

# TIPS FOR SUCCESSFUL FASTING

Work up to it. Hydrate. Be kind. Stay safe. Do it with friends.  
In addition to this, here are some tips to keep in mind when considering your first fast.

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## 1. Plan to feel hunger.

Seriously, you have to be prepared to be hungry. It's not fun, and at first it is the killer. Your body has been trained to want food. You must be strong, and know that you are now amongst the billion plus people who feel this feeling everyday of their lives - without the comfort of knowing where their next meal will come from. You can do it. You just have to be prepared, it will get easier, we promise.

## 2. Don't eat twice as much the day before.

Don't make like a bear preparing for hibernation, or the python and eat an entire goat prior to your fast. You aren't going without for a month. It's just a day, or 3 or so meals, maybe even less. Part of the goal with the practice of fasting is to slowly work your way to consuming less. Overloading the stomach with food is perhaps the single greatest cause of digestive problems in the human body. 80% full is the rule. Stick to it, and reap the benefits.

## 3. Drink lots and lots (and lots) of water.

Water fasting is the oldest method of fasting around. Make friends with water, and if you can, drink the free kind. Depending on where you live, water quality will differ - and it's important the water is clean. But don't stress about it either. Just drink lots of it. It will curb your hunger, give you energy, and help your body flush out toxins and other gunk.

## 4. Move.

It's good to stay busy on a fast, to keep your mind off of the food you want to be eating. Get outside for a walk if you can, or do some yoga. You will be surprised at the hidden stores of energy your body has when you clear out your stores of junk. It's a clean burning fuel that makes you want to move, and feel alive. So get out there and enjoy the day.

## **5. Warm up with some tea, or, (our favorite) hot honey lemonade.**

Herbal teas, plain hot water, or freshly squeezed lemon with a little honey can be your secret weapon when fasting. Allow yourself 5 minutes with a hot cup of honey-sweetened fresh squeezed hot lemonade midway through your fast day and you will have energy to follow through with the rest of your day. Don't be worried either if you crave a little black coffee. It's not going to hurt you, or make you impure.

## **6. Shout it from the rooftops.**

Seriously. Tell your friends what you are doing. Because it's awesome. Accountability is a wonderful thing, and you will likely feel much more motivated to follow through if you share the message and the intentions of why you are fasting. Heck, you may just get some followers. That's the point! So get up on your soapbox and spread the word.

## **7. Fast with friends.**

Doing anything worthwhile with friends is always better than doing it alone. Need we say more?

## **8. Break the Fast Safely**

You have waited this long so make it good! It's important to come off a fast properly. You don't want to wake up the next morning and just continue on as you normally would (or maybe you do, that's okay too). Be gentle with yourself, you worked hard to feel this light, this hungry, and this clear. It wasn't easy. So have your first meal ready and planned out, this will keep you from mindlessly eating foods that could quickly diminish the results of your hard work. You won't want to eat too much - maybe some fruit, a smoothie, or a little oatmeal. Try steamed vegetables, a raw vegetable salad, or fruit salad. Maybe some grains like quinoa or a bowl of soup. Avoid breads, salt, or alcohol if possible, but of course, these are just guidelines. Eat with gratitude.

## **9. Make it real, and write it down.**

Not So Fast is a movement whose aim is to provide regular people with a way to transform themselves, while transforming others through the universal language of food. Let recording it be your reminder of what you are doing - trading your fasts for someone else's feast. Then, donate your money to the food charity of your choice, and feed people (we'll do that). Because it is awesome.

## A few more important things...

For longer fasts of over 12 hours, it is especially helpful to try first on a day when you've nothing else planned. Hunger can cause dizziness, fatigue, mood swings and irritability, changes in blood sugar, and downright feeling out of sorts. We recommend always seeing your doctor first, especially if you take any medications, or have a history with eating disorders. We also recommend to never operate heavy machinery or attempt anything strenuous while on a long fast. Of course, pregnant women and children under 13 should not fast for any duration.

With this in mind, going without food can bring about many pleasant sensations including and not limited to increased mental clarity, a feeling of lightness in the body and mind, internal cleansing that occurs when the body is free from the job of digesting yet another meal, and increased energy and excitement from being 'free'. With all of the information out there about what is truly healthy, the ancient and tested practice of fasting is tried and true. When the body and mind are free from the ideas and burdens that come from constantly processing and thinking about food, our minds become open to new experiences and thoughts. Our stomachs know what true hunger actually feels like (many of us think we know hunger but are mistaken as our stomachs are rarely empty completely). The French call it re-casting, or re-setting, and folks the world over fast for religious reasons every year by the millions. Animals don't eat when they're sick and can often be seen chewing green grass when they are ill.

Keep in touch and let us know how it goes.