How To Do A Water Fast

Coconut Water, Oil Pulling, Neti Pot and More

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DEDICATION

I want to thank God within and around. I thank you for reading this book.
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I want to acknowledge my family and my wife Jazz for supporting me through this process.
Preface

Fasting is a mysterious practice, which has been around for thousands of years yet ironically there are very little written about it. The book on Fasting is rare and those about Coconut Water Fasting, there is only one and it is this book. This is the first book written about Coconut Water Fasting. When I decided to take this particular Fast I did as much study and research as possible and as a result realized the great benefits of this kind of Fast but also realized that there is nothing out there on the subject. As a person whom is committed to facilitating the self-empowerment of others and having created many products, tools and services available at http://www.peterabundant.com. Also http://theabundantexchange.com offering free spiritual business training for Holistic Practitioners, Spiritual Practitioners, Healers, Body-workers and Traditional Business Owners I saw a need for this book. I’m sure over time as more and more people take on the practice of Fasting there will be a natural growth in the education of Fasting.

This book is for those that wish to understand what is Fasting, the benefits of Fasting and how to do it. This book is written for beginners and the very experienced in that I not only explain the process from the very basic of Fasting but also give detailed
perspective from my own personal journal during this Fast. All of my thoughts are put down in the book which was chronicled during the time of this Fast. Each day I would write about my experience, my thoughts, fears, concerns, energy, optimism, doubt, commitment and on and on. This book captures the whole experience of Fasting which will give you support in understanding and facing your experience of Fasting if your choice to take it on.

I’m an Ordained Minister of Metaphysical Sciences, Hypnotist, and Massage Therapist so I have a very spiritual and holistic approach to many things I do. Fasting is a very spiritual practice for me and I do mention my thoughts about it in this book. I realized that you might not be interested in the spiritual side of Fasting so I also include loads about the science of how Fasting with Coconut Water is beneficial for the body and well being.

There so many amazing benefits to Fasting that affect the body, the mind and/or the spirit. If you wish to focus these benefits on one of the three you may do so and experience the shift in that category for the better. You may always focus on one, you may change focus with each Fast you do or even focus on all three at one time. The beauty of Fasting is that you are able to choice your own path and each path will certainly lead you through a great journey and destination. As you consider the possibility of Fasting I want you to know that you are not alone and I hope that with my personal journals you can be accompanied by me along the way, I’m your
cheerleader, your teammate and your coach this game of Fasting. Let’s play to own!

**Fasting**

Fasting is a practice that has been around on record for thousands of years, which leaves us to assume that it has been practiced before recorded time. This book is a combination of what I’ve learned about Fasting verses my own actual experiences with the practice of Fasting. In this book I journal 30 days of what most would consider an extreme Fasting experience.

Along with documentation of my personal journey through this practice I include great details of education on the topic, which I have find through research and study throughout my three years of experimenting with Fasting. There will be a contrast to what is recommended for a Fast compared to what I did during this Fast. Both theory and practicality is important so I decided to do it this way so that you will have more perspective on your journey of Fasting, if you chose to take it.

I figure you can learn more from reading the “right” way to do a Fast as well as understanding “my way” of doing this Fast. Fasting is a path of empowerment and to tell you that there is only one way of doing it would contradict its point. There are infinite ways to Fasting and you will find through this book a true revelation into your way of fasting, which in fact is the “right” way.
Through my experience I will acknowledge if what is commonly recommended for fasting is something that held true for me or not. I will also acknowledge if following or not following with some instructions concluded in great consequence or no consequence at all.

This is my experience and I don’t at all suggest you do it exactly like me. You must figure out your way in Fasting just as you would in life find your way to live. Only look to this book as a means of gaining perspective into your own walk along this path. If you are considering doing a Fast you should consult with your doctor before starting.

I consider myself a man of good physical health. I eat well; vegetables, fruits and I drink plenty of water. I don’t eat red meats or pork and I try to eat as much organic (chemical-free) chicken as possible. My only weakness or poor habit of eating is in eating lots of cakes and cookies. I can eat half a whole cake in a few minutes without realizing it sometimes. My excuse is that I can easily walk it off, work out or balance it with more than average healthy eating for the next few days afterwards. Physically, I’m strong yet I could exercise so much more regularly. Below are my physical stats.

Also be aware that many of the recommended information was discovered by me as I went through this Fast, so I did not begin this Fast knowing “all” of
what to do. I first learned from practice and self-learning rather than books. As I began this Fast I was inspired to see what was out there on the topic and found so much information, which would have been of great support during this particular Fast.

I took this approach for two main reasons, I felt like I know enough and I didn’t want what I read about Fasting to have a placebo effect on my experience. There can be so much contradictory information out there now. I wanted to journal my progress and compare what I actually experienced to what I learned along the way to see if they overlapped and I was happy to see that most of them did overlapped.

**My Basic Lifestyle Habits and Averages**

Eating Lifestyle: Vegetables, fish, chicken, turkey, breads, pasta, rice, cakes and cookies  
Physical Activities: Walking - 3 miles every other day  
Average Weight: 180 Pounds  
Height: 6 feet  
Age: 34  
Averages Energy: 8.5 on a scale of 1-10 (10 being the most energy)

Fasting is a huge detoxification process so when you consider doing one, keep in mind your habits and what you eat currently. The more toxic your body is from eating unhealthy foods, the tougher the process may be as you go through withdrawal from these foods. If you eat loads of sugars and rarely any
vegetables and fruits, a long Fast is not recommended for the first time.

I say do a 2 or 3 day fast, eating only vegetables and fruits. The fruits will help you cope with your sugar cravings when the withdrawal starts and your desire for sweets kick it. You will adjust pretty quickly when you have a piece of fruit to subside the desire for sweets. After a day, you will get the hang of it and then you will only have 2 days left, no big deal.

If you eat less sugars and sweets, maybe taking on a 2-3 day juice or water fast would work for you for the first time. This is where I started a few years ago and it was pretty fun. I can admit that I felt weird not eating solid food for the first 2 days but when I realized how much energy I had, I knew there was something to this Fasting stuff.

You can see that there are so many possibilities in where you can begin but first and foremost you have to start with why you are Fasting in the first place. I rarely say you have to do something but this is a very important exception to the ruleless world of Fasting. I’m a firm believer in knowing your motivation before you do anything because if you are clear about that you will complete your goal, always! Right now, ask yourself “Why am I Fasting?” and you don’t have to be 100% sure as to why you are doing it but you can start with something to generally guide you through the beginning stages of Fasting. Continue to think about your motivation throughout your
considerations of Fasting and what kinds of Fasting may be best for you.

**Why Coconut Water?**

Coconut water is the water found in the young coconut. Don’t get it confused with coconut milk; coconut milk is a mixture of the coconut water and the fleshing inside “meat” of the mature coconut. The young coconut is often referred to as the jelly coconut because the “meat” is slippery and soft while as the mature coconut is more firm and hard. Regardless of the name, the coconut is actually a seed and the sweet water inside is an amazing re-hydrator that nourishes and detoxifier of the body very well.

Coconut water is a natural diuretic, which makes it useful for urinary infections, urethral and kidney stones and treats cases of mineral poisoning. This high potassium, high electrolyte water is arguably the best sports drink, yes even better than plan old water.

Here’s a list of some benefits of coconut water:

1. Lower blood pressure
2. Aid Weight loss
3. Enhance sexual vitality
4. Increases energy
5. Strengthens immune system
6. Cools sunburn when applied on skin
7. Soothes digestive irritations
• It has even been used in emergency situations for blood transfusions because of its sterile formula, which is close to blood plasma.

• Here is another amazing fact about coconut water; it can even be used to wean a baby off the mother’s breast milk. It contains many of the same nutrients as breast milk

Coconut water minerals and nutrients

1. Potassium (15 times more than leading sports drink)
2. Fat Free
3. Cholesterol free
4. Magnesium
5. Calcium
6. Sodium
7. Phosphorous
8. Electrolytes (Important for hydration)

Pure coconut water straight from the coconut is by far the best source because it is pure and not pasteurized but if you can’t find coconuts you should drink coconut water only from a container that is glass or a Tetra Pak container. Avoid cans or plastic containers. Also avoid coconut water with other ingredients added to it like preservatives and especially sugars.

Cooking tip: If you are cooking something, you want to have a sweet taste to it and the recipe calls for water, use coconut water instead.
Extra cooking tip: If you want cooking something which calls for milk as an ingredient use coconut milk instead.

