

As we all know, India is a country with many different traditions, festivals and celebrations. Today was a festive day, Karva Chauth, on which married women do fasting for the long life of their husband. On that day they don't eat anything and don't drink anything, not even water. Only after seeing the moon in the evening they eat and drink.

Traditionally this day is being celebrated all over India. I also heard of two women who I know who are pregnant but still do this fasting. I feel it is very unhealthy and especially when you are pregnant. When you are expecting a baby, that little soul needs something. You should not ignore the necessity of this child. Not drinking even water can create difficult situations, especially in warm weather like now, because the body loses too much water.

The body is very flexible and you can do a lot of fasting without any health issues and many people do this. I am not against fasting but for me, fasting should be done in a healthy way. When you don't eat, you give a break to your system so that it has time to clean. But help your body by giving it water.

On this kind of celebration day women don't eat anything the whole day long and then, when they saw the moon, they make a celebration dinner and eat lots of fried things and a very big amount. This is not the meaning of healthy fasting! But what can I do, all over India this is going on, I am not thinking of changing anyone, even my mother does this fasting.

Just another small question: why doesn't man do this fasting on the same day for the long life of his wife? You know that I don't believe in tradition. For me it will be healthier if husband and wife both from their love and for their love promise to always eat healthy food together maybe with regular fasting, not only once a year. This will prolong your life, not by being hungry for someone.

I actually don't believe in anything supernatural. I believe in love and that the love inside you can heal you. Nothing else. Love is the only supernatural power and we all have it. You just need to open your heart and let it flow.

