



Health Considerations

If you'll be going on an extended fast, you should check with your family physician. What follows *is not meant to be a medical guide. Included here are some of practices, disciplines, and protocols for your consideration. If you are on medications or are diabetic, check with your doctor before fasting.* Many people have fasted extensively and have not injured their bodies. Fasting can be both healthy to your body and spirit. The following pre-fast schedule can help eliminate dizzy-spells, blackouts, and fatigue.

Fasting burns fat cells, which in turn releases toxins into the body. Unabsorbed toxins may cause one to be lightheaded, faint and/or dizzy. The following preparation goes a long way in removing the toxins from the body. The first 4 days are the worst. Once you get beyond that it is easier (not easy, *easier*). You will think clearly and feel refreshed.

1 week before Fast: Cut caffeine, alcohol, nicotine—any addictive substance—and limit sugar and greasy food intake. From a purely health perspective, many people have been healed from various addictions and abuses during a fast. Drink 10-12 glasses of water the week before the fast.

3 days before Fast:

- **Breakfast:** Bowl of oatmeal; large glass of water with fresh lemon; a glass of apple juice; a piece of fruit, water with lemon.
- **Snack:** Fresh juice (apple or carrot); water with lemon.
- **Lunch:** 9-grain vegetable sandwich (bell peppers, celery, zucchini, etc) with balsamic vinaigrette; water with lemon and cranberry juice; more fruit.
- **Snack:** Fresh juice (grape or organic V8).
- **Dinner:** Steamed vegetables or vegetable soup; water with lemon and grape juice; fruit salad (watermelon, apples, grapes, melons . . .).
- *Before you go to bed drink DETOX tea. (exercise during this phase will sweat out toxins).*

During the Fast: Continue for the first 4-5 days on the Detox tea (and juices, if you feel you need them) AND put lemon in the water. The acid in the lemon flushes the toxins out of your body. This will minimize the blackouts and dizziness. Some people have hot water, lemon and some honey each morning during the fast. It acts as a cleanser. One should not take vitamins while fasting; the body can't properly digest them without food.

Drink PLENTY of water while fasting (3/4 to 1 gallon of water a day). Keep it with you and sip on it throughout the day. Metro Mint water can be refreshing. There are few disciplines more beneficial to your body than a fast. It gives your digestive system a rest; it purifies the blood and colon. You will feel charged, clean and clear-headed.

Another option is juice fasting. Buy a good juicer and juice organic vegetables (carrots, beets, cabbage, etc) and organic fruit (apples, pineapple, grapes, etc.). People who have done this for 30 and 40 days claim it to be rewarding to both the health and spirit.

Ending the Fast: End the fast with more caution. The length of the fast determines the length of time one should take to get back to a normal diet. If one was on water only, then take a couple days of juices before moving forward. If one was on juices, then break it with vegetable soups and/broths, eventually fruit and vegetables. Take your time. Treat your stomach like a baby's. Do not eat anything that is hard to digest (i.e., pizza, meat, grains, dairy, etc.). Some recommend taking as much time coming off the fast as you were on the fast.