

LISTENING

Fasting

Intro

Fasting is a common practice around the world. In many countries, people fast for religious reasons at certain times of the year. Fasting is used by some who believe that it improves their health. Doctors sometimes ask patients to fast before a medical procedure. And fasting might be used by people wanting to make a political statement.



Those people who fast for their health do it because they want to cleanse their bodies of toxins. They believe one can flush his or her system by only drinking fluids. It's not uncommon for people who are fasting to feel light-headed, but it doesn't last forever. And after they're done, they say they feel fantastic!

Jessica and Marni are discussing fasting. Are they going to give it a try? Find out in today's English lesson about not eating.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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