**Day 1**
Fasting

This is my first day of fasting out of my 30-day goal. As I say goal, there is a question of if I can do this because in my mind I’m making it something pretty hard to achieve. Especially since I’m pretty thin, 180 pounds at 6 feet tall. I don’t have much body fat to live off of as reserve (so I think…).

As this day moves along I ask myself, why am I doing this?

Since 2009 I’ve experimented with fasting and it has proven to be really profound in the benefits I’ve witnessed from it. During that summer of 2009 I was reading a book on Mahatma Gandhi. I learned that he fasted very often. His practice of Fasting was inspired by his mother’s practice of it as he was growing up. He went on to explain that she would have very interesting and different variations of how she would fast. She would eat only when sun came out during some fasts for example

Most people know fasting to be something done for a determined amount of days throughout the entire 24 hours of each day. This practice only allowed for drinking of water to maintain hydration during the
fast. Another common form is fasting is doing it during the daytime with allowance to eat and drink after sunset or for a certain amount of days.

I started out with my first fast for one day of just water, then three days of juice and the last before this fast was a five day fast on just water and coconut water. Some of the fasts were more traditional but more often they were nontraditional. Some of my three-day fasts were experimental; doing a Fast that only allowed me to eat when the sun is shining directly on my skin similar to what Gandhi’s mother did, which was fun. There was a pure juice fast of 3-5 days and so many more. I have some good experience with fasting yet there is a part of me that is nervous about this one. I don’t know anybody that have done a full 30-day fast though I have heard of friends of my friends doing it and they weighed close to 200 pounds so they had lots of reserves to live off of.

This is going to be some experience, I know that but for some reason I think I’m making it more than it is or will be. Let’s get back to the question presented but never answered, “Why am I doing this?” Fasting as I have experienced is a powerful exercise of focus and discipline. Practically speaking it builds enormous confidence in your ability to do almost anything. Think about it; ever since I was born I have more than likely had a meal at least once a day throughout your entire life.

Food is something that means life or death, with it you live but without it you die. This issue of life and
death seems to be on my mind for some reason even though I know I won’t die from fasting. Most likely it is my subconscious mind that is reacting to the notion of fasting. I understand because there is a thin line between fasting and starving when the body is concerned. In the next few days, there will be a minor battle between my reasons for doing this fast and subconscious mind’s fear of dying. I predict this is the first battle of many to come…

Why am I doing this?

Date: 10/1/11
Weight: 181.2 pounds

What Is Fasting?

Fasting is abstaining from food, other items or activities for a determined period of time. Some even fast from fluids for a short time as well but water Fasting should not exceed more then 2-3 days. With other Fasts exceeding more than 3 days a good quality of water in required to satisfy the body’s need for fluids. When Fasting, the body goes through a cleansing process, which cleanses itself of everything except vital tissue. The body detoxifies and there is a breakdown of unhealthy cells, which is eliminated leaving you with only the remaining healthy and strong cells. This allows your body to “start” all over again with lots of building and multiplying of new
cells from the remaining healthy cells and creating a new and stronger body as a result.

**Day 2**

**Beginning**

Today was pretty good. I felt like I had plenty of sleep till my daughter and I got on the bus from Philadelphia to New York. She was hungry and before we got on the bus we picked her up a personal pan pizza from subway. As we sat on the bus and it pulled away from the station, she opened the box and the smell of the pizza hit me like a ton of bricks. I couldn’t believe I was yearning so badly for a taste. For someone like me who is a big fan of pizza and can tell you all the best pizza spots in New York City I was appalled and even offended by my own reaction. I knew I had it bad when I’m drooling over subway’s pizza. I acknowledged my desire, which is the first step towards overcoming it, and moved on from the pizza craving. The morning went by like nothing but I noticed I had to pee a lot, which was expected since all I’m doing is drinking fluids. The afternoon wasn’t so great as my body started to go through withdrawal because of my sugar addiction. For those that know me the most know that I have a serious addiction to cakes and cookies. My body was drastically fluctuating between feeling energetic and weak as a limp noodle.

An important thought of energy conservation lay heavy on my mind. I really have to learn how to use
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my energy wisely since I’m not fueling it with food for the next 28 days. I even thought about doing loads of meditation focused on slowing down my metabolism so I wouldn’t burn so much energy. Sitting in the sun to absorb the vitamin D even come to mind, LOL! I pushed through till the end of the day and made it home after a long day and night. Not bad…

Date: 10/2/11
Weight: 179 pounds

Fasting Concerns

For someone who is new to Fasting you may have some concerns, and I’ll address some of the most popular one below. The top three concerns that come up for people about Fasting is starvation, energy level and rapid weight gain after the Fast. These are all valid concerns and after reading more I know that they will no longer be of concern to you.

Concern 1. Starvation

There is a valid concern of starvation and putting the body through a period of starvation that will damage the body in some way but this is unlikely even with a 30-day Fast. The body uses all the reserved storage (fat) to make sure the body doesn’t starve and even when all the fat is used, then it uses the proteins stored in the muscles. It has been proven that it takes between 40-70 days of not eating can someone to
experience starvation. This depends on how much excess fat storage the person had before Fasting. Those with lots of fat storage will be able to last much longer than those with little. Starvation is the point when the body has already used up all fat storage and protein and then uses the vital tissues such as organ to sustain life.

Concern 2. Energy

Experiencing a lack of energy only after a few days of Fasting is another concern for many. Food is a source on energy for us but it is a source that is overly consumed. The body has large amounts of energy stored with it, fat being the primary first line of defense for energy loss. If you have fat you have energy to use and the feeling of tiredness is but a mental state of fear and dependence rooted in the emotional aspect of eating and food. It is not true that you really don’t have the energy because fat is pure energy, which hasn’t been used. Once you have pushed through the mental hurdle of thinking you are tired you will emerge into a feeling a great physical endurance and power.

Concern 2. Rapid Weight Gain

Some people Fast to lose weight, which can be a powerful method of weight loss if done correctly but too often people don’t do this correctly. When Fasting is not done correctly for the purpose of weight loss they will gain the weight back and even gain more weight after the Fast. Continuing to eat what they
have eaten before fast, continuing to live the same lifestyle, which lead them to the undesired weight in the first place brings them right back to being overweight. Fasting for weight is only done right when it is for the single purpose of restarting the body for a completely new eating diet and activity lifestyle. By only eating the proper foods (vegetables, fruits, lean meats and grains) after a Fast you guarantee permanent weight control and great amounts of energy. Fasting before making such a change in diet makes the transition much easier and quicker.

**Day 3**

Sleep

This morning I woke up really wanting more sleep. Though I’m a big fan of sleep I know sleep is important in the process, I get that after just a few days of Fasting and now I know if I’m not feeling too well I should go to sleep or take a nap. My wife told me that I was snoring last night, something I rarely do (I must have been really burnt out from last night). I noticed a little bit of the shakes in my body during the morning hours but it wasn’t too bad. My shoulders were pretty sore as well. I got up and did some work on my computer and noticed that I really wanted to go back to sleep. Today’s weight is 174 pounds; I was pretty surprised and even worried. Am I going to lose weight like at this rate during the whole Fast? If so, I’m in trouble. My wife told me that it’s normal and the rate by which I lose weight will slow down in the
next few days. Ok… that makes sense to me for some reason. We’ll see…

I pushed through the desire for my pillows to write in this journal and make the video for this day on YouTube. It was probably best to clear out my schedule for the month so I won’t have to worry about how I would feel as a result of the fast. Being determined to get the full and practical experience of Fasting is important for me to share with people. The decision to live out my normal routine during this Fast was to understand fully if one needs to stop everything in order to do a Fast. That doesn’t seem practical for most people in this day and age so I’ll see if it can be done on a normal schedule.

During the afternoon and evening I had an interesting experience of smelling all kinds of food. It was weird because I could smell rice and corn one second and in the next I would smell pizza. Each second there is a different smell registering in my mind. I think my mind was playing tricks on me… My body felt tired and energized at the same time. It dawned on me that my body was doing pretty well, it was my mind that wasn’t doing so well. This process is challenging on the mind and though you would think the body is dealing with so much in actuality it is the mind. I drank water most of the day and by the evening I stepped out to the health food store to pick up some coconut water for the night and next day. When I took my first drink of coconut water, all my cravings subsided. I felt full after drinking just two 10-ounce cans of coconut water.
Is Fasting Dangerous?

