

Fast Forward

Water Fasting Made Easy

About the Author

My name is Christopher Zito. I have conducted numerous experiments on myself to ensure the precise quality and safety of your water fast. My water fast has been tested by others with favorable results. I am presenting the Fast Forward program to drive you into the lifestyle you've been wanting to live as quickly and safely as possible. I have successfully completed several fasts including a 21 day water fast and 77 hour dry fast. The Fast Forward guide to water fasting was accomplished through rigorous research and personal experience. I have studied the works of Dr. Fung, Dr. Robert Morse, Ray Kent and Cole Robinson. My goal is to explain water fasting as simply as possible without overloading you with complicated terms and processes that occur in the body.

Introduction

Ever wonder why you aren't losing any weight no matter how many diets you try and how much you exercise? How about the fact that you've lost about 10 lbs on a diet and then can't lose any more?

Fast Forward is the answer to these questions and more. Inside you will learn the basics of water fasting, fat burning, and how to achieve your health goals. There is an easy to follow step by step guide that you can take anywhere with you.

Fast Forward is most beneficial for overweight people who want to burn fat and cleanse toxins quickly and safely. However any one can benefit from the Fast Forward program as well. The secret to success in your Fast Forward approach is the revolutionary E-Water comprised of the necessary minerals to keep you going. I have performed every step in this guide personally with success. Take advantage of all the information in this guide for the most optimal fasting experience for your body.

WARNING: YOU WILL BURN ACTUAL BODY FAT QUICKLY AND EASILY :)

Are you ready to FAST FORWARD?

DISCLAIMER: The Fast Forward program is not intended to diagnose, treat, or cure medical conditions. This is a healthy lifestyle choice to live as your body was initially designed to live. You will burn fat guaranteed. I am not a doctor or a nutritionist and advise anyone who participates in a fast to consult with their local doctor before beginning.

What is Water Fasting?

Water Fasting is the process of only drinking water and not eating any food for a defined period of time in order to detoxify your body and control your relationship with food. Fasting is a natural and necessary part of a living organism's life and is considered one of the healthiest ways to live. Water Fasting forces your metabolism to switch to Ketosis in order to burn fat for fuel. The Key to a successful water fast is to get a full night's sleep, balance your electrolytes, and listen to your body's needs.

The practice of fasting is thousands of years old and has ceremonial and traditional roots in various cultures and religions throughout the world.

There are several ways to water fast, and any length of time will be beneficial for your body. However, fasting that occurs for less than 48 hours will not provide the fat loss or health benefits presented in this guide.

- Short term Water Fasting (48 - 72+ hours)
- Long term Water Fasting (1 week- 40 days)
- Intermittent Water Fasting (Once a day, every other day, once a week, a few times a month, once every few months)

Note: While fasting less than 48 hours will not provide sustainable benefits, a 24-48 hour water fast once a month for several months will help prepare you physically and mentally to take on a 72+ hour water fast.

Is water fasting safe?

Overcoming the fear

In short, Yes!

It's a natural process of any living organism.

Have you ever noticed when you're really sick you lose your appetite?

Illnesses such as the common cold, the Flu or even Cancer will invoke a reduction of appetite as a symptom. Symptoms of an illness often occur in the body as a way to fight off something that should not be occurring in your body. A fever will increase your body temperature in order to create an unstable environment for infection to live. Body Fatigue will occur in order to reserve and delegate your energy resources to attack bad bacteria.

What is the purpose of a loss in appetite?

Simply put, the digestive system requires a lot of energy to digest food. Depending on what you eat it could use up to 60% of your body's energy to complete the entire process. That would leave the remaining 40% to maintain the health of your body. Certain foods require less energy from the digestive system while others require more. Typically, carbs and protein will require the most energy to break down, and the more of these you eat the less energy you will have left over to maintain a healthy body, burn off fat, or fight infection. This is one reason you feel tired after eating a lot of carbs and protein.

When your body becomes ill, your body's natural process is to reduce appetite in order to conserve all of its energy for internal healing.

Your body wants to shut down your digestive system for 2 main reasons:

- To eliminate taking anything else in so it can diagnose what's interfering with your health.
- To conserve all of its energy for internal healing.

The main use for medication during illness is to reduce uncomfortable symptoms. I have found that not taking medication for symptom relief strengthens my ability to overcome them quicker on my own. Antibiotics are another grey area, but the typical consensus is that these types of medication can do more harm than good. Be aware of the possible effects to expect if you choose to take medication during times of illness.

