

CLINICAL WATER FASTING PROTOCOL

The Healing Garden of Destiny: Metabolic & Structural Reset

CRITICAL SAFETY NOTICE: This protocol is for educational purposes only. You **MUST** consult with your primary healthcare provider before beginning any fast, especially if you are on medication, pregnant, or have a pre-existing medical condition. Fasting is a powerful metabolic intervention.

The Three Requirements of a Safe Fast

- 1. The Electrolyte Buffer:** Do not drink "naked" water. You must add Trace Minerals/Sea Salt (Sodium) and Potassium to your water to prevent electrical imbalance and muscle cramping.
- 2. Nervous System Support:** Fasting can trigger a stress response. Perform the **Vagus Nerve Reset** twice daily to keep the body in "Repair Mode."
- 3. The Break-Fast:** How you end the fast is as important as the fast itself. Start with bone broth or fermented vegetables to gently "wake up" the digestive engine.

24-72 Hour Fasting Tracker

Time Marker	Mineral Water Intake	Vagus Reset Done?	Energy (1-10)	Hunger (1-10)
Hour 12	<input type="checkbox"/>	<input type="checkbox"/>		
Hour 24	<input type="checkbox"/>	<input type="checkbox"/>		
Hour 36	<input type="checkbox"/>	<input type="checkbox"/>		
Hour 48	<input type="checkbox"/>	<input type="checkbox"/>		
Hour 60	<input type="checkbox"/>	<input type="checkbox"/>		
Hour 72	<input type="checkbox"/>	<input type="checkbox"/>		

Post-Fast Transition

Day 1 Post-Fast: Bone Broth, soft-boiled eggs, or cooked vegetables. Avoid refined carbs and sugars, as your insulin sensitivity will be at its peak.

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"Be water like the wind — move with heart and honor your rhythm."