As you take on a Fast you may see and hear others say that it’s dangerous. I’m here to tell you the truth that Fasting can be dangerous if you don’t pay close attention to what your body communicates to you. You must really listen to your body and give it what it needs during the duration of the Fast. There 3 things you must do to assure this.

1. Drink enough fluids
2. Get plenty of sleep and rest
3. Move slow and take your time (Don’t be too active and don’t over exert yourself)

Doing these things will give you what you need to have a great Fasting experience and even help you greatly at completing your Fast at your desired timeframe without any physical challenges. Not doing these things will result in a bad experience with Fasting and can be dangerous.

Day 4
Hold It
Today I feel great and it held throughout the afternoon. Later today my wife wanted a salad and as I watched it being made I really wanted a piece of chicken that was being put in it. She had a sandwich that looked pretty amazing too but I noticed with all that I had more control about dealing with it. My body feels stronger than yesterday and feels something like day 1. I’m drinking plenty of fluids today and being more mindful about hydration.

After the afternoon and all the way into the evening I felt great. I’m pretty sure I passed some kind of phase in the total process. I have a feeling it was the withdrawal phase of my mind wanting sweets till it finally got that there are no sweets coming. It seems my mind has come to an acceptance of the situation and is metabolizing differently. I think now is when my rapid weight loss begins to slow down some. I’m looking forward to going to bed tonight and resting for the entire day tomorrow.

Date: 10/4/11
Weight: 174 pounds

The Benefits Of Fasting

There are infinite reasons why people Fast and out of those many reasons I’ve found that they fall into a few major categories of benefits.

1. Health/Weight (Body) –Now that Fasting is becoming wide spread in our culture it is being more and more associated with weight because of the rapid
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effects it appears to have on weight. America is looking for the quick fix on weight and just from the visual affects of Fasting; Fasting appears to be the answer. I will say that Fasting is an answer but it takes serious commitment and will to make the physical weight results stick permanently. You will lose weight quickly with Fasting but you must reengage food totally different than before you encountered food before the Fast.

The truth is that the weight loss is only the surface of what Fasting has to offer us when we take advantage of its full potential. Fasting effects weight first because it is very superficial in the grand scheme of what a Fast does for the body. It is beginning the initial stages of cleansing the body by using up the storage of fat. The body spends lots of energy digesting food and when you are fasting that energy is redirected on other things like ridding itself of dead and radical cells, tumors, cysts, fat cells and other unhealthy tissue. All of these things like the fat cells are then used as fuel and are eliminated as waste. When this phase of the Fast is in motion it is often a mental challenge and probably the hardest phase of the Fast. The phase is associate more with withdrawal because you are processing all the toxins, acids, sugars, salt and things you may have eaten, which has create imbalance in your body.

After this phase your body will have cleaned itself from all waste and toxins. This brings about an increased immune system and elevates the metabolism to a high state of function. The body goes
into a deep level of sanitation and healing, it clears out all the dead cells and makes room for the new and healthy growth of other cells. As the body does this it creates clean blood that will overcome many illnesses and provides an increase in life expectancy.

2. Discipline (Mind)– Fasting for discipline is almost in alignment with Fasting for spirituality. You fast to go beyond your physical desires and live in a place above yearning or fear. Taking on this practice builds confidence and confidence builds more confidence. When you fast for 3 days, you then question if you can do it for 5 days. When you fast for 5 days, you then question if you can do it for 10 and so on and so on. As you build your days of Fasting and go beyond what you once thought were limitations for yourself and what others have done. You truly begin to see yourself differently. You see yourself powerfully and you begin to challenge everything that is status quo. Every limitation you have placed in your life will be in question and eventually those limitations will cease to exist. You in turn become limitless!

3. Spiritual (Soul)- Fasting brings forth an awareness of knowing that you are more than a physical organism. When you abstain from food or drink you in essence challenge your reliance on food. You challenge the very thing the “keeps” you alive so to speak. It builds great faith in something bigger than self. When you Fast you will begin to see the world as a game that has a deeper meaning. You build a mentality that allows you to be a better player than you ever were. It compares to becoming Neo in the
movie “The Matrix” and seeing beyond the physical into a more powerful reality of the metaphysical. Your mental clarity will increase as your spiritual wisdom increases. Your physical body will strengthen as your spiritual energy develops. Then you will realize that food is overrated and you can abstain way beyond what many are programmed to believe is necessary. When fasting for a spiritual purpose things change, your perspective is given a new angle on life, the world and everything around you.

**Day 5**

**Phase**

Today, my energy is pretty good. It is definitely the best day out of the 5. It was pretty clear to me that I passed some phase of the Fast. I wasn’t craving anything and the smell of food had no effect on me. Will this be my experience for the entire Fast? If it is, no sweat. I think I’m getting too cocky, I have to be prepared for the worst or better yet expect the unexpected. Some friends and following of my sites reached out to me stating their concerns that this Fast wasn’t the best thing for me. I had to ask more about why they felt this way. They told me that fresh coconuts would be better to drink from and I agree but they are not as easy to come by so it was practical for me to suggest to others to do. It’s a little difficult to find actual coconuts in the stores but when you do the cost isn’t as affordable as buying it bottled. I guess if getting it that fresh is that important than it’s definitely worth it. Fasting can be a challenge in itself. This is a hard Fast to take on for most so I’d
rather make it as easy as possible. They also recommended I add organic lemon to my water. Hmmmm, now that’s something that really resonates with me. When I was in school for Acupuncture years ago I was told that sour would be good for me. I’m going to take that on. I’ll stop by the store today and get some organic lemons.

I took a walk later this evening and come back to notice a difference in my energy. I felt that the walk took a little out of me but I was still feeling good. That was a reminder that I’m on a Fast and even if I feel good to take it easy.

Date: 10/5/11
Weight: 171 pounds

**How Long Can Someone Fast?**

There are claims that people can go without food for up to 70 days. I have personally heard of people going as long as 40 days. This is a tricky question because everyone is truly different and there are so many variables when taking on a fast and the length of time someone can last without food. There are a few factors that come in to play, which are fat, activity, rest and metabolism.

Fat – If a person Fasting is obese, they will definitely be about to go a lot longer than someone who is average size or slim. Remember fat is stored energy
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so a person containing more fat cells will ultimately have much more reserves to use and life off of.

Activity – If you are very active and always on the go, you will burn up more of your reserves which will affect your ability to go without food fuel for a long time. The more active you are, the less time you can Fast and the opposite is also true. the less active you are, the more time you can Fast.

Rest – Rest and sleep are very important when fasting because it is the time your body processes and heals itself from daily activities no matter how little those activities are and the fast itself. If you do not allow for this time adequately your Fasting time will be compromised as well as the optimal benefits of the Fast itself.

Metabolism – The rate in which your burn energy (calories) will have a big part in the duration of your fast. Your body has it’s own unique speed of using energy and it is influenced by genetics but more influenced by how often you eat on a consistent basis. For those with fast metabolisms at some point in the Fast your metabolism will slow down as a protective mechanism to protect you from starvation. In the beginning of the Fast it will continue as usually and this may be scary because you will lose weight quickly at first. It’ll pass after a few days to a week for a long Fast and you’re the rate of which you have lost weight so far will slow down.
It is mainly a combination of these three things that determines your Fasting duration. Here, is the trick… if you are totally non-active, spending the least amount of energy (calories) possible you can go just as long in your fast than someone much larger than you if they are very active. If you have a slow metabolism you can go longer than someone with a fast metabolism. If you sleep and rest lots, you will last longer than someone that spends little time sleeping because they will be using more energy (calories). These are major considerations while Fasting but they are simple and easy to monitor and remain aware of during the Fast.

**Day 6**  
Almost 1/4

Today, I feel better than ever. My mind is clear and I feel really connected with my body. Out of all the Fasting I’ve done before today marks the longest period I’ve ever done a Fast. I’m thinking today I apply the lesson I have learned yesterday, which is to take it easy and chill out. Don’t over do things and take my time. Today, I don’t have much to say. It’s almost as if I’m not on a Fast at all. I must remind mindful that I am on a Fast because it is this mindset that really supports me in making sure that I am even more productive rather than busy. It’s all about energy conservation!

