

# FASTING

Society, and we see it most in our cities, whether intentional or not, aims to crush manhood by forcing us to conform and to depend on what they supply.

Life has never been easier if you live in a city.

You don't have to hunt for your food nor defend your land. You call the cops if something's wrong, you don't dare grab your gun and create your own justice.

As a guy who runs a business I think of things in terms of the market. The market determines what people think is important because this is where they spend their money. People work HARD for the dollars they earn, so what we spend it on is very important.

Most of society spends it on clothes, cars, and things. Vacations, watches, cigars, scotches, and so forth. Yes, if you read those last two, you'll see I'm critiquing myself as well.

We depend on things for brief moments of happiness.

This month, **the challenge is to not depend on one single thing for an entire day, each week**, and there are healthy benefits.

Fasting has been shown to give you a massive boost in growth hormone (GH), which acts like testosterone in that it helps you maintain lean muscle mass while burning fat.

Thus, the challenge this month is to have an entire full day fast, each week.

That is, no food.

Coffee, tea, water, they're all good. [Have your athletic greens in the morning](#) as well, but no food.

Are you up for it?

Ideally choose a weekend. Not sure how you're going to react, but the body can easily withstand a day without food, in fact, your energy levels should be fine if you hydrate properly.

So get at it!