

## 3 DAY FAST RECOMMENDED GUIDELINES

Fasting is an effective and safe method of detoxifying the body. The body needs periodic rest from the chemicals and toxins

that are present in the air we breathe, the food we eat, and stress of everyday living. Fasting is not starvation, but a way to help the body to heal faster, give your organs a rest, clean your liver and kidneys, purify your blood, cleanse the breath, and lose excess water. A 3 Day fast helps the body build high levels of Prana or Vital Energy.

### Pre-Fasting Protocol

- Gradually rid the body of animal products, dairy, nuts, caffeine, refined sugar, and alcohol ONE WEEK prior to fast.
- Eat only raw foods or steamed veggies for TWO days before starting the fast.
- Eliminate any processed grains, breads, and carbohydrates TWO days before.
- Clear your schedule of any demands or social engagements.
- Receive approval from your doctor if you have any health concerns.
- Buy all the fruit/vegetable juices and herbal teas needed before you begin.

### Fasting

- The led fast will begin Friday May 19<sup>th</sup> and go through Sunday May 21<sup>st</sup>
- We recommend a Juice Fast accompanied by Herbal Teas and Distilled Water. If you do not have a juicer you can buy glass bottled juice. You may also add a green powder to Juice for added vitamins and minerals.
- Dry brush with self massage
- Scraping the Tongue
- Gentle Yoga and Pranayama
- Enema or colon cleanse

Recommended juice combinations: (diluted with distilled water)

AM- Fruit Juice (Citrus fruits are not recommended due to their high levels of acidity)

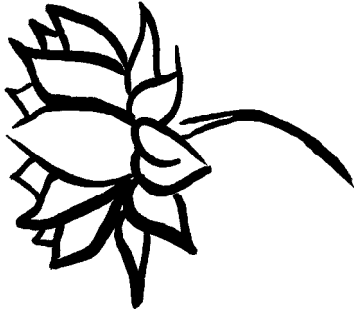
Noon- Vegetable

PM- Vegetable

Herbal Teas:

Detox or Fasting Tea by YOGI Tea Company

Mustard seed also carries a blend called Nutri-tea and Daily detox



#### Distilled Water:

Distilled water is pure water, which means that it is a compound of two parts hydrogen and one part oxygen.

#### Post-fast Protocol

This is probably the greatest challenge of your fast. The temptation to begin eating normally as soon as the fast ends is huge. As you begin to start eating again, resist the temptation to pig-out. The work that you just completed on your body is enormous. Slowly acquaint your body back to normal food over a period of days.

- Eat only raw food or steamed veggies two days post fasting.
- Gradually add in cooked grains, animal products, nuts and dairy.
- Your diet should consist of 75% fruits and vegetables for up to one week
- Continue to bring awareness to eating slow with no excess stimuli.
- Bowel movements should come back to normal within a few days.