Date: 10/6/11  
Weight: 170 pounds
How To Prepare For A Fast

The very first thing you must consider before a Fast is “why”. Why do you want to Fast? Is it to lose weight? Is it for spiritual reasons? Is it for health reasons? Do you want to change your diet? There are many reasons for fasting and most of them are great but I do not recommend fasting just to loss weight. I say this because if that is the case you it won’t work for that alone for permanent weight loss. Unless you plan to change your current diet to a healthier one after the Fast you will be disappointed in the overall result. You will loss the weight doing the Fast but if you go back to eating the same foods you ate before the Fast you will gain that weight back again. Fasting is a great way to change an eating diet because it will clear out all the addictive elements of what you may be eating now. It’ll be like clearing out the old furniture from the house before you put in the new furniture. Fasting supports and lays down the foundation for a lifestyle change not just a weight change. Know your reason for Fasting, use the three major categories to help you in this question; Health (Body), Discipline (Mind) or Spiritual (Soul).

Before a Fast it is best to know what kind of Fast you are going to take on. There are many variations on (Food) Fasting. A Fast can be applied to absolutely anything, Fasting from TV, Music, Reading or Sex. It doesn’t have to be about abstaining from food but this Fast is. You can Vegetable Fast, Juice Fast or Water Fast to name a few of the most common kinds of
Fasts. This Fast is a combination of Coconut Water Fast and Water Fast. I will only drink water when Coconut Water isn’t available to me at the time. I think Coconut Water is very cleansing and has loads of minerals to detox my body and nutrients to strengthen it plus its one of the best things to drink to hydrate your body. Since Hydration is key to fasting I think coconut water is amazing since it has loads of electrolytes.

The next thing is figuring out how long you want to Fast for, 1-30 days. When I first experimented with Fasting I started with a couple of days with juice. I played around with different ideas with different 3 day Fasts till I figured what was best for me. Eventually, I added a few more days to my Fasting practice. The fast before this 30-day Fast was a 5-day Fast of Coconut Water. I know that it’s a big jump from 5 days to 30 days but I’m up for it. You don’t have to make such a big jump. You can add a few days each time you do a Fast if you like, till you reach 30 days or more. That way you have lots of experience and you know exactly what to expect for the most part because each Fast may be different than others before. The possibilities of what to Fast and how long are really infinite and can go as far as your imagination. Just be mindful as to not putting yourself in danger and pushing pass your bodies limits, know when to stop.

It is suggested that you eliminate all addictive substance from your diet 1-2 weeks before your Fast. This I highly recommend because I didn’t do this and
How To Do A Water Fast

for the first few days I was going through withdrawal from my indulgence of sugar loaded cakes and cookies a few weeks before the fast. This goes for things like alcohol, caffeine, sodas, cigarettes and refined sugars. A last and final thing before you fast is to minimize your meals slightly and eat only fruits and vegetables with plenty of water to begin the detoxifying process.

Plan in Advance
If you plan on doing a long Fast give yourself a month to plan and prepare for it, make sure your schedule is light for the month of the Fast.

Fasting on Holidays and Events
I suggest scheduling your Fast around big social Events! Do not plan a Fast that will come fall on holidays or social gatherings that will have lots of food. Save yourself the pain and temptation from such a thing.

Day 7
Pulling

This morning I decided to include Oil Pulling into the daily routine of this fast. Oil Pulling is a practice of detoxifying the body using some kind of oil. In this case I’ll be keeping up with the coconut theme plus coconut has so many good things in it compared to
other oils. Oil Pulling is taking a tablespoon of coconut oil and flushing it around in your mouth for 20 minutes and after the 20 minutes you spit it out. The oil attracts metals and bacteria in your mouth by activating the enzymes secreted in your mouth. It also makes you teeth whiter.

I feel somewhat down compared to yesterday but still stronger and calmer than most of the days during the Fast so far. I had to do some traveling and found myself to be sleepy throughout most of the trip and for the rest of the day. I started my trip later in the morning and all I wanted to do was sleep. Things are becoming surreal to me. This is a similar experience I had when I did a previous 5-day Fast just last year. I saw the physical world and physical body clearly as an illusion of the ego and began connecting with the inner realms of my spirit. There was a moment of truth revealing itself to me and I feel it coming on again doing this fast. I wanted to experience that feeling again but wasn’t attached to it. I think when people do something like a Fast and expect some spiritual enlightened experience the very attachment of wanting that to happen prevents it. I must allow myself to be free in mind and free of attachment to a desired outcome.

Another interesting thing about today was that my body was feeling strong and light while I was feeling sleepy. I’m noticing I’m having so many feelings at once, which would normally contradict each other and be at opposites. My muscles feel a little tight especially when I sit or don’t move for a while. I also
feel much colder than usual. I’m pretty sure the cold feeling is related to my tight muscles and is a result of the reduction of protein in my diet. I’m not worried, I feel great in each moment of this journey.

Date: 10/7/11
Weight: 170 pounds

**Oil Pulling**

Oiling Pulling is ancient Ayurvedic practice, which is amazingly simple to do. All you need is a teaspoon of cold-pressed oil, I recommend Coconut Oil but you can use any oil such as sunflower oil or sesame oil. You can use other oils such as peanut oil or olive oil but they have been said to be not as effective.

Steps to Oil Pulling:

1. As soon as you wake up in the morning or at anytime while on an empty stomach take a tablespoon of oil, just hold it in your mouth without swallowing.
2. Gently flush the oil around in your mouth, this is called pulling. Do this for 15-20 minutes (make sure your swish it throughout your cheeks and between your teeth and DO NOT SWALLOW THE OIL!)
3. Feel free to do other things while you oil pull; Take a shower, get your clothes ready for the day or make breakfast.
4. After 15-20 minutes the oil should have drawn out and absorbed all the toxins out of your mouth and should be a white color. Spit the toxic oil out into the
sink and run hot water over it to prevent it from clogging your sink.

5. Rinse your mouth of all the excess oil and brush your teeth.

Oil Pulling has many testimonials about it being responsible for curing many diseases like respiratory problems, skin conditions, joint pains, allergies, constipation and even diabetes just to name a few. The most clear and outward evidence of its power is how it affects teeth. It has been proven to whiten teeth, remove stains, eliminate bleeding gums and fasten loose teeth.

**Day 8**

Faster

I’m done with week-1 of the Fast and just 3 more weeks left. I’m trying to not think about the time frame of the Fast so it would go by faster but that’s hard to do when writing a daily journal on it, LOL! By counting the weeks down one week at a time, 4 weeks sounds better than 30 days. This morning I feel pretty good besides having a long night. I never know what to expect the next day so I prepare in my mind how I would handle extreme tiredness. I’m not sure if I’m preparing for the worst (which is horrible with my imagination) or just doing really while with the Fast because I haven’t experienced any hard days.

The world is really becoming clear to me. My drive and creativity is growing and expanding. I feel this Fast is a moment of inner realization and after I’m
done with it the next month and after will be about outer expression and manifestation. I’m looking forward to putting all these channeled ideas into action next month to support and set my purpose further in motion.

Date: 10/8/11
Weight: pounds

The Importance Of Sleep During A Fast

Sleep is the most important activity you should do when Fasting after drinking Water. It is when you are sleeping can your body detoxify, heal, regulate and metabolize everything it has experienced. After a good 7-8 hours a sleep during your Fast you will feel your best and the strongest. As you sleep you enter in an anabolic state and it is in this state that you also conserve energy and cellular growth begins to take over. Every tissue in the body is renewed faster during sleep than when awake. A major benefit of Fasting is that it will greatly improve your sleep as well so the two; Fasting and Sleep are interdependent of each other to obtain complete health and wellness.

Often the initial increase of energy during the fast can make it seem harder to go to sleep because you will not feel tired but this will pass. The body will regulate and you will soon be able to go to sleep normally and regularly with an improvement in the quality of sleep.

Day 9
Weight

I checked my weight this morning and it’s 167 pounds. That’s 14 pounds less than I weighed when I started this Fast just 9 days ago. I see why people think this is a great way to lose weight, it is… The only issue is with Fasting, when you finish the Fast most of the weight you’ve lost comes back. This happens especially if you go back to the same diet and habits of eating you lived before the Fast. Though I was a pretty good weight before the Fast I can acknowledge that remaining this slim will take assuming a different way of eating when the Fast is over. Am I up for it?

