

## **Struggling with Fasting**

### **Still Struggling with Fasting? Fed Up that you can't seem to do it?**

Are you still finding it hard to fast? Feeling weak or hungry while fasting? Not feeling motivated? Just don't feel like fasting at all?

Trust me we've been there. It's important to remember that a "Fasting Lifestyle" doesn't just happen overnight. It may take some time for some of you.

Think of fasting like a muscle....

You have to flex your muscles in order for them to grow and strengthen, likewise you we must flex our fasting muscle, by doing it repeatedly enough, in order for that fasting muscle to become easier and stronger.

So don't give up or lose hope yet, if you still haven't been successful in fasting yet.

You can do this!

### **Here are some helpful tips for a successful fast:**

#### **1. Remember to fast from dinner to dinner or from sundown to sundown (whichever one is easiest for you and your family).**

- When your trying to fast breakfast, lunch, and dinner, you're going to crash. While you're sleeping, you're already fasting, like this you're only skipping 2 meals a day instead of 3. Remember the biblical day begins at sundown, so it's always easier to go with Yehovah's circadian rhythm (the Hebrew Day) and not the Gregorian time schedule.

#### **2. Make sure you're drinking enough water and electrolytes before your fast.**

- Throughout the day leading up to the time you begin the fast, make sure you're drinking enough water and electrolytes. Women should be drinking at least 92 oz. (11.5 cups) of water a day and men 124 oz. (15.5 cups) a day, and that's just the minimum suggested by the National Academies of Sciences, Engineering, and Medicine. Optimally you should be shooting for a least 1 gallon of water a day, it sound like a lot of water, but yes your body can handle this much water, if not more according to your weight.
- As for electrolytes, if you are on a "Hight Carb Diet", you should only be consuming about ¼ teaspoon of salt per day, because you will retain more water. If you are on a "Low Carb Diet on the other hand, you should be consuming about at least 1 teaspoon a day. By salt I'm not talking about that toxic white salt which is ultra refined and iodized, I'm talking about real Sea Salt (with no added ingredients or additives), Pink Himalayan Salt (with no added ingredients or additives), Grey Celtic Salt, or Redmond Real Salt.

### **3. Make sure you're not eating processed and junk food, salty, sugary foods, or caffeine on the day before your fast.**

- Processed foods are filled with salt, sugar and chemicals that will only hinder your fast.
- Salty foods will only make you more thirsty during your fast.
- While sugary foods will make you more hungry the next day, leave you with a low blood sugar or leave you with lower quality of sleep that night. The addictive nature of sugar, will also leave you with sugar withdrawals, which can lead to headaches, fatigue, chills and more.
- Caffeine is a diuretic and will cause you to lose most of the water you're consuming that day. The addictive nature of caffeine, will also leave you with caffeine withdrawals which can lead to headaches and other symptoms.

### **4. Make sure you're getting a good night's sleep every night.**

- You should be getting in 7-8 hours of sleep every night and going to bed preferably no later than 11:00 pm. every night. For optimal health and healing you should be in bed no later than 10:00 pm, as the body's optimal healing time during sleep is between the hours of 10:00 pm. - 2:00 am. So try your best to at least have uninterrupted sleep between 10 pm-2 am.
- Sleep regulates your leptin and ghrelin levels. Leptin tells you when you're full. Ghrelin tells you when you're hungry. If you don't get enough sleep, your body starts producing more ghrelin and less leptin.
- Therefore, if you don't get enough sleep it raises your ghrelin levels. Ghrelin is known as the hunger hormone, it tells your brain when you are hungry or when it wants more food. So if you're not getting in a good night's rest, you are more likely to have more cravings the next day.
- Less sleep also produces less leptin which tells your body when you are full.

### **5. Take it easy on the day of your fast**

- Don't over-exert yourself with exercise.
- If you're still new to fasting, try not to exercise on your fast day.
- Once you've become adapted to fasting, you'll be able to handle exercising while on a fasted state.

### **6. Use your hunger or cravings as prompts for prayer and worship.**

- When you face hunger or craving, don't turn to your fridge or pantry, instead turn to prayer and ask the Father to help and guide you through your hunger and temptation.
- Focus on praying for others, and get the attention off of yourself.
- If you're really struggling, take time to crank up some worship music, and just get lost in worshipping Yehovah.
- Read your bible. If you're too weak to read from fasting, then listen to an audio bible.
- And if you're really struggling and very weak and are able to, take it easy by laying down and spending time the Father. Take a nap and ask the Father to speak to you in dreams and visions.

**7. If after trying all these suggestions you're still struggling with your fast. Then it might be time to re-evaluate your diet.**

This week, whether you're struggling with your fasting or not, we encourage you all to watch Fed Up.

**Fed Up (Documentary)**

Fed Up blows the lid off everything we thought we knew about food and exercise, revealing a 30-year campaign by the food industry-aided by the U.S. government-to mislead and confuse the American public.

**Where to Watch:**

- **Amazon:** [https://www.amazon.com/Fed-Up-Katie-Couric/dp/B00MRHF9LE/ref=sr\\_1\\_1?crid=J0W8ECPI8IG9&keywords=fed+up+documentary&qid=1675743769&srefix=Fed+Up+do%2Caps%2C125&sr=8-1](https://www.amazon.com/Fed-Up-Katie-Couric/dp/B00MRHF9LE/ref=sr_1_1?crid=J0W8ECPI8IG9&keywords=fed+up+documentary&qid=1675743769&srefix=Fed+Up+do%2Caps%2C125&sr=8-1)
- **Youtube:** <https://www.youtube.com/watch?v=ceRFvhlcsiY>