is completed

### DAY 2

0700 Morning exercise and meditation  
0800 Morning walk and measurement of health index  
0800 Non-Fasting Group - breakfast  
0900 'Freedom to eat and not eat' theme sharing 2  
1030 Qigong lesson - Gao's Qigong Parts 1 and 2  
1200 Full Fasting Group - energy-harvesting  
1200 Intermittent Fasting Group and Non-Fasting Group - lunch  
1300 Mandala and Pastel Nagomi Art  
1500 Qigong lesson - Gao's Qigong Part 3  
1600 Self-massage  
1730 Walk at sunset  
1800 Full Fasting Group - energy-harvesting  
1800 Intermittent Fasting Group and Non-Fasting Group - dinner  
1900 Singing bowl music  
2000 Meditation  
2100 Day 2's activity is completed

### DAY 3

0700 Morning exercise and meditation  
0800 Morning walk and measurement of health index  
0800 Non-Fasting Group - breakfast  
0900 Qigong lesson - Gao's Qigong Parts 1, 2 and 3  
1030 Mandala and Pastel Nagomi Art  
1200 Full Fasting Group - energy-harvesting  
1200 Intermittent Fasting Group and Non-Fasting Group - lunch  
1300 Qigong lesson - Gao's Qigong Parts 1, 2 and 3  
1345 Meditation  
1400 Self-massage  
1500 'Freedom to eat and not eat' theme exchange  
1700 Three-day retreat is finished



斷食/辟穀體驗營  
~日程表~  
主題: 吃與不吃的自由

第一天

0900 入營登記 及 量度健康指數  
1000 '吃與不吃的自由'主題分享一  
1100 高氏養生功第一節  
1200 辟穀組 - 採氣服氣  
1200 間歇斷食組及非斷食組 - 午膳  
1300 曼陀羅 及 和諧粉彩  
1500 高氏養生功第二節  
1600 自我推拿調理  
1730 黃昏散步  
1800 辟穀組 - 採氣服氣  
1800 間歇斷食組及非斷食組 - 晚膳  
1900 頌鉢音樂  
2000 靜坐  
2100 第一天活動完畢

第二天

0700 晨練 及 靜坐  
0800 清晨散步 及 量度健康指數  
0800 非斷食組 - 早餐  
0900 '吃與不吃的自由'主題分享二  
1030 高氏養生功第一 及 第二節  
1200 辟穀組 - 採氣服氣  
1200 間歇斷食組及非斷食組 - 午膳  
1300 曼陀羅 及 和諧粉彩  
1500 高氏養生功第三節  
1600 自我推拿調理  
1730 黃昏散步  
1800 辟穀組 - 採氣服氣  
1800 間歇斷食組及非斷食組 - 晚膳  
1900 頌鉢音樂  
2000 靜坐  
2100 第二天活動完畢

第三天

0700 晨練 及 靜坐  
0800 清晨散步 及 量度健康指數  
0800 非斷食組 - 早餐  
0900 高氏養生功第一, 二 及 三節  
1030 曼陀羅 及 和諧粉彩  
1200 辟穀組 - 採氣服氣  
1200 間歇斷食組及非斷食- 午膳  
1300 高氏養生功第一, 二 及 三節  
1345 靜坐  
1400 自我推拿調理  
1500 '吃與不吃的自由'主題交流  
1700 三天營完結

現籌備在2020年1月3—5日在石崗香港大學嘉道理研究中心舉辦2020年第一季的斷食/辟穀體驗營。  
名額四十, 現開始接受報名留位, 有興趣者可WhatsApp 許小姐查詢: 6099 7391。





## Introduction to Gao's Health Enhancing Fasting Retreat

Gao's Health Enhancing Practice is conceived by Qigong Teacher Gao Shiyin. Teacher Gao is in his 80s and was born in a family of traditional Chinese medicine and martial arts. He devoted himself to human body science and created Gao's Health Enhancing Practice, including Gao's Method of Energy-Harvesting and Fasting and Gao's Qigong, which aims to help the body adjust to an optimal state of natural balance.

Joyful Wholeness® held 3-day Gao's Health Enhancing Fasting Retreats in June and September this year and Gao's Qigong Charitable Foundation (a charitable institution) held another in May. In these three retreats, there were together more than 100 people participating in full fasting.

Every morning in the retreat, Mindfulness in Biz® arranged to measure and record blood pressure, blood sugar levels, weight and other relevant parameters and distributed post-retreat questionnaire to the 39 participants in May.

95 individuals who participated in full fasting in Gao's Health Enhancing Fasting Retreat returned their personal health index, and 31 of them returned the May post-retreat questionnaire.

## 高氏養生辟穀營介紹

高氏養生法是由現居於河南鄭州的高士銀老師所創。高老師現年八十多歲，出生於中醫，武術世家，一生潛心研究人體科學，開創一系列養生方法，其中包括高氏採氣辟穀法及高氏養生功，目的是幫助人體達到自然平衡。

圓樂堂® 於今年6月和9月及高氏養生功慈善基金(慈善機構)於今年5月合共舉辦了3次為期三天的高氏養生辟穀營，三次辟穀營參加清水辟穀的總人數超過100人；

在營的每天早上, Mindfulness in Biz® 安排量度及記錄血壓、血糖水平、體重和其他相關參數並於5月份辟穀營中，向39位參加者發放離營後問卷，表達營後感受；

95位參加高氏養生清水辟穀者交回個人健康指數，及其中31位參加者交回5月份辟穀營的離營調查問卷。



## Introduction to Gao's Health Enhancing Fasting Retreat

The questionnaire response from 31 participants in May is now presented as a summary;

Compare the blood pressure, blood sugar levels, and body weight parameters measured on Day 1 and Day 3 by 95 individuals who participated in full fasting in Gao's Health Enhancing Fasting Retreat. At the same time, compare the parameters collected in Gao's Health Enhancing Fasting Retreat and the parameters collected by Mindfulness in Biz® in its fasting retreats in April and October this year (ie intermittent fasting - 45 people, full fasting - 19 people, Gao's Health Enhancing Fasting - 95 people, a total of three groups) for reference, to help understand the effects of different fasting groups and to improve the quality of fasting retreat in the future; and

The three comparing groups have a similar mix in age, gender, body mass index (BMI) and waist circumference (WC). Majority of the participants are 40 years or above in age, most are female, half of the groups are overweight with waist circumference more than half of the height.

## 高氏養生辟穀營介紹

現把31位參加者的5月份綜合問卷回應作簡報；

把95位高氏養生清水辟穀者在第一天和第三天測量的血壓, 血糖水平和體重的參數作比較。同時也把高氏養生辟穀營的參數跟 Mindfulness in Biz® 在今年辦的間歇斷食及清水辟穀營所收集到的參數（即間歇斷食 - 45人，清水辟穀 - 19人，高氏養生清水辟穀 - 95人，共三組）對照，以作參考，幫助了解不同禁食組別的效果及提升未來辟穀營的質素；及

三組的對照組在年齡、性別、體重指數(BMI)、基線腰圍(WC)大致相若。參加者大多數年齡在40歲以上，女性居多，有半數超重及腰圍超過身高一半。



## Observation Brief

This observation brief compares the changes in body index before and after fasting in 3 groups (intermittent fasting - 45 people, full fasting - 19 people, Gao's Health Enhancing Fasting - 95 people); in addition, it summarizes the responses from the post-retreat questionnaire aiming to cover both objective index measurement and subjective feedback, making the report more comprehensive.