Date: 10/9/11
Weight: 167 pounds

Fasting For Weight Loss

When wanting to take on a new diet Fasting is a great way to start. After purifying yourself of all the toxins you have accumulated over the years a radical change in diet is easier. It’s much harder to change a diet while you are still on the previous diet. The body will only want the food it is used to getting. After a long enough Fast the body has eliminated addictive elements and will love to receive and digest any kind of food. Your job is to give it the best kind of food possible and start your new life on a great foundation.
Day 10
Avatar

Only 20 more days to go and today I feel a little disconnected to my body or rather as if I’m reconnecting with my body. I feel like the guy from James Cameron’s Avatar, after plugging into the machine put his consciousness into another body. It just took him some time to get adjusted to that new body. Within the first few minutes of getting familiar with the new body he was very clumsy at first. I feel clumsy with my new body today.

I took my family on a picnic today, which is a funny thought because coconut water was the only thing on the menu for me. My sons had subway sandwiches and my beautiful pregnant wife had a delicious plate of food from Wholefoods Market. Sitting with them under the tree as they had such good food wasn’t so bad. It just helped me add ideas and recipes to my list of things to eat when the Fast is over, ;-) 

Towards the end of the afternoon I was so tired. Once I got to my room and lied on the bed I crashed only to get up the next day.

Date: 10/10/12
Weight: 167 pounds

Best Sources for Coconut Water
The best source for coconut water is from fresh coconuts. Yeah, I know that it isn’t convenient or practical and you many be asking “Where in the hell will I get coconuts?” They can be hard to find but can be found in most major cities. If you live on a tropical island they are in great abundance and free when you pick them off the tree yourself. They grow plenty is places like Thailand and Brazil, which is where most of the packaged coconut water you see in the health food stores are now manufactured. Of course the other places coconuts grow are Jamaica, Trinidad, Puerto Rico, Bahamas and a few places in the United States.

Another problem with getting your coconut water straight from a coconut is that it can be expensive, which is because they are so hard to find in the US. One coconut can be anywhere from $3-5 and would actually hold ¼ the water a larger container for the same price would hold. The sacrifice you experience with getting your coconut water from a container is that it has been processed if just very little. The great thing about pure coconut water from a coconut is that it is sterile and untouched, which means you get pure quality guaranteed. When bottled in a container the quality is slightly diminished simply by exposing it to air after few minutes not to mention the pasteurizing process, which kills all the living enzymes that make it such a super-food.

After these two things are done to the coconut water it still holds so much to it that puts it in a class by itself. The best packages of coconut water will be in glass or
tetra pak, avoid plastic and canned containers. They will also not have any additional ingredients, just 100% coconut water. Some brands flavor the coconut water with other fruit flavors; make sure they are flavored with pure juice and not artificial flavoring or what they call “natural flavors”.

**Water**

If you are going to drink water too only drink spring water! Avoid tap water and distilled water while Fasting. Tap water has some chemicals in it and drinking this quality water defeats the purpose of fasting for the physical benefits. Distilled water doesn’t have electrolytes or natural minerals, which is needed for better hydration of your body during the Fast.

**Day 11**

Energizer

Today was a good day overall. I was able to sustain a consistent energy level throughout the day. I’m fully acknowledging something today that I noticed a few days ago. With my creativity expanding as a result of this Fast my energy is greatly effected when new ideas come to me. Yeah, it’s pretty normal to get excited and pumped up when you get a good idea, I know… But this experience is slightly different! It’s almost as if I have eaten the healthiest entrée of food there is, as if God served me with her best dish and it would nourish me for an entire lifetime. Today I
experienced that kind of inspiration. The day is to an end and I still feel so good, I was considering staying up late tonight to do some work, I won’t… (Sleep)

Date: 10/11/11
Weight: 165 pounds

**Phases Of A Fast**

There are some phases of Fasting you must know to fully be prepared for what’s to come during the next few days or weeks. I came across this from a book by Dr. Isabelle A. Moser called “How and When to be Your Own Doctor” and in this book she breaks down the six phases of Fasting.

1. Preparation for the Fast – In preparing for a Fast it will greatly help the ease of your journey by beginning to eliminate a few things from your diet. All meat, dairy products, eggs, coffee, black tea, salt, sugar, alcohol, cigarettes and greasy foods are highly recommended by Dr. Moser.

2. Psychological hunger – This phase is most associated with withdrawal and is usually felt as an intense craving for food. You may experience this after the first or second meal is missed. You may begin to doubt your ability to continue and finish the Fast but this will pass after a few days.

3. Acidosis – This phase usually happens after a few days on the Fast and may last for about a week.
The body begins working to eliminate all acidic waste. Because your body is burning fat at this phase it is triggering the release of acidic substances you have accumulated from the typical American diet. You may experience fatigue, blurred vision, dizziness, bad breath, dry tongue and concentrated urine (unless a good amount of water is consumed daily).

4. Normalization – After a week to ten days of Fasting your body will begin to normalize and a good amount of the acid and toxins are eliminated from your body. This is where the benefits of Fasting begin to take place as the body starts to heal its tissues and organs. You will feel an increasing sense of well being that are interrupted by brief moments of acidosis healing.

5. Healing – Now, in this phase you are almost superhuman. You blood is clean and you are usually in a great state of relaxation with a maximum amount of vital force, which is focused on repair and rejuvenation of cells and tissues. Tumors are metabolized as food for the body, arthritic deposits dissolve, scar tissue disappears and organs aims to regain any lost function. To reach this phase of Fasting it often takes a Fasting duration of at least 2 weeks.

6. Breaking the Fast – Breaking a Fast is more important than starting one or being in one. The body is going through a serious cleanse process and if you eat before your body has cleansed completely, it will
reject any food you give it. After a certain point your intestines have temporarily shut down to conserve energy to focus on healing the body and if you eat solid foods too soon whatever foods your body rejects will be held in your body undigested. Another reason why this happens is because it has not become re-acclimated to digesting. To re-engage the body and intestines to digest foods you must slowly reintroduce only juice to your diet for a few days and after juice fasting add in raw food like a green salad with no dressing. Make sure you drink slowly and chew your food completely.

**Day 12**
Younger

Today, I feel so thin but I’m strong. I can feel parts of my body, which I haven’t felt before. My body feels like a different body from 11 days ago, as if I have a different body entirely. It’s seems as if I now notice every detail of my muscles working. I notice how my stomach feels leaner when I sit and lay down. I feel like I’m in my 20 year old body. I can’t, rather I shouldn’t do the things my 20-year-old body did during this Fast but my mental focus is powerful. Things that were complicated are simple and even easy.

Date: 10/12/12
Weight: 164 pounds

**Renewing The Body**
After the body has gone through the process of detox and has eliminated the acids accumulated through out years of “not so healthy eating” ;-) the body begins a serious process of repair and renewal, often times it can be uncomfortable and a challenge. Push forward and think about the reason why you wanted to Fast and the results you will experience once the Fast is complete.

Day 13
Sinuses

Today, I’ve been experiencing a runny nose. I may have a cold but none of the associated symptoms of a cold are present for me. Most likely my body is really clearing out and detoxifying the body though my nose. I’m considering using a Neti Pot to assist the process.

Date: 10/13/11
Weight: 163 pounds

Day 14
Addiction
I’ve gone 14 days without eating and feeling really good physically, mentally and spiritually. I’m wondering, if I can go this long without food then so can so many others, right? At this point if I haven’t eaten after 14 days yet still be totally functional, are we eating unnecessarily? Are three meals a day just too much because we obvious don’t need that to live well and strong? What is going on? Do we have an addiction to food?

Date: 10/14/11
Weight: 162 pounds

**Food Is Over-Rated**

There is research that indicates a new addiction and this new addiction is food. One of the most dangerous issues with this addiction is that it is socially accepted unless it has physically manifested as obesity. The average requirement for calorie intake is just 2,200 calories for a moderately active adult. According to the USDA, the average American daily calorie intake is 2,757 as of 2003, which is over 500 calories a day that Americans are consuming. This means that within a 7-day week, the average American can gain one pound. One pound is the equivalent to 3,500 calories.

