

PRESS STATEMENT

SPIRITUAL FASTING SHOULD BE BANNED

It is unfortunate that **Catherine Mutuku Kibara, a 78-year-old Christian woman**, was found dead at her home in Nyayo Estate on Monday (**6th June 2022**) after a long spell of prayer and fasting which apparently started on May 18, 2022.

While fasting in Christianity and Islam is done primarily for spiritual purposes, it also has the potential to greatly affect one's physical health.

Food and water consumption are essential to human life. Our bodies need energy from food sources and hydration from water to function properly. The many systems in our bodies work optimally with a varied diet and adequate water intake daily.

Eliminating food and water intake for a significant period of time can have major negative effects on one's health, and even lead to death.

We ask the Government to BAN spiritual fasting in Kenya. The public should be sensitized on the health hazards of starving for prolonged periods.

We urge the Government regulate dangerous religious practices in Kenya.



Harrison Mumia,
President, Atheists In Kenya Society



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