### Lowering blood pressure, lowering blood sugar, reducing weight...

- Comparing the body index on Day 1 and Day 3 of the participants, the objective indices of the 3 groups improved overall;
- Combining the 3 groups of indices, the majority of participants return to the normal blood pressure index range (SBP<120mmHg DBP<80mmHg);
- Comparing the 3 groups of indices, the Gao's Health Enhancing Fasting group has a relatively small change in the blood sugar index compared with the other 2 groups. It is believed that it is due to consumption of ginger sugar water and brown sugar water in the retreat (Normal blood sugar level between 4.0 – 5.4 mmol/L when fasting);
- The 3-day weight loss percentage (1%-3%) of the 2 full fasting groups was higher than that of the intermittent fasting group.

### Relaxed, good spirit, joy...

- After participating in Gao's Health Enhancing Fasting (full fasting), 74% feel relaxed/good spirit/feel good, 87% describe taking part in full fasting being comfortable/joyful/grateful, 97% extremely or very willing to recommend relatives and friends to try Gao's Health Enhancing Fasting.

## 觀察簡報摘要

本觀察簡報比較三個組別（間歇斷食-45人，清水辟穀-19人，高氏養生清水辟穀-95人）的參加者在禁食前後身體指數的變化；另外，也綜合5月份高氏養生辟穀營的離營問卷調查，務求涵蓋客觀及主觀兩部份，讓報告更全面。

### 降血壓，降血糖，減體重 ...

- 比較參加者第一天及第三天的身體指數，三組的客觀指數整體有改善；
- 綜合三組指數的表現，大比數的參加者都能返回正常血壓指數區間（上壓 <120 mmHg 下壓<80 mmHg）；
- 綜合三組指數的表現，高氏養生清水辟穀組在血糖指數上跟其他兩組比較相對變化不大，相信與在營中飲用薑糖及紅糖水有關（禁食時正常血糖水平4.0 – 5.4 mmol/L）；
- 兩清水辟穀組的3天體重下降百分比率（1%-3%）較間歇斷食組為高。

### 輕鬆，精神，喜悅 ...

- 參加高氏養生清水辟穀在三天後的身心感受變化，74%感覺輕鬆/精神/感覺好、87%形容這次清水辟穀舒服/喜悅/感恩、97%非常或很願意介紹親友嘗試高氏養生清水辟穀。



Easy / good spirit / feeling good : 23 people (74%)  
No major change / no change : 4 people (13%)  
Body index improvement / pain reduction: 2 people (6.5%)  
Physical fatigue : 2 people (6.5%)

經過三天的辟穀營，你感覺到身心上的最大變化是什麼？

輕鬆/精神/感覺好：23人 (74%)  
沒大變化/沒有變化：4人 (13%)  
指標改善/痛症減少：2人 (6.5%)  
身體疲倦：2人 (6.5%)

5月份高氏養生功清水辟穀營離營問卷調查，發出問卷予39位參加者，31人交回問卷。



# Feedback after the retreat 營後感受

Please use three adjectives / one sentence to describe your feelings about this fasting retreat.

Comfort / Joy / Thanksgiving: 27 people (87%)  
Better than expected / worth a try : 3 people (10%)  
There is a systematic introduction to fasting: 1 person (3%)

Feedback form content (transcribed from image):

有大反應  
開頭鬆左，開心左  
有輕鬆愉快地度過三天，身體有種輕快的感覺  
輕鬆愉快  
感到很幸福，很修心  
心情開朗，身體好輕，精神飽滿，心情興奮  
面色好了  
精神好很多  
輕鬆左，有寬樂的心情  
輕鬆了很多  
Can reconnect back to the nature in my body  
身體輕了，精神了

請你用三個形容詞/一句說話來形容你對這個辟穀營的感受。

舒服/喜悅/感恩 : 27人 (87%)  
比預期好/值得一試 : 3人 (10%)  
有系統介紹辟穀 : 1人 (3%)

In May, Gao's Health Enhancing Fasting Retreat was surveyed; 39 post-retreat questionnaires were sent out and 31 people returned the questionnaire.  
5月份高氏養生功清水辟穀營離營問卷調查，發出問卷予39位參加者，31人交回問卷。



# Feedback after the retreat 營後感受

What do you like most about this fasting retreat?

- Atmosphere/mentor/volunteer: 14 people (45%)
- Course arrangement / environment : 7 people (22%)
- Energy : 4 people (13%)
- Health / Don't go hungry : 3 people (10%)
- Others (singing bowl music/ginger sugar water) : 3 people (10%)



你最喜歡這個辟穀營的是什麼？

- 氣氛/導師/義工 : 14人(45%)
- 課程安排/環境 : 7人(22%)
- 能量 : 4人(13%)
- 健康/不用捱餓 : 3人(10%)
- 其他 (頌鉢/薑糖水) : 3人(10%)

In May, Gao's Health Enhancing Fasting Retreat was surveyed; 39 post-retreat questionnaires were sent out and 31 people returned the questionnaire.

5月份高氏養生功清水辟穀營離營問卷調查，發出問卷予39位參加者，31人交回問卷。





# Feedback after the retreat 營後感受

Would you like to recommend this fasting retreat to your friends and relatives? (1 extremely unwilling - 9 extremely willing)

9 - 24 people (77%)  
8 - 6 people (20%)  
5 - 1 person (3%)

Feedback text from the questionnaire:

有大反應  
開胃鬆左, 開心左  
有輕鬆愉快地度過三天, 身體有種輕快的感覺  
輕鬆愉快  
感到很幸福, 很修心  
心情開朗, 身體好輕, 精神飽滿, 心情興奮  
面色好了  
精神好很多  
輕鬆左, 有寬樂的心情  
輕鬆了很多  
Can reconnect back to the nature in my body  
身體輕了, 精神了

你願意推介這個辟穀營給你的親友嗎? (1非常不願意-9非常願意)

9 - 24人 (77%)  
8 - 6人 (20%)  
5 - 1人 (3%)

In May, Gao's Health Enhancing Fasting Retreat was surveyed; 39 post-retreat questionnaires were sent out and 31 people returned the questionnaire.