The body is very smart in that it knows exactly when to alert you when something is wrong or something is
needed. The stomach growls when it is hungry and that is the best signal of when you are supposed to eat. We are told that we are supposed to eat three meals a day; breakfast in the morning, lunch at noon and dinner at 6 but most times are stomachs are not hungry at those times. You experience hunger when your body needs more fuel (calories) to continue throughout your day sufficiently. Each of your meals is most likely different from each other and so have different vitamins, minerals, fats, proteins and so forth for the body to breakdown and use. This means that a schedule of when to eat cannot affectively match when the body has metabolized food and is in need of more. If you previous meal is high in calories and have not yet been used up but you eat again what you are doing is giving your body more than what it needs right now. When it has more than it needs at this moment it will begin storing the excess calories as fat.

**Day 15**

Half

I’m half way through till the end of the Fast and I know I’ll make it all the way. I knew I would on the first day but it definitely makes it easier now that I have a landmark in the process. Acknowledging progress is very important for success because it will build momentum. I’m been really giving a lot of my thought on time when it comes to this Fast. Since this is my first 30 Fast, I think its pretty understandable
but a part of me wishes I could get pass that aspect of the fast and just allow for the spiritual unfolding of what a Fast like this can bring. I’m not saying that I’m not experiencing unfoldment because that would be the furthest thing from the truth. I guess I’m saying I want more unfoldment, LOL! I laugh because I know simply wanted unfoldment defeats the purpose of a spiritual Fast. I can’t not be attached to what I think should happen as a result of this Fast but the Ego wants something out of it. This is the spiritual dilemma of Fasting, putting your true self up against your ego.

Date: 10/15/11
Weight: 161 pounds

**Committing To The Fast**

When starting a Fast it is imperative that you commit to it whole-heartedly. A successful commitment is usually done based on some kind of experience with the thing you are committing to. Baby steps are important when starting anything new and when it comes to Fasting this is the smartest approach. You should build yourself up to the long Fasts or you may find yourself failing in commitment. You must crawl before you walk, you must walk before you run and you must run before you fly. If this is your first Fast, crawling is the best. Do a 1 or 2 day Fast of just eating only vegetables. While on that Fast be mindful and learn your process. After a month or so do a 1-2 day juice Fast drinking only juice and notice how your confidence builds. Now you can fully commit to
How To Do A Water Fast

a 5-day vegetable Fast followed by a 5-day juice Fast. This is how you build the endurance in Fasting and with this endurance you guarantee your success.

**Day 16**

**Sex**

It’s been 16 days and I haven’t had sex during the Fast. My wife is very knowledgeable and understanding of the process of Fasting so she’s been supportive in me conserving my energy in all forms. Something I find interesting is that my libido has decreased since the Fast, which is very understandable to me because the body is going through such a major shift. With the expectation that I wouldn’t crave or have as much sex as I would usually, I communicated my concern to my wife about her physical needs and she expressed that she will be ok. During the first stages of the Fast she told me that she wasn’t even craving sex as well. It made me wonder… as a couple we are more connected than I thought.

Date: 10/16/11  
Weight: 161 pounds

**Sex And Fasting**

As you Fast your body will go through a few changes and it will express an increase amount of sensation to you. Intimacy can be an amazing experience during
this time but there needs to be some modifications as to how you do it. If you are going through a Fast that is only a few days long then not much modification is needed but if it is longer than 5 days you must be mindful. You may not even desire sex if the process of Fasting is really intense and needs your total focus. The first thing to keep in mind is how much energy you will be putting out because it will definitely affect you throughout the Fast. The less you do during sex the better, keep it simple and quick (not too quick, LOL).

The major concern with Sex while Fasting is ejaculation, if you are especially a person that is tired or sleepy after an orgasm/ejaculating normally than orgasm/ejaculation during a Fast is not best at all. Most men have this experience so this advice is more directed to them but if you are a woman and experience this too it is best to reframe. It may seem hard to do but if you look at the duration of the Fast as a long experience of physical foreplay the orgasm released once the fast is over will be well worth it.

**Day 17**
Snake

Today, besides wanting to eat when I see others eat good food I feel like I’m not fasting at all. It is a though I’m just living a normal day and nothing is particularly different than any other in my life. I feel totally strong in my body and energized throughout the day. Creativity and focus is still at its peak.
When I got out the shower today I noticed that almost 20 minutes after I had some really dry skin on my arms and legs. This is an unexpected result of the Fast because I’m sure I’m drinking enough water so why am I experiencing dry skin? I feel like a snake shedding its skin, representing being born anew. I just applied Coconut Oil on the dry spots.

Date: 10/17/11
Weight: 161 pounds

**Dry Skin During A Fast**

While doing an extended Fast the body goes through a huge detoxification process. Most of the detoxification is unnoticeable to the eye. Detoxification starts from within the body and works its way out so when the body has almost finished this process the skin is the last organ to experience the cleanse. The skin is releasing all the toxins from the external layers of the body resulting in dry skin and peeling. The best things someone experiencing this as a result of Fasting can do is to brush the skin and use a light oil to apply to the dry areas. Because this is a Coconut Water Fast I suggest using coconut oil to apply to the dry spots.

Skin Brushing – The skin is the largest organ of the body, it protects, it breaths, absorbs and secretes. One if it’s major functions is to regenerate skin cells. Your skin is a clear indicator of your health so it will express externally what your body is going through
internally. As you detoxify and release those acids and toxins in your body it is eliminated through your skin. Your skin will get very dry and begin to peel and flake.

You may think that you are not drinking enough and as a precaution you should drink more over the next few days to see if it changes. If so then you didn’t hydrate yourself enough but if it continues then this means that your body is doing it’s job well and is eliminating the toxins through the skin. The skin grows up from the deep layers of tissue out. As you create new and fresh skin from the Fast your body is rejecting the old toxic skin. This is why it is peeling and is achy.

The best way to aid in the process is to brush the skin with a soft to firm wood bristle brush. It is best to brush towards the heart to increase blood circulation and detoxification. If your skin is sensitive, it is best to go with the grain of hair growth (down and out lightly)

**Day 18**
Neti

Along with the coconut water, water with lemon and oil pulling I’m decided to include using a Neti Pot for the remainder of the Fast. Because I have been experiencing some clearing out of my sinuses I thought it best to just further along the clearing out
with cleansing my nose with plain spring water and sea salt.

Date: 10/18/11
Weight: 159 pounds

What Is A Neti Pot?

The Neti Pot is a personal hygiene practice that involves rinsing the nasal cavity with water, salt water or saline solution. The practice is to cleanse the nasal passage of mucus and debris. The practice of using the Neti Pot can relieve facial pain, runny nose, nasal congestion, nasal irritation and even chronic sinusitis.

How To Use The Neti Pot

The Neti Pot is simple and easy to use. You can find a Neti Pot at you local health store or local drug store.

1. Simply fill the Neti pot with room temperature to slightly warm water.
2. Put very little sea salt in the water and make sure it has dissolved in the water.
3. Place your face over a sink or large bowl and put the Neti Pot funnel in one nostril.
4. Tilt the pot so that the water enters into the nostril flushing through the sinus. The water will enter the sinus and continue till it has come out through the other nostril.
5. Allow all the water in the pot to flush out through the one side of the nose.
6. When it has emptied, put the pot down then blow your nose over the sink to clear any excess fluids or mucus from the nose.
7. Now repeat the same thing for the other side and that’s it.

Do this every day and you will definitely notice a change in your breath in the next day or two.

Day 19
Turtle

I’m moving in slow motion today and it feels really good. I’m taking my time to do everything, there’s no rush and it’s all falling into place just perfectly. Wow, we sure do rush through life without giving ourselves a moment or a few moments to enjoy and cherish. I’m at a place of being present with what it. Ideas, ideas and ideas are just coming to me and sometimes it either keeps me up at night or they are vivid in my dreams.

I do think about food, not so much as a desire to indulge but as something to appreciate and hold dare. We definitely take food for granted and I don’t mean we don’t know that it ultimately sustains physical life but our over indulgence of it devalues the essence of it for us. I think of the varieties of food, the colors, the temperatures, the smells, the textures and even the different benefits each item creates in our bodies. I was a big foodie before this Fast but now I have such a deep appreciation for food it can border on worship.
Now I truly understand the tradition of prayer and saying grace for our food.

Date: 10/19/11
Weight: 159 pounds

**Patience From The Fast**

Because you have been mindful about not spending unnecessary energy in order to conserve your energy you will begin slowing down. Not only will you slow down physically but mentally as well in the form of patience. You will begin noticing that you are never in a rush to do something or get something. Your mind is clear and patient as a result of the Fast.

