

Having Trouble?

- If you have a diagnosed illness and/or are taking prescription medicine, fasting should only be done under the direct supervision of a health practitioner.
- Some people have trouble fasting and become extremely hungry, dizzy, and nauseous because they have undiagnosed low blood sugar, so they should drink fruit and vegetable juices to help keep the blood sugar stable during short fasts. If the juice is too much sugar for your system, dilute it by 50% with water or drink a ‘green drink’ (made by juicing carrots, celery, and parsley).
- If you are having digestive trouble after breaking a fast (i.e., diarrhea), mix a cup of unsweetened applesauce with a cup of cooked brown rice. This will stop the diarrhea. Also, take digestive enzymes (inquire at your local health store) to aid you stomach’s digestive transition.

Additional Resources on Fasting and Healthy Living

- www.freedomyou.com
- www.billbright.com/howtofast/
- *Shaping History through Prayer and Fasting*, by Derek Prince
- *The Genesis Diet*, by Dr. Gordon Tessler
- *Hunger for God*, by John Piper
- *The Rewards of Fasting*, by Mike Bickle and Dana Candler

Final Note

Years of fasting incorrectly can cause permanent physical damage to your body. These negative effects are not typically felt at a young age, but they will accumulate after years of fasting. In their zeal, some people have begun fasting in an extreme way before understanding how fasting physically affects the body; increasing your understanding and taking care of your body while both fasting and eating will ensure your ability to live the fasted lifestyle for many years to come.

Disclaimer

The above information reflects only the limited options, experience, and suggestions of the IHOP Missions Base. This information is provided for informational purposes only and is not meant to substitute for the advice provided by your doctor or other health professional. You should not use this information for diagnosing or treating a health problem or disease, or prescribing any medication. Additionally, this information is not intended to diagnose, treat, cure, or prevent any disease. These tips have been found helpful and successful, but they are no guarantee you will fast without experiencing any difficulties. You will need to do your own research, talk with health experts and experienced fasters, and continually ask the Lord for increased discernment and wisdom concerning fasting and healthy living.

FASTING INFORMATION

- ◆ **The kidneys** – Drinking fruit juices, vegetable juices, broth, or just plenty of water will remove many toxins via the kidneys.
- ◆ **The lungs** – If strength permits, walk half an hour during the day to help cleanse the lungs. Also do some deep breathing throughout the day by inhaling through the nose and exhaling through the mouth.
- ◆ **The skin** – Since one-third of the waste products eliminated during a fast are removed via the skin, bathing adequately is essential. Use a natural bristle body brush or loofah sponge on your skin prior to bathing to help cleanse the skin.

How to Successfully Break a Fast

- Break your fast *gradually*. At this point, you will need to exercise *watchful self-control*. Break your fast on a meal that is light and easy to digest (i.e., a pound of grapes, a shredded apple, watermelon or steamed vegetables).
- When breaking a fast of 10 days or more, the break-in period should be extended *one day for every four days of fasting*.
- A fast of three days or more should never be broken by eating a normal meal (including animal proteins, bread, sugar, dairy, and/or processed foods) because these heavy foods put a severe strain and shock on the digestive organs which have been resting throughout the fast. Eating too heavily after a fast can produce serious discomfort (stomach cramps, nausea, and weakness) and can nullify the physical benefits of fasting; it can also cause serious irreversible complications.
- After breaking an extended fast, continue drinking fruit or vegetable juices because the stomach is continuing to detoxify.
- During any fast exceeding two days, your stomach will shrink. Do not over-expand it again by overeating. If you have been prone to eat too heavily, guard against going back to this habit. If you train yourself to eat more lightly, your stomach will adjust itself accordingly.
- While continuing to drink fruit or vegetable juices, add the following:
 - ◆ 1st-3rd day after the fast (increase amount of days for extended fast) – Eat fruits and raw/steamed vegetables only. Example meals for the first few days are a pound of fruit, a baked or boiled potato without butter, steamed vegetables, or a vegetable-only salad without oil-based dressing. Avoid bananas for the first few days; they have no juice in them and can easily cause constipation.
 - ◆ Thereafter – You may return to heavier foods such as animal proteins, but maintaining a healthy diet after the fast will promote lifelong health and allow you to fast correctly in the future.
- *Take extra care in breaking a water fast.* Begin with drinking fruit or vegetable juices and gradually ease into eating fruits and steamed vegetables.
- It is important after a fast to begin to discern between real hunger and cravings so you do not feed your cravings.

INTERNATIONAL HOUSE OF PRAYER MACON

FASTING INFORMATION

How to Physically Prepare for a Fast that Extends More than Two Days

- Prepare your body for the fast and prevent constipation during and after the fast by eating certain preventative foods at least two days beforehand (even longer before an extended fast), such as: fresh fruit and raw vegetables, fruit or vegetable juices, oatmeal, etc.
- Eat smaller meals a few days prior to the fast.
- Avoid high-fat and sugary foods before the fast as well.

Helpful Hints During a Fast

- Drink plenty of *non-tap* water. (Drinking at least half your body weight in ounces of water per day is a good rule of thumb whether you are fasting or not.) Distilled water is most beneficial, but filtered and purified water also work well.
- It is wise to abstain from strong stimulants such as caffeinated and sugary drinks during a fast, including artificial sweeteners found in diet drinks. Also, avoid soy protein drinks, which have been known to cause health problems during a fast.
- If juice fasting, drink raw fruit juices such as apple, grape, and pineapple, which are excellent sources of necessary natural sugar to stabilize blood sugar and keep energy levels up. Orange and grapefruit juices are good as well, but these are not recommended for arthritis or allergy sufferers. Monitor juice acidity carefully as it can cause canker sores (mouth ulcers). Raw vegetable juices such as carrot, celery, beet, or green vegetable combinations are excellent as well. Fresh fruit and vegetable juices can be made in a juice extractor. If one is unavailable, purchase fruit and vegetable juices without added sugars. Some of the benefits to drinking raw juice versus bottled, are that it does not stimulate digestion (hunger) and it maintains all of its enzymes and nutritional value.
- Expect some physical discomforts because of the detoxification process, especially on the second day. You may have fleeting hunger pains or dizziness. Withdrawal from caffeine and sugar may cause headaches, but it is a part of the detoxification process. Physical annoyances may also include weariness, tiredness, and sleepiness.
- During a fast, there are four major physical areas going through a detoxification process. Take care to attend to each of the four areas:
 - ◆ **The bowels/colon/large intestines** – During a fast of three days or more, taking an herbal laxative (inquire at your local health store) or an enema before bedtime will help eliminate solid waste products; these can cause headaches and sluggishness if left in the body during a fast. This should be done early during the fast and then intermittently throughout the rest of the fast. The body begins detoxifying during a fast, depositing these toxins into the intestines. If you do not take a laxative or an enema, the toxins can hurt your intestines or reabsorb into the bloodstream making you feel nauseous.