5月份高氏養生功清水辟穀營離營問卷調查, 發出問卷予39位參加者, 31人交回問卷。

# Three-Day Fasting Programs

Apr, May, Jun, Sept, Oct, 2019

## Observations

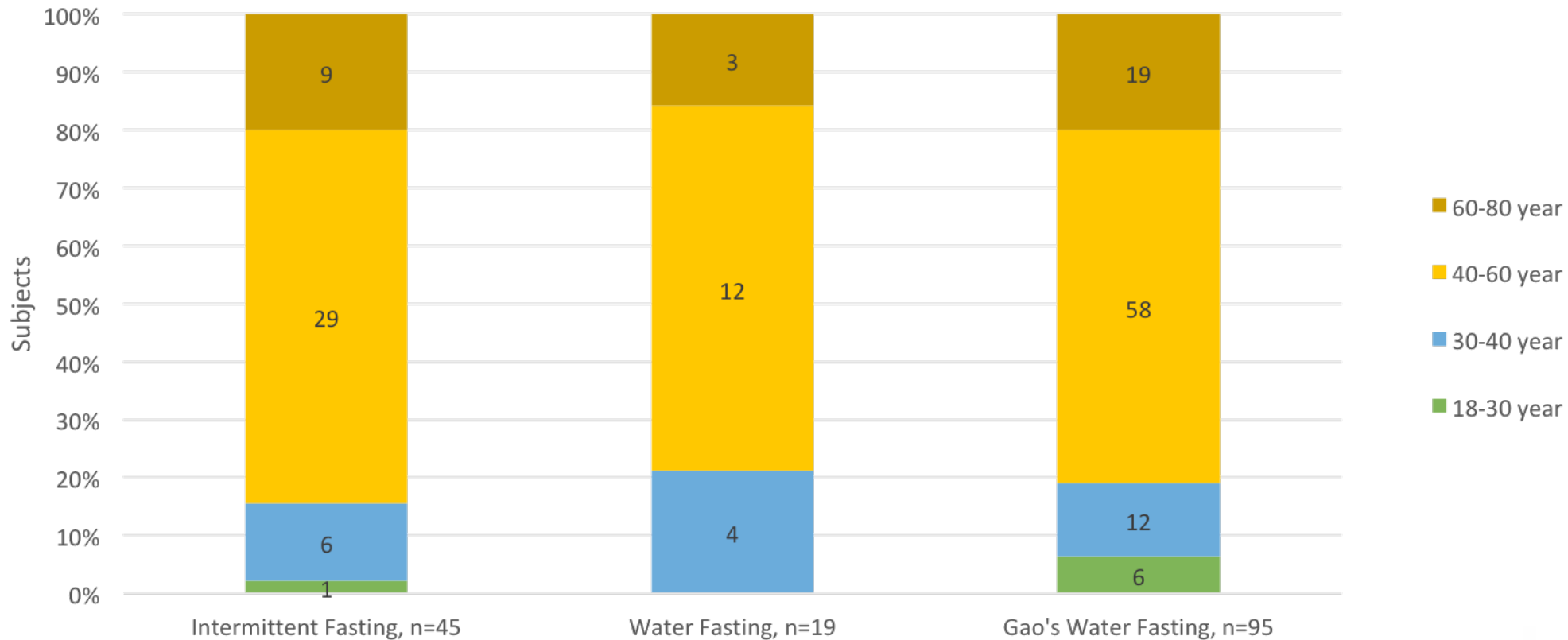
*This report is prepared by EL, PhD*

*Volunteer Consultant, Mindfulness In Biz*

*Over 20 years experience in global clinical research and development*

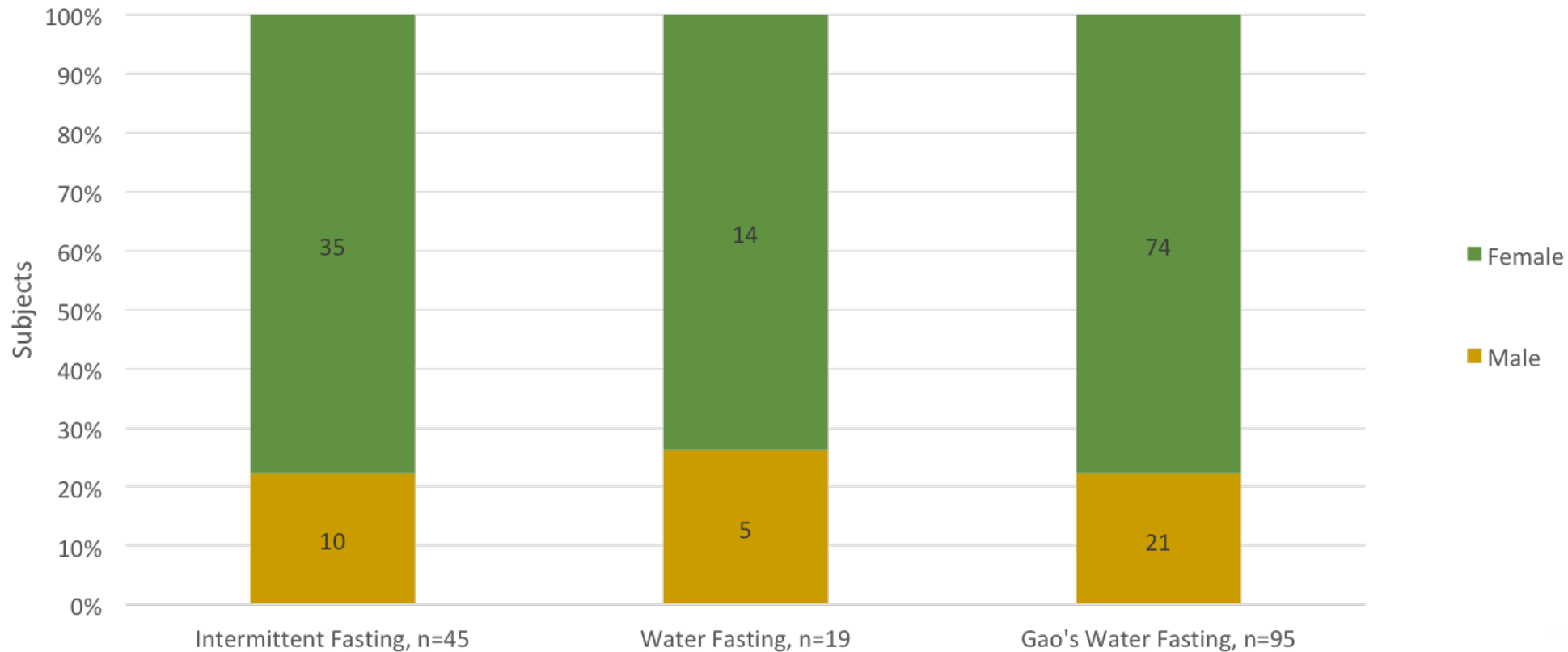
# Age

Apr, May, Jun, Sept, Oct, 2019 Fasting Programs



# Gender

Apr, May, Jun, Sept, Oct, 2019 Fasting Programs



# Baseline Body Mass Index (BMI)

Apr, May, Jun, Sept, Oct, 2019 Fasting Programs

