

3-DAY FAST GUIDE

REFRESH AND RENEW

Quick Start Guide

Why Fast?

Fasting for 3 days can kickstart your body's natural detox processes, boost mental clarity, and promote cellular repair through autophagy, helping you feel rejuvenated and refreshed.

Pre-Fast Preparation

- **Plan Ahead:**
 - Choose a time when you can rest and not have heavy commitments.
- **Hydrate:**
 - Drink plenty of water days before starting the fast.
 - If you are not sure how hydrated you are, come by to test on our inbody.
- **Reduce Intake:**
 - Gradually reduce caffeine, sugar, and processed foods.
- **Nutrient-Rich Foods:**
 - Eat nutrient-dense meals rich in fruits and vegetables.

Daily Routine During the Fast

- **Stay Hydrated:**
 - Drink lots of water. Herbal teas and broth are good additions.
- **Rest:**
 - Allow your body to rest. Avoid strenuous activities.
- **Mindfulness:**
 - Engage in light activities such as meditation and gentle walks.
- **Monitor Your Body:**
 - Pay attention to how your body feels. Adjust if necessary.

Coming Out of the Fast

- **Ease In:**
 - Start with light meals, such as fruits and soups.
- **Small Portions:**
 - Eat small portions to avoid overwhelming your digestive system.
- **Gradual Reintroduction:**
 - Slowly reintroduce solid foods over the next few days.
- **Nourishment:**
 - Focus on nutrient-dense foods to maintain the benefits gained.

Why Repeat?

- **Ongoing Benefits:**
 - Regular fasting can enhance long-term health benefits.
- **Mental Clarity:**
 - Repeat fasting can continuously improve mental focus.
- **Cellular Repair:**
 - Supports ongoing cellular repair and detox processes.
- **Habit Formation:**
 - Develop a healthy routine and strengthen discipline.

Remember this is for educational purposes only. This is not a replacement for medical advice or care. Please always talk with your healthcare team before you try this fast or other changes.

DEEPER INTO THE GUIDE

PREPARATION PHASE

1. Consult Your Doctor
 - Before starting, ensure fasting is safe for you, especially if you have underlying health conditions such as diabetes, gout, kidney stones, fatty liver disease, poor methylation, or POTS syndrome.
2. Gradual Transition
 - Reduce intake of processed foods, sugars, and caffeine in the days leading up to the fast to minimize withdrawal symptoms.
3. Gather Supplies
 - Plenty of spring or filtered water.
 - Electrolytes (sodium, potassium, magnesium) to add to your water.
 - Optional: Organic bone broth and teas like chamomile and peppermint.

DURING THE FAST

1. Day 1
 - Begin the fast by drinking plenty of water (at least 2–3 liters).
 - Consume electrolytes to maintain balance.
2. Day 2

- Continue drinking water and electrolytes.
 - You might experience hunger or weakness; these feelings are normal.
3. Day 3
- Maintain hydration with water and electrolytes.

Listen to your body and rest as needed.

SPECIAL CONSIDERATIONS

1. Uric Acid and Kidney Stones

- Risk
 - Fasting can increase uric acid levels, which may exacerbate gout and increase the risk of kidney stones.
- Management
 - Ensure adequate hydration and consider consuming a small amount of lemon water to help alkalize the urine and prevent stone formation. Consult with your healthcare provider for personalized advice.

2. Fatty Liver Disease

- Benefit
 - Fasting may help reduce liver fat by promoting autophagy and improving insulin sensitivity.
- Caution
 - Ensure medical supervision to monitor liver function during the fast.

3. Poor Methylation

- Considerations
 - Individuals with poor methylation may need to support their detox pathways during a fast. Consider supplements like methylated B vitamins (B6, B12, and folate) as advised by a healthcare provider.
- Monitoring
 - Regularly check for symptoms like fatigue or irritability and consult a healthcare professional if needed.

4. POTS Syndrome

- Hydration
 - Maintain high fluid intake and consider using electrolyte solutions to manage symptoms like dizziness and lightheadedness.
- Monitoring
 - Be vigilant for symptoms of orthostatic intolerance and consult your healthcare provider before starting the fast.

BREAKING THE FAST

1. Gradual Reintroduction

- Start with small amounts of easily digestible foods and gradually reintroduce more complex foods over several days.

- **Day 1**
 - Morning
 - 1 scoop of Perfect Amino in water.
 - Meals
 - Bone broth, whole-fat Greek yogurt with organic berries, smoothies, organic grass-fed cottage cheese, soups, cold-pressed juices, and a mix of nuts and berries (preferably macadamia or pistachio).
- **Day 2**
 - Morning
 - Continue with light, easy-to-digest foods.
 - Afternoon
 - Gradually include more substantial foods like cooked vegetables, fruits, nuts, and lean proteins.
- **Day 3**
 - Return to a balanced diet while paying attention to your body's signals.

IMPORTANT REMINDERS

Medical Supervision

- We encourage readers to consult with their healthcare professionals before starting any fasting regimen.

Educational Purpose

- The information provided is for educational purposes and not a substitute for professional medical advice.

Disclaimer

- Each experience may vary, and fasting should be done under proper guidance, especially for those with medical conditions.

Find out more at: [337-414-4877](tel:337-414-4877) or exceptionalwellness.co



Other resources; [Gary Brecka's Supplement Recommendations](#) during the fast. [Use our link for 20% off!!](#)