- Digestive system remains on causing longer healing time.
- Interference of diagnostic abilities.
- Interference of natural ability to heal.
- Weaken immune system.
- Resistance to medication, resulting in lost time to build your own resistance

Over time this can cause increased aging, reduction in the bodies ability to heal itself, and a less functional lymphatic system.

So in essence, if you've ever been sick, you have already fasted and didn't even realize it! It is safe and your body wants you to do it. The good news is that you don't have to wait until you are sick; I recommend water fasting as a regular maintenance routine to cleanse and repair your body. In doing so, you will experience less illness and faster recovery times.

What are the benefits of Water Fasting?

Aside from an overall healthier response to internal healing, the benefits of water fasting are numerous from fat loss to physical and mental health. Studies are still on going to the many benefits of fasting, but here is a list of benefits that I have personally experienced.

<ul style="list-style-type: none"> ● FAT loss ● Water Weight loss ● New soft, smooth skin/Hair ● Cleaner blood ● Reduction in blood mold ● Reduction in parasites ● Clean organs ● Reset metabolism ● Reset Digestive system ● Reset relationship with food ● Detox ● Alleviate certain illness and various bodily discomforts ● Repair scar tissue ● Heightened senses (Smell, taste, hearing, 	<ul style="list-style-type: none"> ● Reduction of eye floaters ● Increased testosterone ● Eliminate cravings for junk food, sugar, and stimulants ● Eliminate body odor and various smells ● Eliminate zits, acne and black heads ● Eliminate migraines and head aches ● Save money ● Increased stamina, endurance, and mental fortitude ● Emotional stability, patience, and clear thinking ● Personal experience with how your body works ● Strengthened will, faith, and discipline ● Overcome fears and build confidence
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Other testimonies of benefits include: Reversal and cure of type 2 diabetes, eczema, arthritis, tumors, increased fertility, cured HIV, cures cancer, other serious illnesses and many more.

The list goes on and on. As more researchers discover what ancient civilizations have known for thousands of years, the list will grow. Many participants in water fasting document their own findings to add to our understanding of our bodies.

Notes: *Even if you don't see any immediate health problems doesn't necessarily mean your body is operating at peak health. As your lymphatic system becomes clogged with toxins, the body ages faster and experiences many health problems in its elder years.*

Is water fasting right for you?

Short answer, anyone *can* water fast. However, there are some stipulations and cautions to take note of. The older and unhealthier you get, the more difficult it will be. It can require supervision if you have a serious illness and are taking medications. As a rule of thumb, even if you aren't living a fasted lifestyle, you should perform a water fast every few months, even for a shorter 24-48 hour period.

- Under supervision children starting as early as 3 years old can and should have a water fasting routine every few months to keep their kidneys and lymphatic system in good health. After all, this is when the toxins begin to build up in the fat cells, and many people will carry those toxins around for the rest of their life. A child who eats a lot of junk food will immediately notice the effects of water fasting. An overweight child can also burn fat from water fasting. This will also get them to understand their body as they grow older.
- Overweight teenagers and adults will need more aggressive water fasting routines as their fat cells have been solidifying over the years, and storing multitudes of toxins.
- Older people of 70+ years should be supervised as their bodies are becoming frail from an entire lifetime of abuse and although some health benefits have been reported, it could be too late.
- Diabetics and cancer patients will have great benefits with water fasting, but must be supervised. Under no circumstance should you attempt fasting alone if you have a serious medical condition. Consult your Doctor and seek a Fasting Facility.

- For lean people of any age who are active and fit, intermittent fasting is the only water fast that should be attempted. An intermittent fasting routine would simply change which days you eat your meals on and how much you would consume within a certain period of time. This is what will shave off that last 6 percent body fat you can't get rid of.

DISCLAIMER: If you have an extreme illness, seek medical attention and supervision before water fasting.

General information about your body

What you need to know for an optimal water fast experience

What is Starvation Mode?

A hungry misconception

Leptin is a hormone produced by fat cells. The purpose of leptin is to tell the brain your body has reserved fat to burn and to speed up the metabolism. This results in a loss of appetite. Leptin travels through the blood into the brain to send that message.

If this works properly, after you are done eating, you feel full and your metabolism begins to work.