Obesity Classification, Asia Pacific Guidelines

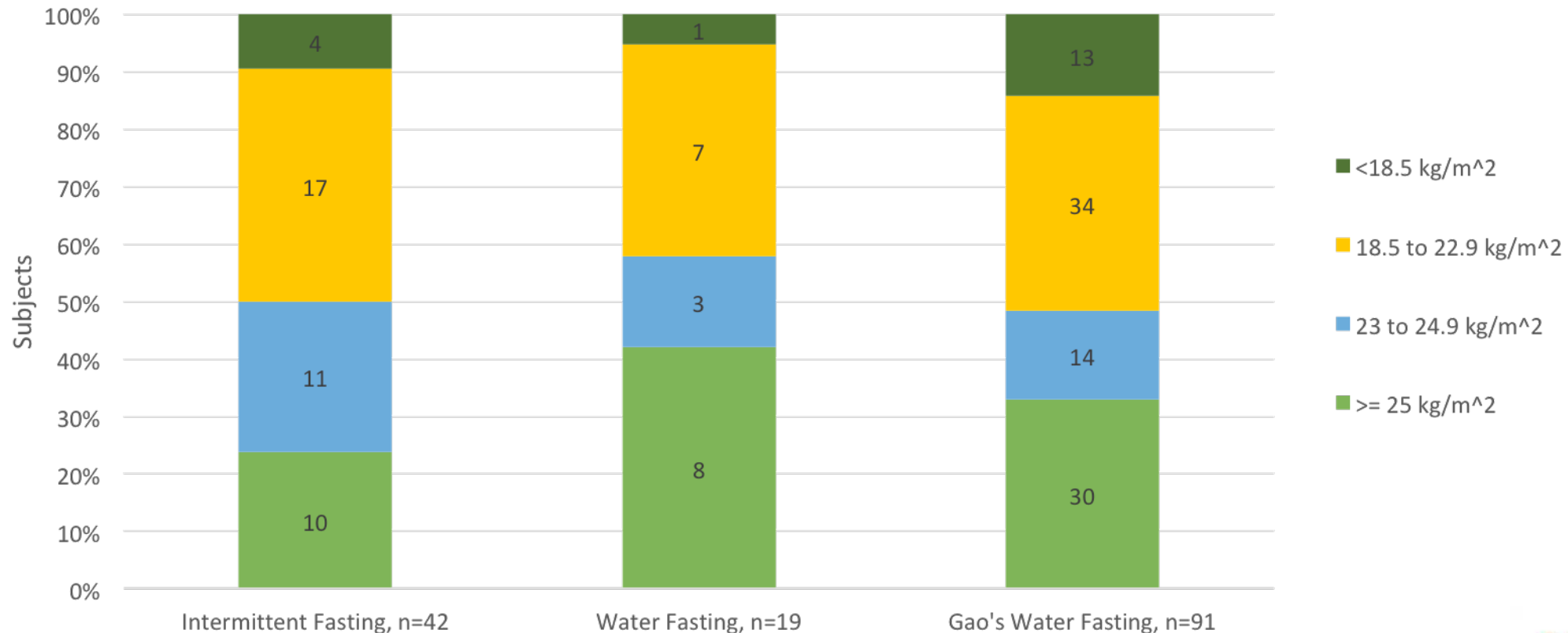
Underweight:  $<18.5 \text{ kg/m}^2$

Normal:  $18.5 \text{ to } 22.9 \text{ kg/m}^2$

Overweight:  $23 \text{ to } 24.9 \text{ kg/m}^2$

Obese:  $\geq 25 \text{ kg/m}^2$

\*Reference: Lim JU et al. Int J COPD 2017;12:2465-2475

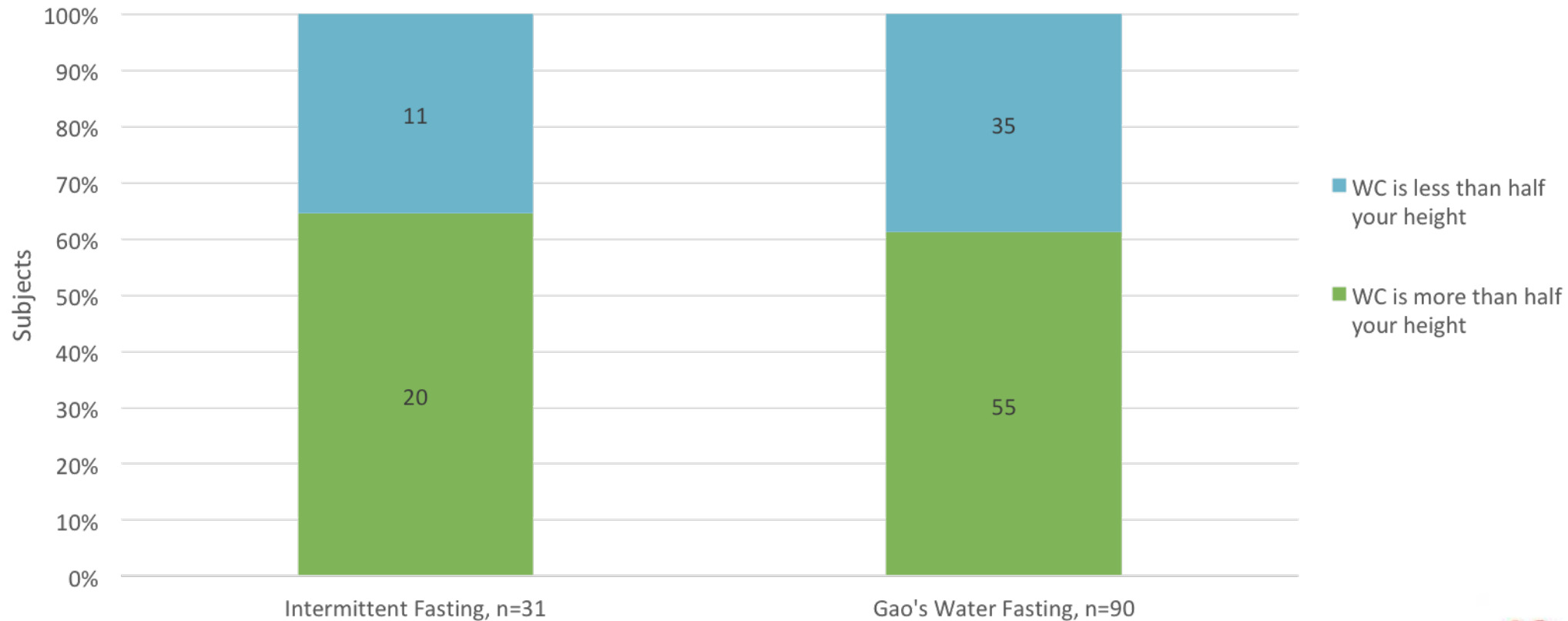


# Baseline Waist Circumference (WC)

Apr, May, Jun, Sept, Oct, 2019 Fasting Programs

A study reports the simple message "Keep your waist circumference to less than half your height".

