On the natural art of healing
through proper eating and fasting

STARVING THE FIRE



Jarek Growin

Edition III - EXTENDED (2026)

ABOUT THE AUTHOR

Do you know Jarek Growin? No? I've known him for several years, from every angle, and pretty damn well. He is irritatingly young for his accomplishments (co-founding the national payment processor Tpay.com with a friend while still in college) and outrageously healthy - especially considering he was diagnosed with diseases universally deemed incurable.

He champions natural methods that align with the signals sent by the body, which in this case means proper eating - consuming specific foods in the right way - and deliberate non-eating: fasting (both water and dry). Add to that taking proper care of teeth. Simple, effective, and permanently healing methods. Many people have already benefited from them, and you can too.

You might also ask: how did Jarek become so smart about health when he holds a Master of Science in Engineering? Well, he fell critically ill, decided to put up a fight, read hundreds of books and studies on the subject, and then designed a therapy that he tested on guinea pig number one: Jarek Growin. As a result, he cured himself, regained his health, stepped onto the path of naturopathy, and to this day refuses to be told that there are diseases that cannot be cured...

Mirosław Marek
historian, political scientist, and a guy who cured his diabetes, lowered his cholesterol, and minimized the effects of joint disease using the methods in this book

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Synthesized from peer-reviewed clinical research (primarily English-language publications, only a fraction of which have ever been translated into Polish), books by physicians and naturopaths, personal experimentation, and documented firsthand accounts of ordinary people who successfully, through natural methods, overcame modern chronic illnesses - including diabetes, allergies, rheumatism, hypertension, and even tumors.

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namely, among others:

rheumatoid arthritis (RA)
diabetes
atopic dermatitis (eczema)
hypertension
chronic sinusitis
excessively high cholesterol
long-standing, 'incurable' and non-operable
ankle and knee injuries

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Edition III - Extended. What's New?

Although the title remains unchanged and I am still the author of this book, its content has undergone a significant transformation. It has become fuller, more refined, and thereby even more valuable. These are not merely punctuation fixes; this is over 100 new pages packed with invaluable information and improved solutions that I initially outlined in the first edition. Although I could have spun this into an entirely new book, I chose to expand the existing work. I wanted it to be the most up-to-date compendium of knowledge at my disposal - a guide to support self-healing.

The content has been enriched with many previously missing elements and answers to questions sent in by the first several hundred readers. The chapter dedicated to dental care underwent the most substantial changes. In the first edition, in brief, I referred readers to a dentist on this matter - which contradicted the very idea of 'heal thyself' that I advocate. However, issues with my own fillings forced me to delve into the topic of tooth remineralization, which brought new, effective solutions. I added detailed information about the specific bacteria that must be eradicated to eliminate cavities - the very same bacteria that trigger rheumatoid arthritis. I also introduced the effective protocol of Dr. Ellie Phillips, which I tested on myself, along with a catalog of diseases linked to oral health issues.

Experience gathered since the publication of the first edition allowed me to supplement the book with new questions and answers. I added a description of the liver flush process, which proved helpful for many, at times just as effective as fasting. I expanded the chapter devoted to the treatment of chronic sinusitis.

Many readers ask about the ketogenic diet and whether it can be safely followed. After re-testing this diet and gathering the latest research, I expanded the book with more detailed information on the topic. Over time, my approach to daily diet has become more liberal - I believe it should evolve according to the body's current needs. Nevertheless, the fact remains that a ketogenic diet, much like prolonged water fasting or antibiotics, should be used with caution and only in specific circumstances.

Readers asked where the idea of fasting for RA treatment originated and who first developed it. I managed to track down the answer and added it to the water fasting chapter - the story of medical doctor Henry S. Tanner, who was the first to document on himself the successful cure of rheumatoid arthritis through a multi-day water fast.

I also expanded information on breaking and monitoring the fast, drawing upon the experience of clinical founders specializing in water fasting supervision, such as Dr. Alan Goldhamer of the TrueNorth Center in the US and Dr. Alec Burton of the Arcadia Health Centre in Australia. Together, they have guided over 60,000 [1, 2] people to recover from conditions deemed incurable by conventional medicine.

Finally, at the end, I added an entire section dedicated to all the information I possess regarding cancer treatment methods combining fasting, diet, and pharmacology, including the metabolic cancer therapy developed by Professor Thomas Seyfried.

I invite you to explore the most current knowledge I have been able to assemble, presented in this new edition.

Jarek Growin, M.Sc. Eng., biohacker, entrepreneur

[1] Burton Alec, Burton Nejla. "Interview with Drs. Alec and Nejla Burton." Health Science, May 2009, https://www.healthscience.org/interview-drs-alec-and-nejla-burton/ [accessed: 14.08.2024]

[2] Goldhamer Alan, TrueNorth Health Center. "Clinic Services." Health Promoting, https://www.healthpromoting.com/clinic-services [accessed: 19.08.2024].

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