

7 t h i n g s y o u n e e d t o k n o w a b o u t f a s t i n g !

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By Monika Baechler

Congratulations, you now have in your possession the gateway to fasting.

Note: the material in this book is copyrighted, you are encouraged to share the website www.30dayjuicefast.com with your friends and family.

We also invite you to visit us at:

www.30dayjuicefast.com

www.monikabaechler.com

Content of the Complete Guide!

You wont find all of the content in this version. To download the complete Guide to Fasting and Juice Fasting, please go to: www.30dayjuicefast.com

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The Physician within

"Everyone has a physician inside him or her; we just have to help it in its work. The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food. But to eat when you are sick is to feed your sickness." - Hippocrates

Fasting Wisdom

"The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease."-- Thomas Edison, 1847-1931, America's greatest inventive mind

Forward

These days, as research mounts regarding the health benefits of eating plenty of fresh fruits and veg, people are rediscovering juicing for health and prevention.

Fasting should never be seen as a quick fix solution to obesity! Fasting CAN be a life changing experience, when done right it can lead you to a place, I like to call "over the rainbow" It's a state of wellbeing, clear head and free of symptoms. Wouldn't you like to be free of disease, free of flab and be able to think clearly without mood swings? All of this is possible with fasting.

Content in this Guide: 7 Things you need to know about fasting

1. What is Fasting?
2. What happens in the body during a fast?
3. How much weight will I lose?
4. Why do we need to fast?
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6. Starting the Fast
7. Healing Crisis

1. What is Fasting?

- Fasting is a natural part of our Lives
- Fasting is NOT starving
- Fasting is for sure not hunger
- Everybody is fasting everyday

Did you know that everybody is fasting while they are sleeping. Yes, it's true! Your body knows when it has to rest and recuperates and shuts down while you sleep. Keep in mind not to eat anything 3-4 hours before bedtime.

When you fall asleep, your body switches from external fuel to internal fuel. The bad breath and coated tongue in the morning is a sign of detox.

You know now that fasting is not starving

Fasting is the abstinence from solid food and addictive substances like alcohol, coffee and drugs for a specific time.

Short Term or Long Term Fast

Fasting for 1 to 4 days is considered a short term fast. If you go longer it's a long term fast. I have seen people go 40 or more days on a juice fast. In our days, I do NOT recommend a water only fast. Are you new to fasting? If so, please start slowly. Correct and safe fasting is like riding a bike, everybody can do it, but it needs to be learned and perfected first! So put your helmet on and start learning the fasting basics.

2. What happens in the body during a fast?

Now that you're fasting, your body diverts the energy (calories) you are getting by juice fasting to heal and repair "stuff".

The first energy store your body will use is your carbohydrate stores in the liver. Second source of energy is protein stores in your soft connective tissues.

How does healing and detox work?

Be confident that your system knows to destroy dead and sick cells first followed by toxic cells. Trust your body to do the right thing. At times, it will be hard to give up control and let your body do the work that has to be done – don't give in. Be confident! Your body can even tap into dead cells and totally eat it up and use it for energy.

On day 3-4 your body has finalized the switch from external to internal energy and it's getting more efficient using unused waste, fat depots and stored vital minerals for energy and you begin to feel more energetic. Your organs will benefit from the break as well, even your brain. Imagine a computer, if you clean out all the broken, unnecessary files, maybe files that are incomplete or even viruses, your computer will work so much faster and more efficiently. Same with your body, clean out all the gunk, and your body will work like a charm.

With changes in hormone levels you will experience conditions such as exuberance, happiness, euphoria, sharpened perception of all senses and heighten creativity.

3. How much weight will I lose?

After your body switches to internal fuel, you will start using up your own fat depots and you will lose weight. Men are losing in average 400g and women in average 300g a day. Between day 4-30 you can lose up to 20-30 pounds.

4. Why do we need to fast?

If you are overweight you definitely need to fast. Fasting is a great way to rid your body of all the excess waste and toxins. It's also the perfect solution to brake a bad habit and start a new lifestyle.

Chronic illness of the GI tract reacts with a healing effect to fasting. Cardiac problems, fatty liver, diabetes type 2, high blood pressure, migraines as well as head aches are well treated with a juice fast.