\*Reference: PLoS One. 2014;9(9):e103483





# Blood Pressure Observations

## Intermittent Fasting

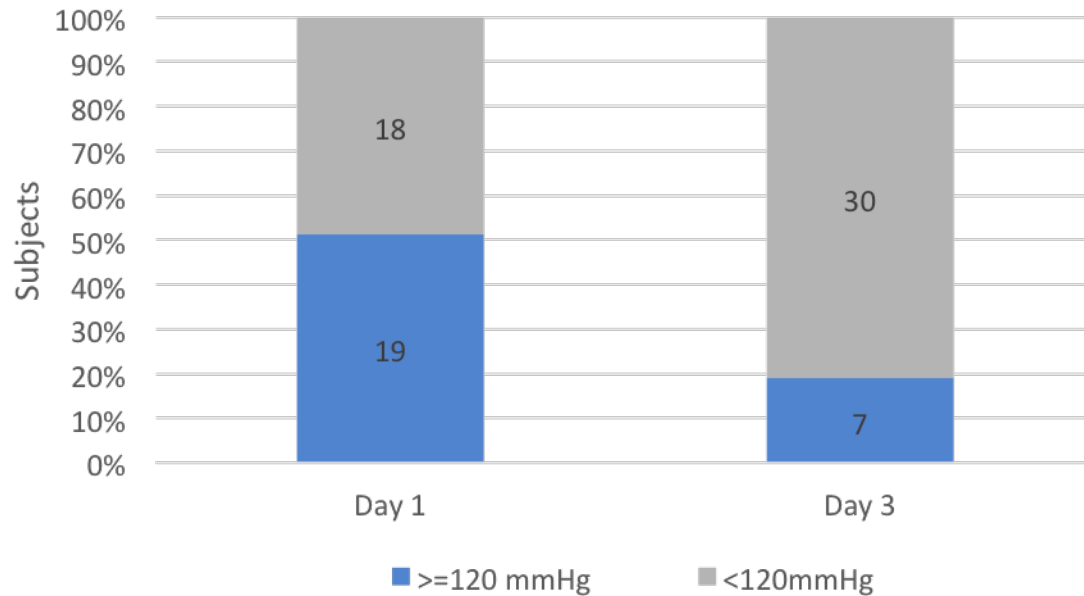
Normal Blood Pressure\*

SBP <120 mmHg

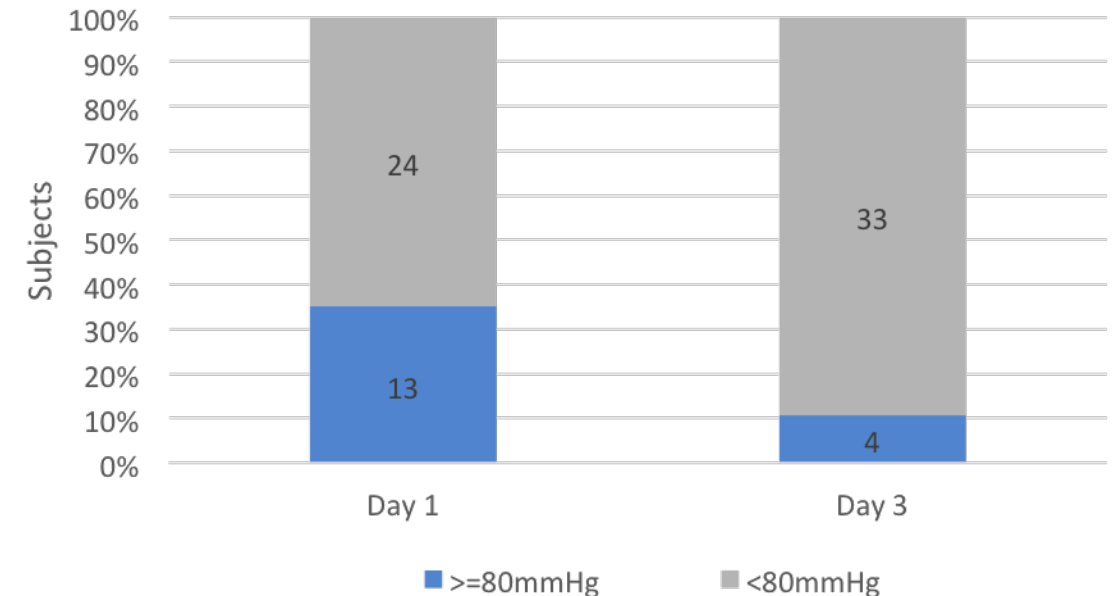
DBP <80 mmHg

\* Reference: 2019 ACC/AHA Guideline

Systolic Blood Pressure (SBP), n=37



Diastolic Blood Pressure (DBP), n=37



# Blood Pressure Observations

Water Fasting

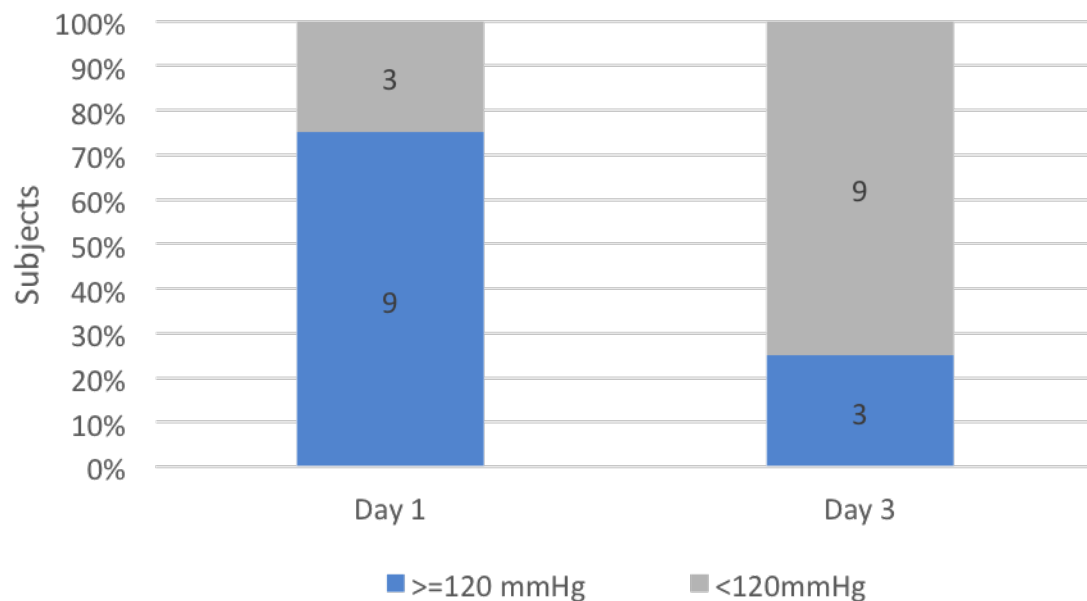
Normal Blood Pressure\*

SBP <120 mmHg

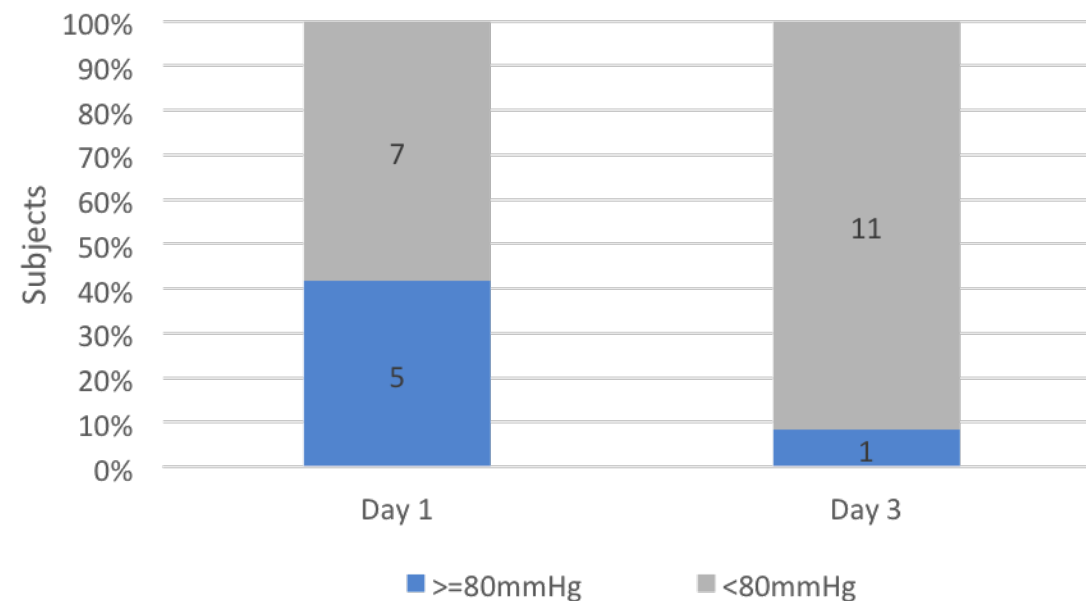
