

## **Tips for Fasting**

### **Tip #2—Preparing Yourself Physically**

Fasting requires reasonable precautions. All participants should consult with a physician prior to fasting. – This is especially true for those currently under a physician's care, on medication, currently ill, or having a history of anorexia or bulimia.

If you have never fasted or your body is not accustomed to the practice, here are some guidelines to consider:

Before beginning a fast with juice only, eat smaller meals for the days leading up to the fast. Avoid high-fat and sugary foods. Gradually reduce your meals to two, then one meal per day before beginning an extended fast with juice only. These meals ideally should be raw fresh fruits and vegetables. Eating this way two days prior to beginning your fast will assist your body in preparation.

You may wish to make this preparation a part of your fast by beginning your consecration with a modified fast and gradually moving towards a juice fast for a selected number of days. In any case, you can always begin your fast with the removal of sweets, junk food, caffeine, carbonated drinks, secular television and reading materials.

Avoid eating heavy foods the day before you begin your fast. Try a simple meal of fruit, soup or steamed vegetables, especially before beginning a juice fast. Many have recommended making fruit the last meal.

While fasting, avoid drugs, even natural herbal drugs and homeopathic remedies. Medications of all kinds should be withdrawn from only with your physician's knowledge and supervision.

Try to avoid chewing gum and mints as they stimulate digestive action in your stomach.

Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy.

The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. If using freshly squeezed juices or juices from a juicer, dilute juice in 50% distilled water if the fruit is acid. If you cannot do your own juicing, buy juices without sugar or additives.

In cold weather, you may enjoy warm vegetable broth: Boil potatoes, celery, and carrots with no salt. After boiling about half an hour, pour the water into a container and drink it hot.

Herbal tea with a drop of honey may also be helpful on some days. Avoid black tea or any tea with caffeine. Avoid all coffees even decaffeinated.

Take short prayer walks daily. This will assist with circulation and will help to relieve stress.

Expect and prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.

Expect some physical discomforts, especially on the second day of any type of fast. You may have fleeting hunger pains, dizziness, or the “blahs.” Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleepiness.

Retire to bed early when possible and/or take power naps, as you are able.

Drink plenty of water—distilled water is preferred.

The first two or three days of a fast are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

If you are attempting to complete a 21-day juice fast and are concerned that you physically can not continue, continue with a modified fast of fruits vegetables and whole grain foods. If you have any questions about your health during your fast, contact your physician.

**(Information taken from 7 Basic Steps to Successful Fasting and Prayer, by Bill Bright and Fasting for Spiritual Breakthrough, by Elmer Towns).**