

Chapter 5 Part 1:

How to Start Fasting

(Step by Step)

If you've never fasted before, the idea of going without food might seem intimidating. The good news? Your body already knows how to fast—you do it every night when you sleep. The trick is learning to extend that fasting period in a way that works for your lifestyle.

Here's a step-by-step guide to get started:

Step 1: Choose a Fasting Method

Start with Intermittent Fasting (IF) before jumping into extended fasts. Here's a beginner-friendly approach:

1. 12-Hour Fast (Easy Start): Eat between 8 AM and 8 PM, then fast overnight.
2. 16:8 Fast (Next Level): Eat between 12 PM and 8 PM. Skip breakfast.
3. 18:6 Fast (More Effective): Eat between 2 PM and 8 PM.
4. 24-Hour Fast (Once a Week): Try skipping meals one day per week.

If you're comfortable with intermittent fasting, you can experiment with longer fasts for deeper healing (24-72 hours).

Step 2: Drink Plenty of Water

Most hunger pangs are actually thirst in disguise. Staying hydrated makes fasting easier. Aim for 2-3 liters (half a gallon) per day.

What's allowed during fasting?

- ☐ Water (plain or mineral)
- ☐ Black coffee (no sugar, no cream)
- ☐ Tea (herbal or green, no sweeteners)
- ☐ Electrolytes (optional, but helpful)

What breaks a fast?

- ☐ Any calories (juice, soda, milk, snacks)
- ☐ Artificial sweeteners (spike insulin).