DBP <80 mmHg

\* Reference: 2019 ACC/AHA Guideline

Systolic Blood Pressure (SBP), n=12



Diastolic Blood Pressure (DBP), n=12



# Blood Pressure Observations

Gao's Water Fasting

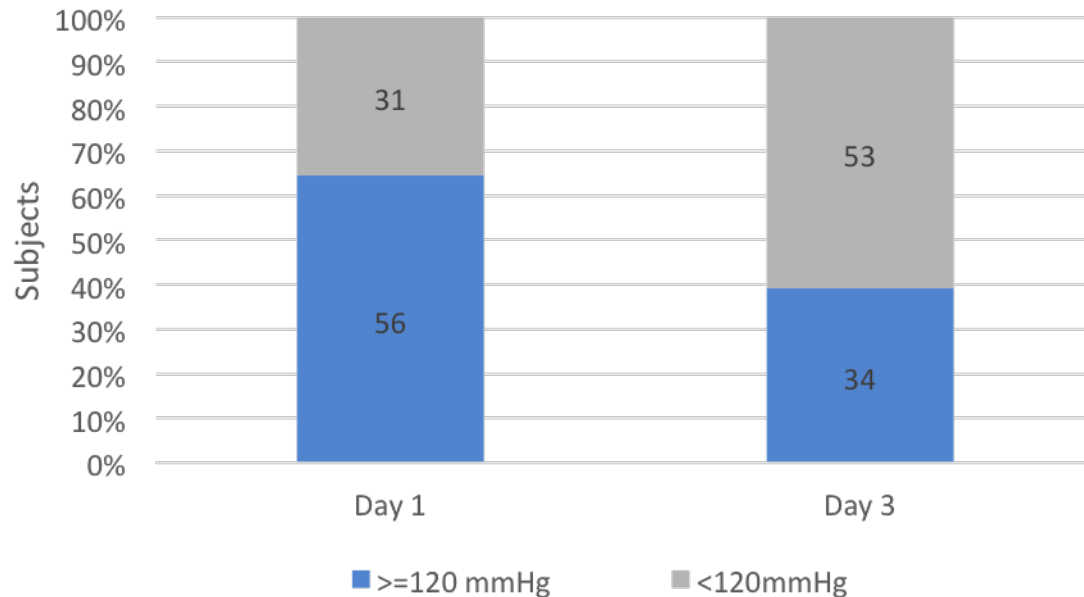
Normal Blood Pressure\*

SBP <120 mmHg

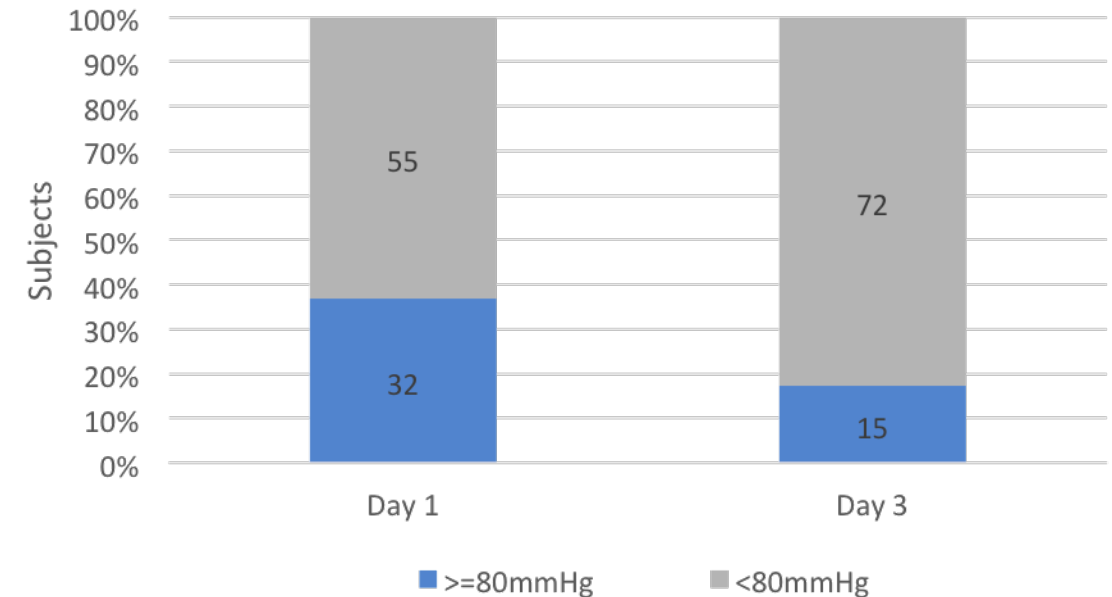
DBP <80 mmHg

\* Reference: 2019 ACC/AHA Guideline

Systolic Blood Pressure (SBP), n=87



Diastolic Blood Pressure (DBP), n=87



# Blood Sugar

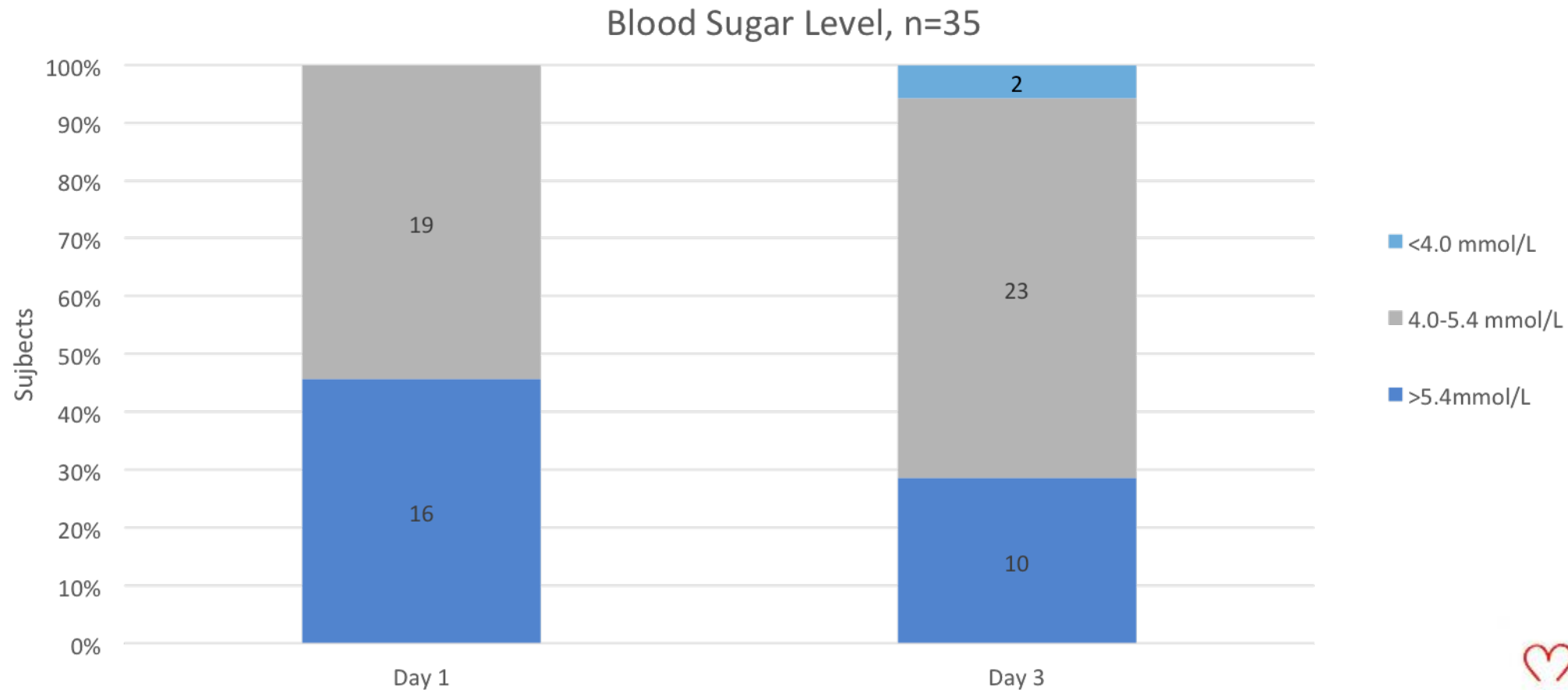