**Day 20**
Prayer

To me Fasting is the best and most powerful form of prayer there is. Though the most common reason for Fasting is to cleanse the body. I am doing it as a prayer, a sacrifice, and a devotional act to the universe and in return I ask for strength. I seek to be stronger in my path in life, to be more focused in spirituality, business, family, and my relationship with my beautiful wife and health of my soon to be born son. The Fast is about tapping into my potential and be in reality whom I know myself to be in spirit. This Fast is an expression of my prayer to be and express my truest self. With all that I believe a Fast to bring, I know I will see the blocks that have been
holding that true self in. This Fast will allow me to understand those blocks and phase through them. This is my “why” for doing this fast!

Date: 10/20/11  
Weight: 157

**Spiritual Fasting**

Wish all the benefits you will begin to feel; clear mind, patience, stronger body, creativity and peace you will notice something more. You will notice sometime other then physical benefits and something more than the sum total of all the other benefits. This feeling is why people Fast for spiritual reasons, to experience and understand this feeling. It is beyond anything you’ve ever felt before because it is unique to Fasting. Allow yourself to draft as far as you can into this feeling because in this feeling will you begin to be the courage beyond any fears or worries you may have had before the Fast. My Fast is a spiritual Fast. I want to clear my mind and heart so that I may be a better conductor of abundant energy to send out into the world.

**Day 21**  
Going, going…

Today, I’m starting to feel a little out of it but for the most part I’m going strong in spirit. I want to make the 30-day commitment I made but I’m beginning to
question things. 30 days? There is a question of following through with the 30 day commitment, is it really what the Fast is about? Is it just about making it to 30 days without eating or is it really about what the Fast can unfold for me ultimately. I can say that the unfoldment holds more priority over the timeframe but my ego wants to prove a point. It wants to prove that I can do amazing things and my true self wants to show others that they can do amazing things as well. There is a mixture of selfishness along with the desire to help and support others. This world is so beautiful and all people are…gods. I know this in my soul. In order to show others this truth, I must become this truth myself.

Date: 10/21/11
Weight: 157 pounds

The Wall

When taking your body to levels in which it has never experienced before you will eventually run into a “wall”. The “wall” the physical boundary or limit by which you can go when exhorting yourself. You can often see this in marathons when runners crawl to the finishing line as their legs and arms tremble and shake as a result of being pushed to the limit. The beauty of hitting “the wall” is that as you push forward you are going beyond what is “physically” possible so to speak. Your body will show signs of failure in its ability to continue but the mind will push it to go further. Like the marathon runners crawling to
the finish line it is with pure heart and commitment do they make it.

With a long term Fast you may experience this feeling of hitting “The Wall” and reaching a physical limit. At this moment you must ask yourself is this where I must end? Did I obtain my goal or reason for Fasting? So much will happen in this moment from visions, realizations, flashbacks and a release of pinned up emotions. Here is where you have the opportunity to go beyond and push yourself. Never risk you health when doing this, risk your ego.

**Day 22**

Gone

I hit a wall today. My energy is low physically. I want to do a bunch of things but my body isn’t really following my minds orders too well, LOL! Ok, I think I’ll just rest and get some sleep today and recharge as much as possible since I have a whole week to go in this Fast. I have nothing really imperative to do today so I’ll just chill out with my wife. I just hope this isn’t a symptom of how my body will be for the remainder of the Fast…

Date: 10/22/11
Weight: 156 pounds

**Knowing When To Break The Fast**
When hitting “The Wall” you are really going through a muscular breakdown, which is using up all the proteins in the muscles for fuel. Feelings of soreness or tightness in the body is normal when doing an extended Fast but once the feeling goes deeper in the body that is a sign to stop. If you feel like your vital organs are being affected by the Fast, you must stop and begin breaking the Fast. Difficulty breathing, or very rapid heart rate is some sure signs to begin breaking your fast. I suggest talking to your doctor about these signs before the Fast so you don’t endangering your health and even your life.

**Day 23**

Cry

Getting up out of bed was such a hard thing to do. Its pretty clear that yesterday was a sign of how my body was going to react during this phase of the Fast. Doing a simple task like taking a shower was so much work I couldn’t even start to wash myself. As I stood in the shower my breathing got really shallow and it was extremely hard to breath normally. Trying to get a hold of myself I started talking to myself out loud “Come on, Peter” “Breath”. My chest would expand and contract but it seemed my lungs weren’t getting the right amount of air in them. “Come on, damn it” “Breath” After trying to take a deep breathe for the 12 time I started to panic. Thinking that I’m a failure if I don’t finish this Fast. I said I would do a 30-day Fast and I must do it because if I don’t it ultimately means that I can’t follow through with things. If I don’t finish this Fast I won’t get what I’ve prayed for;
strength, abundance for my wife, children and my soon to be born son. If I can provide that then what kind of father would I be.

All of these thoughts are coming to me with a monsoon of emotions I’ve never felt before. I was truly facing my fears and dark side in this moment. I slowly walked to the bed, grabbed my phone and called my wife. Still gasping for air all I got was a voice mail. I sat on the bed holding my head, as I continued to talk to myself what felt like drops of acids came from my eyes. Tears? The last time I cried I was about 11 years old and my sister throw snow in my face in one of the coldest winters in New York. I was surprised and amazed at this moment. I saw my truest fear and it was clear that this was the breakthrough I was wanting for. I feared failing my family, my wife and my kids. I feared failing myself and not living up to my potential.

My wife comes into the room and she looks at me with such love and compassion. I look down in shame and say, “I don’t want to fail you”; “I don’t want to fail you”. She holds me and helps me to lie down. I look to the ceiling and as she covers me up and begins to rub my feet something it hit me. It was simple but profound at the same time. A voice in my head said “I fear failing because I have created it as a possibility”. Then it went on and said “No more! Now, today the only possibility for this life is success”. In that second my tears dried and as a sipped a watered down cup of orange juice my wife
How To Do A Water Fast

prepared for me I know it was time to break the Fast because the unfoldment was now.

Date: 10/23/11
Weight: 155 pounds

Today’s Diet
Orange juice

How To Break-Fast

Breaking your Fast is just as important or more important than the Fast itself. If you just begin eating the foods you ate before the Fast right away your body will go into a state of shock. Remember that your digestive system is in a state of hibernation and has “shut down” in order to conserve energy. If you just put any kinds of food in your body, it will just sit in your body for a few days causing serious stomach pains and sickness. There are many ideas as to how to break a Fast. The most extreme is for every day you Fast is one day of Break-Fast. I prefer 1 day of reintroduction of food (Breaking the Fast) for every 5 days of Fasting. Breaking the Fast ultimately means no meats or processed foods for the whole duration of the Break-Fast. The introduction of solid foods is slow and progressive and I have come up with a 7 day Break-Fast Plan to guide you along the way. If you are doing a short 3-day Fast you can adjust this plan to do over the course of 1 day. This is just a guide not
a law so follow you heart, intuition and listen to your body.

7-Day Break-Fast Plan

1. The best way to break a Fast is with drinking some watered down juice like orange juice, grapefruit or even carrot juice for one whole day. Give yourself a nice stomach massage to stimulate the intestines into action.

2. The next day step it up to vegetable broths along with the watered down juice.

3. On day three incorporate some light soups with very well cooked vegetables (the longer cooked the better). Your body is not ready to handle enzymes in raw vegetables right now so it is best to over cook your vegetable soups. Make sure the vegetables are extremely easy to digest

4. Continue with the vegetable soups and juices

5. Now incorporate raw leafy vegetables along with the soups and juices

6. Add some other vegetables but make sure they are cut fine or that you chew your foods really well (chew 30 times before swallowing)

7. Incorporate lean and organic chicken (optional) into the plan
Once you have completed breaking the Fast you may slowly integrate your normal diet into your life or a new diet.

