

FASTING PROTOCOL

Please consider this!

In order for you to be successful with fasting, you must be clear about your intention. Do not use fasting as a means of losing weight quickly. Do not use fasting to "cleanse" yourself and then return back to your old habits of eating. This will surely make you sick.

Fasting requires your full attention: body, mind and spirit. It should be taken as a practice, meaning an activity that you will do periodically for the rest of your life. So don't go about it punitively. It is not a punishment, but a blessing and therapy for your body, just as a massage or bathing is.

Fasting is abstaining from eating food. The purpose of fasting is to give the digestive system a rest. A full fast is abstaining from eating for at least one full 24 hour period. Modified fasting is abstaining from food for a shorter interval; abstaining from certain types of food or eating only liquid foods like juice or soup broths. Water, coffee and tea may be taken during a full fast as they are not considered food. Juice requires digestion so it is not taken during a full fast.

Begin slowly. Do not try and fast for a week or more than 3 days for the first time. Strive for 24 hours. 24 hours is not a long time in the scheme of things. You can do it!

You will notice many sensations during fasting. At first, the sensations of your digestive juices churning in anticipation of food because you have habituated your stomach to receiving food every few hours. This is the time to drink lemon water, herbal tea or the Master Cleanse drink. Your stomach will stop after a while. Don't give in to it. You may also feel light headed. Drink again and breathe. The light headed feeling is a sign that your five senses are clearing which is a good thing. You may feel irritable. This too will pass. Drink again and begin to journal your feelings. Take a walk in the park. Breathe. It is also a good idea to tell your loved ones that you are fasting so that they can support your efforts.

FASTING TIMELINE

Choose a date for the full fast (24 hours). A good idea is to choose the day of the month that is the same as your birthday. For example, if you are born on the 19th, then every month on the 19th will be your full fast day.

One week before the 19th, begin an elimination diet.

Day 7- eat as usual

Day 6- eliminate all refined carbohydrates (bread, pasta, corn, pastries, and cereal)

Day 5- eliminate all meat, including fish

Day 4- eliminate all fruit

Day 3 to 1- eat only vegetable soup

D-day: Take in only lemon water (hot or cool: room temperature), herbal tea or coffee (no sweetener)

After 24 hours-

Day 1- eat only vegetable soup

Day 2- adding fruit is okay

Day 3- adding fish and cooked veggies okay

Day 4- eating lean meat is okay

Day 5- eating complex carbs okay (rice, whole grain bread and pasta)

Strive to complete the 24 hour full fast for 6 months.

Notice how you feel. If you are ready, strive during month 7 to complete a 48 hour full fast. Your ultimate goal is the complete a 72 full fast every month. For life!

FASTING BEVERAGES

Water with the juice of one fresh lemon- hot or room temperature is best. Okay to drink cool during the summer months.

Herbal teas: Nettles, Lemon Balm, Green Tea and Hibiscus are nourishing and delicious! Drink as much as you like.

Master Cleanse- water, 1 teaspoon of Molasses or honey, 1/4 teaspoon of cayenne pepper powder.

Old African Proverb:

If you are not getting better than you are surely getting worse. For nothing stands still in the universe!

Know thyself. Heal thyself!