

## Yom Kippur Fasting Tips

### Easy Fast in Seven Steps:

How to make fasting for 25 hours on Yom Kippur easier.

<https://www.youtube.com/watch?v=DX5-QnLraTA>

#### 1. Reduce Caffeine Intake Early

1. Nausea and headaches are often the result of caffeine withdrawal.
2. Reduce caffeine intake in the days leading up to Yom Kippur.
3. Stop caffeine altogether 24 hours before the fast.
4. *If you are not a caffeine consumer then it can simply be the body eliminating toxins.*

#### 2. Pace Yourself

1. The morning before Yom Kippur, start with a large breakfast - cereals, breads and fruits.
2. Eat a moderate lunch, early enough so that you'll have an appetite for the final meal before the fast.
3. Start the final meal at least an hour before the fast begins so there's no rush to eat quickly.

#### 3. Avoid Thirst-Inducing Foods

1. Chocolate, tea, cola and coffee should be avoided, since caffeine has diuretic effects when consumed in large amounts.
2. Avoid salty foods as they cause thirst. So stay clear of pickles, cold cuts, cheese, canned fish, brisket, canned soups and smoked fish. *If making soup at home, keep the salt you add to a minimum.*
3. Fresh fish and poached chicken are good alternatives.

#### 4. Carbs Over Protein

1. The final meal should be heavy on carbs and low-salt foods like pasta, potatoes, rice and bread, and a small amount of protein.
2. *You can also have a high carb soups that contain starchy legumes or vegetables like, red lentils or butternut squash.*
3. These carbs bond with water which your body can "drink" when it needs to during the fast.
4. Minimize salads and other high-fiber foods, since they travel quickly through the digestive system and don't provide long-term satiation.

## **5. Super-Hydrate**

1. Starting 24 hours before the fast, drink one cup of water every hour. Preferably Pure H<sub>2</sub>O (Distilled Water or Reverse Osmosis Water).
2. Throughout the day, munch on water-rich foods like melon and grapes.
3. At the final meal, drink a few glasses because many foods need extra water to be digested properly.
4. Finally, drink a cup of warm water to put a smooth finish on your pre-fast prep.

## **6. Mental Discipline**

1. A large part of successful fasting is in the mind. Thinking about food makes your body prepare itself metabolically, causing the sensation of hunger.
2. The more you immerse yourself in prayer and *teshuvah* (repentance), the less you'll think about food.
3. Smelling spices like cinnamon and cloves are a quick pick-me-up if you're feeling weak, and can create a brain sensation of satisfaction.

## **7. Break the Fast Wisely**

1. Break your fast with 1-4 glasses of water.
2. Don't eat too quickly at the break-fast meal.
3. Begin with fruit or a glass of juice. These put sugar into the bloodstream, filling the stomach and discouraging you from eating too rapidly.
4. Avoid pastries and sugary drinks.
5. To prevent overeating, eat one portion and then take a break of 30 minutes.

**Have an easier and meaningful fast!**