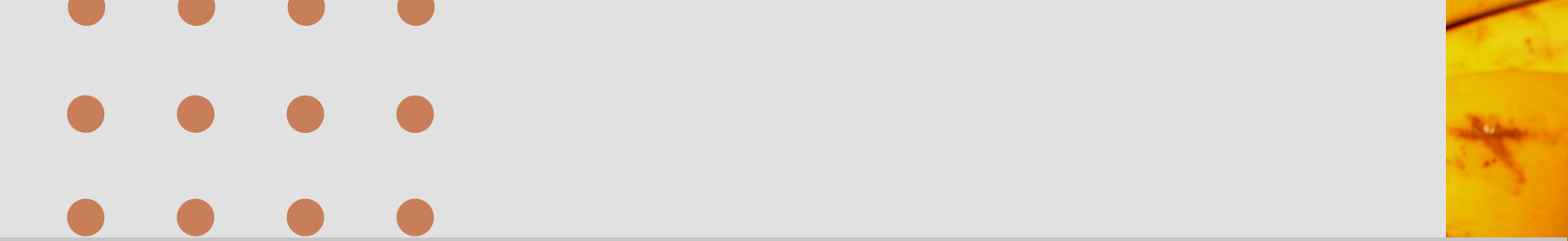


HEALTHY FASTING GUIDE



Presented by Ariel Perry



1 Cor. 6:19-20

19 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own;

20 you were bought at a price. Therefore honor God with your body.

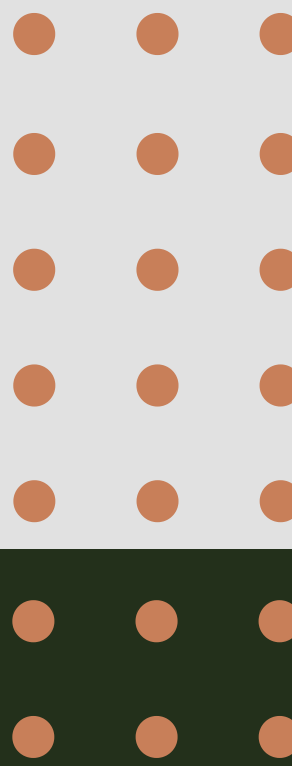


HEALTH CONSIDERATIONS WHEN FASTING

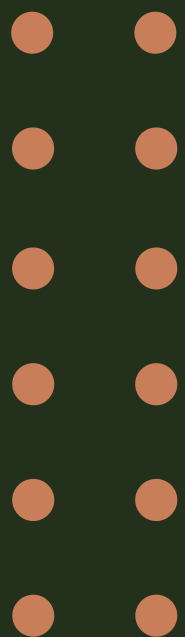
Although we are fasting, it is important that we do so in a way that is safe.

- The primary consideration is balanced nutrient intake. When fasting, we are not just omitting foods, but the nutrients that we gain from them.
- It is important to get adequate sources of both macronutrients and micronutrients

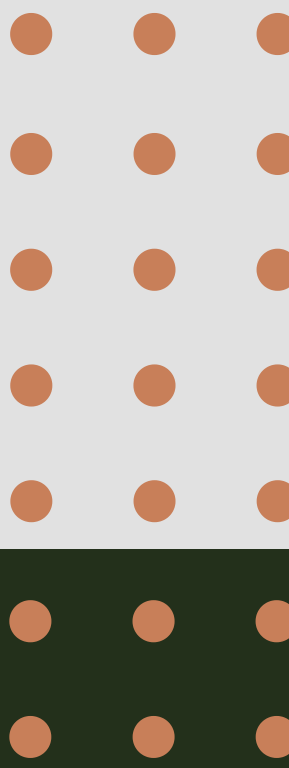
HEALTH CONSIDERATIONS WHEN FASTING



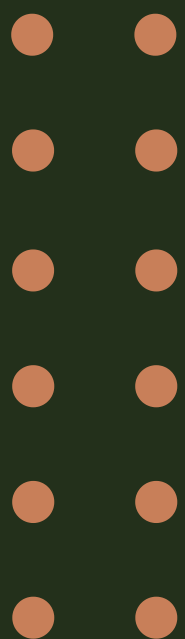
- Micronutrients include the essential vitamins and minerals needed for proper bodily function, most of which we only get through foods we eat. For example, iron, zinc, calcium, vitamin B
 - To get proper micronutrients, it is important to take a multivitamin **daily**.
- Macronutrients are protein, fats, and carbohydrates. Proteins and fats will be the main macronutrients that you will need to make up for.



