

Master Faxiang Hou - 4 Day Water Fasting

Master Faxiang Hou – 4-Day Water Fasting with QiGong

Experience the Power of Water Fasting and QiGong to Detox, Heal, and Restore Vital Energy

Looking for a natural way to detox your body, reset your immune system, and boost your energy levels? Then join Master Faxiang Hou's 4-Day Water Fasting Program, a live online course taught via Zoom that combines the ancient wisdom of QiGong with the transformative power of water fasting.

Where Does the 4-Day Water Fasting Take Place?

You don't need to travel far to benefit from this fast. In fact, our 4-Day Water Fasting retreats are conducted live through Zoom, so you can join from anywhere in the world. Simply sign up and follow along from the comfort of your home.



What Is Water Fasting?

Water fasting is a method where participants consume only water for a set period to allow the body to rest, detox, and heal naturally. While some people fast for religious or weight loss reasons, the QiGong Research Society (QRS) offers a science-backed, spiritually integrated approach. As a result, this method is both effective and transformative.

This 4-day water fast focuses on deep detoxification, immune system reset, and Qi (life energy) cultivation.

Since 1995, Master Hou has guided students across the U.S. through these seasonal fasts. Consequently, many participants have overcome issues like:

- Addictions (smoking, alcohol)
- Allergies (food & environmental)
- Liver dysfunction
- Diabetes & high blood pressure
- Digestive problems
- Insomnia
- Chronic illness & “mystery diseases”

Why Join This QiGong Water Fast?

What sets this water fast apart is the integration of QiGong breathing and movement exercises. In addition to drinking only water, Master Hou teaches gentle, daily movements that support detoxification of each major organ. These exercises are:

- Easy and low-impact
- Designed to reduce fasting symptoms like headaches, fatigue, and pain
- Effective in keeping your Qi flowing and your energy levels balanced

These QiGong practices enhance both physical detox and spiritual awareness. Moreover, they ensure your experience remains positive and enriching.

How Does Fasting Enhance QiGong Practice?

Many beginners struggle to feel or connect with their Qi. However, during fasting, your senses heighten, your body becomes clearer, and energy channels open. As a result, students report experiencing:

- Stronger internal energy
- Increased body awareness
- Greater emotional clarity
- A deeper connection to life force energy (Qi)

Benefits of 4-Day Water Fasting with QiGong

- Full-body detox of organs, blood, and tissues
- Immune system reset and increased resistance to illness
- Clearer skin, flatter stomach, and improved digestion
- Better sleep and relief from fatigue
- Elimination of chronic inflammation
- Improved reproductive and sexual health
- Enhanced emotional stability and spiritual awareness

Many students experience weight loss. Nevertheless, more importantly, they gain mental clarity, emotional balance, and energetic vitality.

Medical Community's View on Water Fasting

Backed by both traditional Chinese medicine and modern science, water fasting has been proven to:

- Kill infections and early-stage cancer cells
- Delay Alzheimer's disease
- Cleanse the kidneys, bladder, and liver
- Improve cardiovascular health
- Reverse chronic conditions

Studies from institutions like Johns Hopkins University support these claims. Therefore, it's not just ancient wisdom—it's science-supported healing.

Why a Minimum of 4 Days?

It takes a minimum of 72 hours for major organs to fully release stored toxins. For example:

- After 10 hours: the body starts burning fat.
- After 24 hours: detox begins.
- After 48 hours: hunger subsides and detox accelerates.

Shorter fasts don't allow for full toxin elimination and can even re-circulate toxins. Thus, four days is essential.

Master Hou sometimes fasts for 5–7 days. Likewise, some students have completed water fasts up to 3 weeks, but the minimum safe and effective duration is 4 days.

How Often Should You Do a Water Fast?

The ideal schedule is 4 times per year. However, due to time constraints, the QiGong Research Society hosts fasts 3 times yearly:

- **January (Winter Fast)**
- **June (Summer Fast)**
- **October (Autumn Fast)**

These seasonal fasts align with Traditional Chinese Medicine principles. Specifically, they help organs detox based on the Five Elements. For example, the spring fast focuses on the liver, preparing your heart for the summer heat.

Can You Drink Tea During the 4-Day Water Fasting Program?

No. This is a pure water-only fast. Drinking anything else—even juice or vitamins—provides energy that halts detoxification.

- **Drink at least 4–5 bottles of spring water daily**
- **No vitamins, supplements, or juices**
- **Juice fasting does not enable deep detox**

Water fasting is a treatment that strengthens the body's natural healing system. In other words, it allows your body to heal itself.

Can You Work and Drive During the Fast?

Yes. Most people maintain their normal activities. In fact, many feel more focused and productive due to not spending time preparing and eating food. We recommend starting on Thursday, so only Friday is a workday during the fast.

Avoid intense workouts and sex to preserve Kidney energy. Instead, use the QiGong fasting exercises taught in class for gentle, effective movement.

What If You're Underweight?

Don't worry. Weight lost during the fast is usually temporary. Underweight individuals typically return to their ideal weight naturally after the fast. Furthermore, Master Hou will teach strategies to gain or maintain weight in a healthy way.

What If You Drink Caffeine Regularly?

Caffeine withdrawal may cause headaches during the first 1–2 days. This is normal and part of the cleansing process. Nevertheless, staying hydrated will ease symptoms.

How Do You Break the Fast?

Breaking the fast correctly is crucial. Once you reintroduce food, your organs stop detoxifying. Master Hou provides detailed instructions during class. Consequently, you will transition your body safely and effectively.

Can You Take Medications?

In general, you should avoid all food and pills during the fast. If you're on medication or have health conditions, consult with your doctor. Additionally, you may contact Master Hou's office for guidance.

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- **Water-only fasting retreat**
- **Traditional Chinese medicine fasting**
- **Online fasting course**
- **Fasting to boost Qi**
- **Natural healing and detox**

Join Master Hou's next QiGong Water Fasting retreat and experience transformation from within. Cleanse your body. Recharge your energy. Reconnect with your Qi.

Why a 4-Day Water-Only Fasting Program Is More Effective

This 4-Day Water Fasting program integrates QiGong exercises and mindfulness practices to enhance detox and rejuvenation. Unlike shorter fasts, this retreat allows complete organ cleansing, energy reset, and spiritual clarity.