## Intermittent Fasting

Normal Blood Sugar Level\*

Between 4.0 – 5.4 mmol/L when fasting

Up to 7.8 mmol/L two (2) hours after eating

\* Reference: 2018 NICE Public Health Guideline





# Blood Sugar

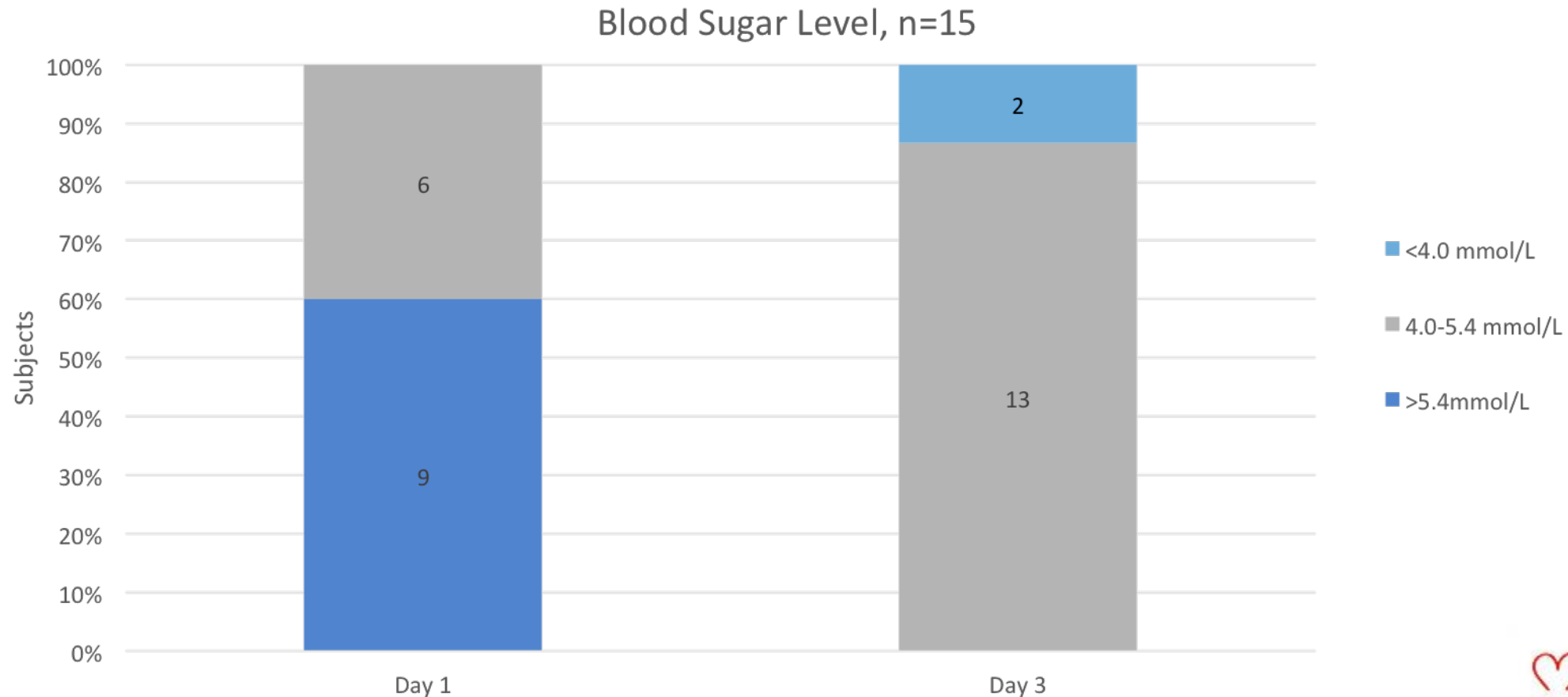
## Water Fasting

Normal Blood Sugar Level\*

Between 4.0 – 5.4 mmol/L when fasting

Up to 7.8 mmol/L two (2) hours after eating

\* Reference: 2018 NICE Public Health Guideline



# Blood Sugar

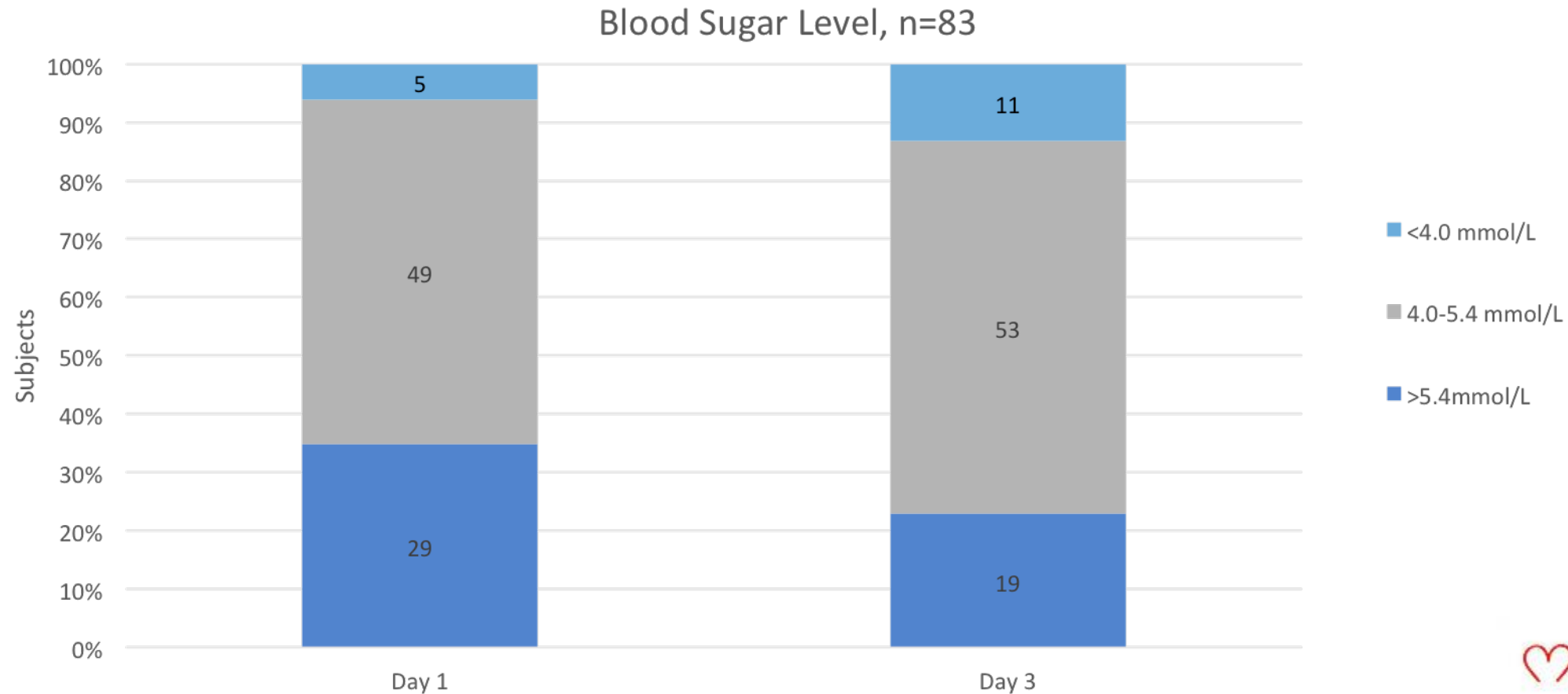
## Gao's Water Fasting

Normal Blood Sugar Level\*