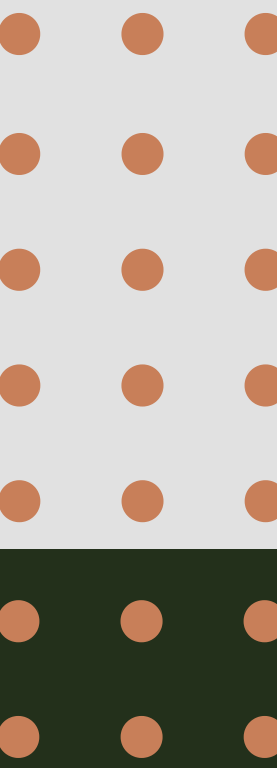
HEALTH CONSIDERATIONS WHEN FASTING



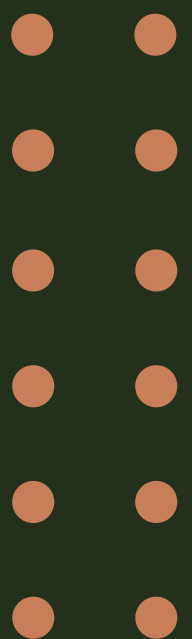
- Protein-rich, plant-based options: vital wheat gluten (seitan), tofu, texturized soy/vegetable protein (veggie chunks), beans, lentil, tempeh, nuts/nut butters, quinoa, seeds, protein-rich vegetables (broccoli, asparagus, brussels)
- Healthy fats: avocados, nuts, flax and chia seeds, EVOO,
- Fruits and whole grain sources will provide a sufficient source of carbohydrates



HEALTH CONSIDERATIONS WHEN FASTING



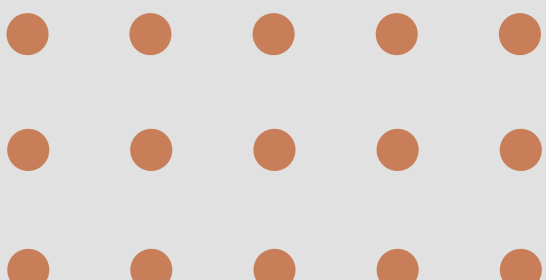
- Do your best to incorporate protein and fats into every meal when possible e.g. adding flax seeds to oatmeal.
- Use plant-based protein powder for shakes and smoothies
- Use plant-based meat substitutes *sparingly*. They are good protein sources, but you want to limit processed foods as much as possible.





PRECAUTIONS

- If you have pre-existing medical conditions such as hypertension or diabetes, consult a physician prior to starting your fast.
- Seek medical attention if you have symptoms such as prolonged dizziness, fatigue, vomiting, diarrhea, etc.



PRECAUTIONS



- Drink plenty of water, at least 64 oz, daily
- Avoid strenuous workouts. Do not cut out exercises, but modify your typical routine. E.g. take brisk walks or run shorter distances. Lower weights, use resistance bands, or use body weight only. Consider yoga or pilates as well

PRECAUTIONS

- Be careful of fruit/fruit juice consumption to manage sugar intake
- Read labels carefully to make sure there are no hidden sugars or extra ingredients to avoid on a Daniel Fast



PRECAUTIONS

- If you want to do the liquid fast, first consult a physician. Also, do not do this for more than 5 days. Combine with another fast.
 - To make things easier and limit temptation, avoid large group gatherings, and PLAN AHEAD
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COMING OFF THE FAST

- Fasting is a way to refocus and reset spiritually, but also physically. Try to bring some of the eating practices with you afterwards, such as eating more plant-based meals
- Ease off the gas. Don't go into immediately eating fried or heavily processed foods. Slowly reintroduce food into your diet.

3 John 1:2

Beloved, I pray that you
may prosper in all things
and be in health, just as
your soul prospers.



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