



A Brown Rice Fast

Soothing, calming, and warming, a great fast to perform and ultimately enjoy.

A brown rice fast is actually an ancient practice dating back thousands of years. While it is a milder form of fasting, it offers the same benefits all fasting methods offer and has its own unique advantages. A brown rice fast is a gentler method of fasting and can be very soothing and can be more stabilizing than other types of fasts. Brown rice is a complex carbohydrate, metabolizing and delivering energy-giving sugars slowly, over time.

Fasting in cold climates or in the winter can be made easier and more comfortable if done with brown rice, as it is more warming than other types of fasts. While you will detox, and potentially show some symptoms, they will be milder and more comfortable than experienced in other fasts.

The founder of the macrobiotic diet system, George Ohsawa, proposed a strict brown rice diet as a cleansing regimen for the sick. A later proponent of the macrobiotic diet, Michio Kushi, claimed that a strict brown rice diet conferred spiritual enlightenment on the adherent. It is interesting to note that brown rice is considered by many Asians to be the "perfect" food, as they believe it to have a perfect balance of yin and yang energies. Annemarie Colbin, in her book *Food and Healing*, reports good results from a brown rice fast in those coming off of sugar and recreational drugs. She suggests, however, balancing the more acidic rice with alkaline foods, such as seaweed or miso.

Soaking grains for the best nutritional value

Our modern methods of cooking grains are insufficient at making the nutrients bioavailable to us. The newest research is showing that most grains really should be soaked or fermented before cooking. In grains, this soak is shown to improve nutritional value and benefits.

Tips for a brown rice fast:

- Plan on eating 3-6 cups of cooked Lundberg® Organic Short Grain Brown Rice per day, keeping to moderation as much as possible.
- Place the 3 cups of uncooked rice in a large bowl and run water through the rice, removing sediment and cleaning it. Rinse several times.
- For easier digestibility and greater nutrients, soak brown rice overnight prior to or for at least 3 hours before cooking. Soak 3 cups of uncooked brown rice in 6 cups of water. Use this soaking water for cooking water in your rice cooker.
- Add a bit of sea salt to your uncooked brown rice prior to cooking. You can also add a strip of sea vegetable (found at Whole Foods in dried, prepackaged form. I suggest utilizing the seaweed Kombu) to your cooking rice or a small amount of miso or Braggs Liquid Amino Acid to the cooked rice for the same effect.
- Once your rice is cooked, resist the temptation to reheat it in the microwave, but instead, steam it with a vegetable steamer on the stove top, or in a lidded skillet on low with a little added water or, you can always just eat it room temperature.

For all fasts:

- **Preparation** - Prepare for a fast by eating fewer and lighter meals for a couple days prior. The length of preparation is based on the intensity and length of your planned fast. The longer and/or more intense the fast, the more days of preparation you should make. For a one day fast, you can just eat a light dinner the night before.

If you drink caffeinated beverages, wean yourself off prior to your fast to avoid the withdrawal headache.

- **Water** - Drink at least 2 quarts of water. Fresh squeezed lemon may be added to your water, as it not only imparts a bit of flavor, but will contribute beneficial living enzymes.
- **Activity** - Plan for a light workload during a fast. Don't overdo. Moderate exercise is ok, even helpful, but save the more strenuous workouts for another time. Walking and yoga are particularly well-suited to fasting.
- **Help your body detox** - Take time to do breathing exercises to help you shed toxins and oxygenate your blood, as well as dry skin brushing to enhance the body's ability to detox through both the skin and the lymphatic system.
- **Rest** - Get plenty of rest and allow yourself naps during the day if you ever feel the need.
- **Breaking the fast** - Coming off a fast requires special attention as well. Do so slowly, easing back into regular foods. The length and intensity of the fast performed will dictate how many days you take to re-acclimate your body to regular eating. For a 3-day fast, 1 or 1 1/2 days of transition is good.
- **After the fast** - Pay attention to the subtle signals from your body as they can guide you to the foods most appropriate for your needs.



Lorraine D'Aversa, MFT

Life, Wellness and Sports Performance Coach and Collegiate Recruiting Consultant
Lorraine@AttainYourVision.com 609-502-0880