Between 4.0 – 5.4 mmol/L when fasting

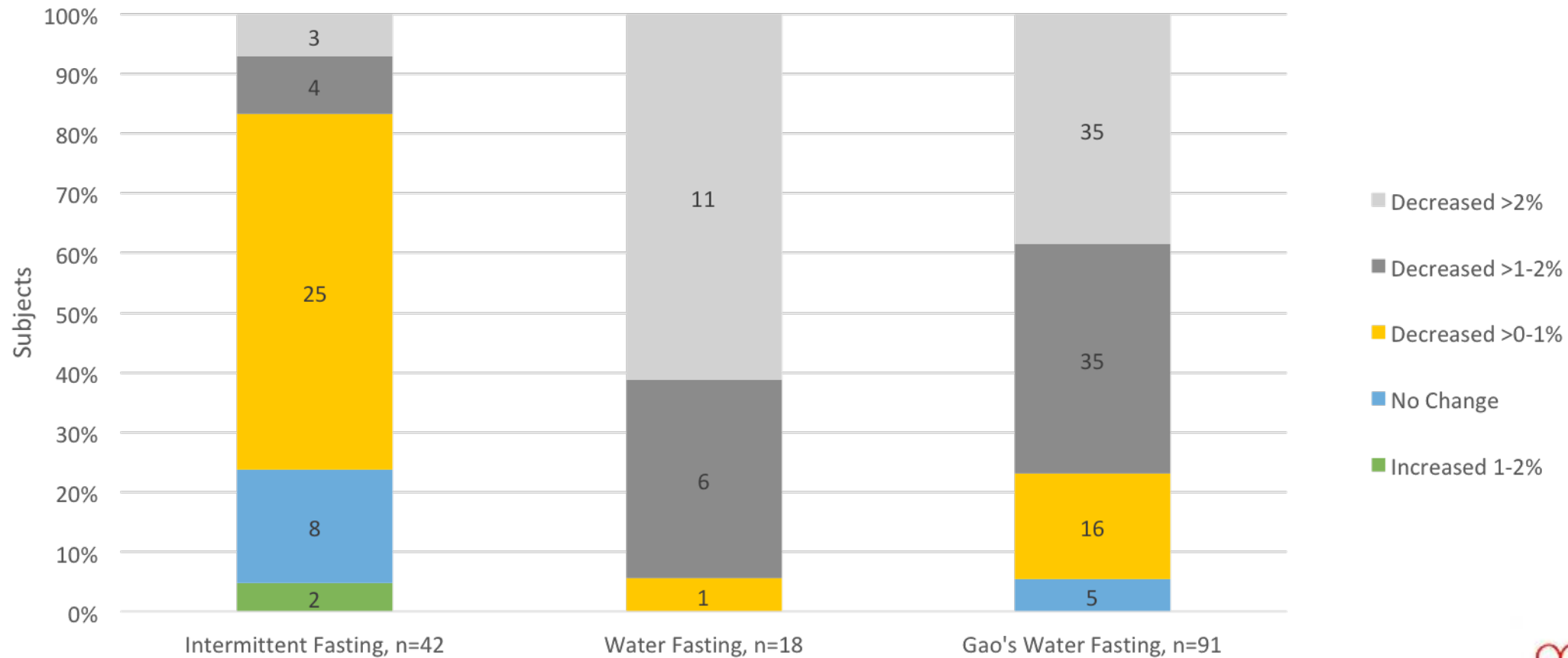
Up to 7.8 mmol/L two (2) hours after eating

\* Reference: 2018 NICE Public Health Guideline



# Changes in Body Weight

Day 3 versus Day 1





We are lutes, no more, no less. If the sound box is stuffed full of anything, no music.

*If the brain and the belly are burning clean with **fasting**, every moment a new song comes out of the fire.*

The fog clears, and a new energy makes you run up the steps in front of you....

~Rumi