5. About Juice Fasting

5.1 Why juice fasting?

Some 90% of the nutrients in produce we eat are eliminated with the vegetable fiber as it passes through the body. This is why juicing is so important these days, the full 100% of the nutrients in vegetables and fruits can be absorbed by our body, since the juicer does all the work for you and separates the juice from the fiber in the process. If you suffer from a toxic and sick GI tract, which most adults do, very little of the nutrients you're eating actually gets absorbed in the first place, about 1%.

5.2 Which Juicer to buy?

Which juicer to buy, is always an interesting question, and it really depends on you and what you're going to use the juicer for.

There are so many different juicers out there. Choose a juicer that is easy to clean, easy to use and looks great on the counter.

Please refer to my video page for "[How to choose a juicer](#)"

Freshly prepared juices are rich in vitamins, minerals and building blocks for your body.

6. Starting the Fast

6.1 What to expect on a Fast?

You can expect to feel hungry for the first couple of days. At most, you will feel hungry for three days. Important to know is that a rumbling tummy is not a hunger sign! (more in the full guide)

Your blood pressure is going to be rather low for the first couple of days. Make sure you stand up slowly and get out of bed by sitting up first, followed by standing up.

Blood sugar is out of whack as well, that's why you will still feel a little hungry for the first couple of days.

The first signs of detoxification usually starts on the first day with head aches.

7. The Healing Crisis

7.1 Healing Crisis, what is it?

On occasion when detoxing, particularly during your first few fast, you may experience some symptoms, often referred to as a healing crisis. There are three primary triggers for a detox reaction.

- Any large-scale die-off of bacteria
- Any detox that causes the organs of the body to purge their stored poisons and toxins
- Any program, such as fasting or the use of weight-loss herbs, that causes a rapid breakdown of fat cells

The bottom line is that the body must go through an elimination process to achieve good health.

7.2 How to ease your way through the Healing Crisis

- Drink plenty of fresh water, juices, and herbal teas to flush the body of toxins.
- Sometimes, rest is the best therapy.
- And, on rare occasions, some additional juice or broth is required to slow things down.

Don't get discouraged. With each Fasting Crises and temptation you'll grow stronger and it brings you closer to your goal of inner purification. To read more detailed information about the healing crises, [get the Complete Guide to Fasting](#).

Enemas?

First a bit uncomfortable but very important point has to be made on the colon cleansing. With the colon cleansing I mean home enemas. To find alternatives to enemas please refer to the [Complete Guide to Fasting](#).

Bonus

Ending the Fast

There is a very important method to the whole process. Most fasting “gurus” are not putting enough importance on ending a fast. If you do it wrong, you could end up with a very painful experience, I mean it!

You will have the urge to eat everything and anything in your way. Be strong and don't give in. Why work so hard and abstain from food when couple of days later you make the same mistakes again? You know how to say NO now!

Example Build-Up Day (full guide comes with all recipes for 3 days)

Early Morning:

A cup of herbal tea (green tea)

Midmorning Break-Fast:

well ripened Apple (peeled if you like)

Lunch

Potato Soup with Vegetables

Afternoon:

A cup of herbal tea (green or black tea) no sugar!

Dinner:

Tomato Soup

[get the Complete Guide to Fasting for the 3 Day Build-Up Day](#)

Stomach acid and Fasting

After a juice fast you won't have much of your stomach acid left. Since your body doesn't have to digest anything, it reduces stomach acid production. Building up your stomach acid is a very tricky task and you should pay special attention to it after ending your fast. You could end up with worse GI tract problems after the fast than before you started!

It's crucial to stay with the meal suggestions provided for you. I'm taking all the guess work out and handing you the solution on a silver platter. It will take about 1/3 of the time spent on the fast to build your stomach acid back up to normal.

Goal Setting

Try to set a goal. What would you like to achieve in the next coming months?

When you set a goal on paper you actually plan something. It's not a dream anymore. It's an actual plan. Write your goals down. Read my ebook [“Sticking with it in 2010”](#)

“Squeeze” in a Juice Day

Plan one Juice-Day a week. You could lose more weight, stay healthy and fit this way. This is a great tip if you need to lose couple more pounds.

If you enjoyed the short version of [Fasting Guide \(The 3,5,7,21 or 30 Day Juice Fast\)](#), then please download the detailed version (50 pages) of [“30 Day Juice Fast”](#).

For more recipes, encouragement and posts visit my blog at www.monikabaechler.com and www.30dayjuicefast.com

Stay Healthy!



Monika Baechler

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