**Day 24**

**Surrender**

Often times we reach our goal even when initially in our mind the goal looked like something totally different when we set out to achieve it. This is mainly because we are not the only one influencing our ideas, goals and life. Yes, we are the main catalyst of cause and effect when it comes to how our lives express it. With us being this main catalyst it is in action or reaction of the universe, we are not alone. We are doing it along with the universe or whatever power you acknowledge as being responsible for life. There is a level of surrender that is taken as we live our lives day to day on a basic level. If we can only expand this surrender into a bigger level I believe we can achieve miracles. I understand that my goal to reach the 30 days was a basic idea of how long it would take me to reach a level of unfoldment. Sometimes we achieve our goals quicker than we plan, sometimes we achieve our ideas better than we plan. It is best to acknowledge the goal and commit to it but be mindful not to let the mere commitment over shine the point of the commitment itself. Don’t commit to what you think the goal should look like or how it should present itself, just commit to the point of the commitment. Why are you committing?
Today’s Diet:
Vegetable broth
Miso Soup

Day 25
Anew

My body feels amazingly new and recharged. It’s amazing how just simple vegetable broth and miso soup can give so much nutrients to the body, especially when the body has had minimal substance. I’m still in a place of awe how our society eats way too much. I was shocked how I was able to live a really active life during this Fast and I’m really questioning the recommended dietary intake of three meals a day. I’m still not clear for me how this will change my dietary lifestyle but I know it has changed how I feel about eating. I know that from now on I will eat way more home cooked food rather than eating out. During my Fast I have been really obsessed with cooking recipes and finding out how simple many things are to cook at home. I’m also considering doing lots of juicing at home as well.

Today’s Diet
Vegetable Broth
Miso Soup
Spit Pea Soup

Day 26
The Cook
Today, even though I am technically on a Fast I feel it is time for me to get back into the kitchen and start cooking for the Family again. I’m the chef of the house so as I was Fasting my Family has been eating so much crap from stores and fast food spots and I just had enough of seeing it. Plus, I can practice trying out a few recipes for baking bread, I figure I’ll get pretty good at it by the time my Fast is over so I can enjoy some home baked bread. My wife was so happy to get some good home cooking from me and I was glad to give it.

Starting A New Eating Lifestyle

Fasting is a way to totally reset the body and start all over. If you’ve struggled with eating healthy before and went from diet to diet with no success, Fasting can help. Before you Fast, know what kind of diet you want to take on once your Fast is complete. Know this before taking on a Fast if a diet reset is what you are looking to achieve because if you wait to do so during or after the fast you are less likely to be successful in making the change. This way you have set in motion the mentally of that diet as you Fast in your mind. As you go through your fast not set in what you will be afterwards you will begin thinking about all the foods you used to eat as a possibility of what you can eat later. Know what diet you will take on after the Fast and focus your mind to think about only those foods within that particular diet. This sets your mind on the right track of eating and food.
Day 27
Hello Stranger

I am so aware of every bit I take of food and this awareness comes with questioning why I’m taking a bit of this particular food. Am I physically hungry? Is this healthy for me? Will this really nourish my body or just fill my stomach? Do I have to eat as much as I usually eat? After 23 days of no food, I have to reintroduce myself to this practice and with this reintroduction I’m questioning why I need it in my life and how to be with it from now on. I know I want a deeper connection with my food and that doesn’t mean more of it so rather than focus on quantity of food I choose to focus on quality of my food.

Day 28
Next

I’m really not sure what’s next once this Fast is totally complete. I’m wondering if things will change on some level for me on it’s own when it comes to eating and food. I know that Fasting is like a rebooting or reprogramming of the digestive system so I’m experimenting with just letting my cravings and body go with whatever it wants without putting too much mental pressure on what I “think” I should or shouldn’t eat after the Fast. My body is responding
to the food I have been eating so far and I’m feeling very confident in eating a normal diet in a few days.

**What To Expect After A Fast**

After in intense and/or long Fast you will feel very energetic and rejuvenated in so many ways. Your body though it has been through a hard process has used and expelled all the toxins in your body. Your mind though it has been through many ups and downs as well as the mental breakdowns it couldn’t be more clearer at this stage. You will feel immensely creative and you may even be overwhelmed by the many thoughts and ideas running through your head but you will gain control once you realize that you now have the energy to actually pursue them all. When before the Fast so many thoughts and ideas would weigh you down because of a sense of lack of time and energy to actually pursue them. Now it almost seems as though the world has slowed down but really it is you that is now moving faster than ever before.

**Day 29**

End

An end means a new beginning and I’m ready to live out this beginning with complete presence. It has been fun to push myself through to a new experience, a new experiment and a new life. I’m feeling confident in what deep-seated issues came up for me through this Fast and I will definitely do many more
Fasts like this in the future. This Coconut Water Fast in particular will be an annual practice for me and I’m looking forward to what it will bring me throughout the years to come.

Day 30
Beginnings

Well, I made the 30 days of Fasting though not as I planned. My intention was to Fast on only Coconut Water for the entire 30 days. The problem is that I learned from serious study and research during the Fast that for every 5 days of Fasting you should spend 1 day slowly reintroducing food to your system. This means that after a 30 pure Coconut Water Fast I would spend the next 10 days fasting on soups, juices and cooked vegetables before eating normal food. The lesson here is to learn as much as you can before taking on a Fast like this so you are prepared. Sometimes I learn the hard way and jump in learning as I go, which is great for you so you see the results of doing it this way versus gaining the information first before acting. I have more fun my way but you have a choice to do it anyway you like, remember this is your journey. I’m glad you have read this book to completion because I am sure it gave you a heads up about the process so you may not go through any unnecessary hardships I went through along the way.

So, though I had a idea of what I wanted from this Fast and how I wanted it to end, it didn’t work out that way and it may be because I wasn’t so clear in all
the details before the Fast. Though it didn’t work out as I imagined it was better. I got the spiritual unfoldment I desired and though my ego wanted to go the whole 30 days my spirit didn’t need that and what the spirit needs is what’s best. Things to remember and take into consideration for the next 30 day Fast is the Break-Fast phase. When I initially planned the Fast I only stated that I would Fast for 30 days not taking into account the period of time needed to slowly reintroduce food to my digestive system before I could eat normal food. To be honest it didn’t dawned on me that I would have to go through such a process after the Fast itself. Once I realized it during the Fast it slightly threw my plan off. Ironically, it worked out perfect because ending on the 23rd day was the exact day I would begin reintroducing myself back to food in order to resume eating traditional foods after the 30 days. Tomorrow I can totally continue my traditional food diet before the Fast but I’m still not sure how it will go. What will I crave? Will I eat more? Will I gain all the weight back that I lost?

**Day 40**
Perfect

It’s been 10 days after completing the Fast and I’m doing so well. I weight 166 pounds and I feel light and strong. A major difference in my eating is that through I still love sweets (cookies and cakes) I noticed that I don’t eat them as much. I may see them in the supermarket and think about them but I just go
right pass them and continue shopping. It’s really clear that my body has purged itself of being addicted to sugars like that. When I do want to eat them I’ll bake them myself so that I have full control over what’s in them. Cooking my own food has been a big focus in my eating. I was always into cooking but now I’m learning about cooking things that have never come to mind before the Fast. I don’t believe that I have to not eat certain foods and deprive myself in order to eat healthy. What I do believe is that I have to learn how to make all the foods I love so that I can make them with pure and healthy ingredients. I’m still in awe of me being 166 pounds because for years I could neither gain nor lose weight outside of 180-181 pounds. I know that it’s not a lot of weight and I never took on this Fast to lose weight. I say this to show you that when you think your body is stuck at a certain weight, you may believe that weight is your permanent way of being and I want to stress that it’s not true.

**What You Can Do Now!**

So, you have a basic understanding of Fasting and what I went through but now it’s time for you to take on Fasting and make a shift in your life.

**Here Are Steps To Start Your Off**

1. Be aware of why you are Fasting. (What’s your motivation? weight, detoxification, spiritual, etc…)
2. Commit to the “Why”  
(Commit to the reason for the Fast not the length of the Fast)  
3. Know what kind of Fast will you do.  
(Vegetable Fast, Raw Fast, Juice Fast, Coconut Water Fast, Water Fast, etc…)  
4. Decide how long you will fast.  
5. Consult your physician if the Fast is longer than 3 days.  
4. Drink only water, Eat fruits and vegetables for three days before the fast.  
5. During Fast, rest as much as possible and take your time doing things.  
6. When you feel hungry, remember why you are doing it and eat or drink anything that goes along with your fast.  
7. Focus only on the moment  
(Take it one moment at a time; don’t think about the long haul)  
8. Allow the unfoldment to happen and trust the process  
9. BE honest with yourself  
10. When you have completed the Fast, break it with a slow reintroduction to normal food. 1 day of reintroduction for every 5 days of Fasting.

Now Here Is Your First Step…

**Why are you Fasting?**
Weather you have any medical conditions or not I recommend asking your doctor about Fasting before you do it.

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