

Healing Skies Conference 2019



Water Fasting: *healing the body, igniting the soul*

Dr. Ariel Jones ND, (Bsc.)

Biography:

Dr. Ariel Jones was born in Battleford, Saskatchewan and raised in Vancouver, BC. She is a licensed and practicing physician in British Columbia who works in general practice while holding water fasting and deep detox retreats internationally. While completing a residency internship at Hawaii Naturopathic Retreat Center, Dr. Jones was inspired and amazed by what intensive detox and water fasting can do for a patient's health outcome. Since 2014 Dr. Jones has focused on offering water fasting information to her medical community and retreats for the public. Dr. Jones is a Boucher Institute of Naturopathic Medicine graduate (2013) and a member in good standing of the College of Naturopathic Physicians of British Columbia, British Columbia Naturopathic Association and the Canadian Association of Naturopathic Doctors. She holds advanced certification in Acupuncture, Neuralprolotherapy, IV Therapy, Chelation and Pharmaceutical prescribing.

Presentation description:

What if the simplest way to heal was available at any time and found in every home?

Water fasting is an ancient medical treatment currently in use and being widely studied with significant and inspiring outcomes. Implementing water fasting in your practice is easier than you think. We will cover:

- The indications, benefits and physiology of water fasting, intermittent fasting, and ketosis
- Preliminary lab testing: which ones to do & why
- Preparation for an easy and effective fast
- During the fast: daily activities and physician monitoring guide
- Post Fast procedures: lab testing and follow up
- Patient handouts included as well as a Water Fasting Guide and product list

Water fasting is the most accessible treatment option, offering the deepest and most comprehensive results. It has changed my life and it can change yours and those of your patient's too.