

10 Tips to Make Your Fast Easier & Less Challenging

1. Pray, Worship & Meditate

- It should go without saying, fasting and prayer go hand and hand.
- Spend time in Praise & Worship (especially when you get hungry or tempted to eat)
- Spend time reading the Bible and meditating on His Word.

2. Negativity & Stress

- Try your best to avoid negative people, gossipers, complainers
- Try your best to avoid stress or stressful situations.
- Learn to say NO.

3. Stay Active

- Walk around the house
- Go out for a walk in nature or try some rebounding (especially when you're feeling hungry or tired - you'll be amazed how energizing a little activity can be on a fast).
- Don't over exert yourself. Light exercise is okay, yet nothing strenuous.

4. Limit your Media

- Don't watch Television. Watching food on your favorite shows or commercials, will only tempt you, give you cravings, and hunger pangs.
- Try to spend less time Online. Online and social media food ads will only do the same.

5. Avoid these Foods:

- Food that isn't Organic or Non-GMO (hormones, antibiotics, toxins and chemicals will only leave you feeling sluggish and hungry)
- Tap water or bottled water in cheap plastic that isn't BPA-free
- Sugar / Sugary or sweet drinks / Artificial Sweeteners (Pure Stevia is okay)
- Try your best to avoid or limit fruit (fruit contains sugar and will increase appetite)
- Simple carbs (white bread, white potatoes, white rice, processed foods)
- Fried foods, Processed Foods, Deli Meats and Deli Cheeses
- Stay away from Allergens. Foods that you are allergic to or Food Sensitivities

6. Eat Clean:

- Eat Organic & Non-GMO
- Clean Meats (Lev. 11)
- Complex Carbs (Leafy Greens and Vegetables)
- Drink homemade pastured chicken bone broth or grass-fed beef bone broth.
- Consume plenty of healthy fats with the meals you do eat (grass-fed butter, coconut oil, avocado oil, extra virgin olive oil)

7. Drink plenty of clean distilled water:

- Drink at least 16 oz of water first thing in the morning.
 - Fires up the metabolism.
 - Helps your body flush out toxins.
 - Your brain tissue is 75% water. When you're not properly hydrated, your brain operates on less fuel, and you can feel drained, or experience fatigue or mood fluctuations.
 - You'll feel fuller and eat less.
- Drink at least ½ your body weight in ounces daily.
- Try drinking 1 cup of warm salt water or lemon water first thing in the morning.

8. Supplementation:

- Maintain your mineral levels (Magnesium, Potassium and Sodium).
- Instead of breakfast, try having a hot or warm cup of salt water. Stir in ¼ tsp. Celtic Salt or Pink Himalayan Salt into 8 oz. of hot water, and sip it. (just make sure your salt is pure with no additives or preservatives).
- When feeling weak or hungry just dab a little bit of salt (read above) on your tongue and drink some water
- Soak & Relax in a Warm Epsom bath.

9. Rest & Sleep:

- Rest as much as possible if you can.
- At least 8 hours of sleep every night.
- Try going to bed no later than 10-11 pm. The hours between 10pm - 2 am are considered the body's optimal healing time.
- Lack of sleep or not enough sleep will increase ghrelin (the hunger hormone), thereby increasing hunger and cravings.

10. Download a Fasting App:

- Fasting apps help keep you accountable, while suggesting daily and weekly plans to follow, track your weight, progress and more.
- Our most recommended is Zero fasting app.