The problem:

When you're bored, depressed, stressed, looking for a distraction or instant reward, you tend to eat more food even though you don't need it. Since you already have fat on your body, leptin is still flowing to the brain while you're eating another meal. This conscious effort to eat food counters the function of leptin and tricks your brain into ignoring the leptin, just like you were ignoring the fact that you weren't hungry. Over time, the correct process for your metabolism to speed up will malfunction causing the brain to always ignore leptin. The result is your metabolism slows down and you feel hungry again even though you aren't really hungry.

The result:

You'll be hungry throughout the day even though you don't need to eat and will store more fat than you burn because your metabolism is slow. This is now officially a malfunctioning system. Your body thinks it is starving and is requiring food.

True starvation is when you have no other sources of fuel except your muscles and organs. Fat people cannot starve to death. Only lean people can starve to death.

Fasting resets your metabolism, and your brain's ability to process leptin. This is why fasting works so well to speed up your metabolism and burn actual body fat.

The Purpose of Fat

Is there one?

There are many purposes for having fat on the body. That main purpose for fat is to be an energy source if you are in a situation where you cannot get food regularly. The fat becomes the fuel source for your energy to survive.

Our bodies were designed to fast and to store fat in an emergency. For instance, if your town gets destroyed, your vehicles don't work and you need to travel and have no food. Another scenario is if the weather is too severe to go out and find food. Perhaps you are going into the woods to survive for a few weeks; it's best to go with fat on your body to live on so you aren't constantly sick and tired while you're trying to hunt for food.

If you live a sedentary lifestyle where food is abundant to you, then you have no need to store a lot of fat on your body. You have no need to eat all day or every day. If you're lean then only plan to eat when you're about to do something that requires energy such as exercising regularly, going on a long hike, or traveling short distances. Eating the right foods can give you a mental boost for an exam as well. Fat is not a horrible monster designed to ruin your image. It has a necessary purpose for specific situations.

Other purposes for fat:

- Stores water in case you cannot find a water source
- Quarantines certain toxins to safeguard the rest of the body from damaging effects.
- Keeps internal organs warm during freezing conditions.

Now that you understand fat, let's use it appropriately from now on.

Notes: *It is not necessary to be 0 - 5% body fat unless you are a bodybuilder or partake in an activity that requires you to be that lean. It is not bad to have 6 to 10% body fat on your body. If you are purposefully going into a survival situation, you may want to get closer to 15 - 20% body fat depending on how long you will be without food. However, it is a good idea to get down to as low a body fat percentage as you can to ensure you've released all possible toxins, and then add good healthy fats to your new clean body.*

Caring for your Lymphatic System

Drain the Bodies Sewer

The lymphatic system is your very own toxin maintenance crew. In short, it constantly cleanses and rids your body of junk that shouldn't be in it. It is important to take care of your lymphatic system because if it clogs up with too many toxins and doesn't have a healthy cleansing routine, serious diseases can break out. Not to worry, we aren't as fragile as many want to believe. Most serious disease can be cured with a cleanse, and the most aggressive cleansing tactic is to fast.

The Lymphatic system does not have its own pump like the heart and the lungs. Aside from water fasting you have to do a little work to ensure it's operating at its optimal performance. Here are my recommendations:

- Deep breathing exercises daily
- Physical exercise and muscle movement
- Body Massage
- Clean diet such as raw foods, healthy fats, and light proteins.

Did you know your lymphatic system is also affected by the chemicals you use on your body? I suggest using a body soap called [Dr. Bronner's Peppermint Pure Castile Soap](#). This is the soap I use and have had clearer skin, better breathing, and no nauseating effects of typical soap. This soap does come in a bar form and works just as well. The peppermint will help to loosen up just about everything that needs to loosen up in your body from your muscles, sinuses and your lymphatic system. The following is a routine to help move the lymphatic system along while you shower with this soap.

1. Get lathered up with a loofa of your choice.
2. While you are lathered up do some breathing exercises
3. Pound firmly on your chest, the groin area right beneath your tummy, under your armpits, under your knees, and on your back where your kidneys are.
4. Rinse off

If you do this every time you shower, you will notice a difference in your body's ability to handle and defeat

toxins.

Notes: *I am not receiving any money or publicity from Dr. Bronner's to advertise this soap. I genuinely like this soap and found it to work. Even if you do not water fast, the above routine can be practiced often for lymphatic health.*

Ketosis and Fat Burning

Breaking it down

Ketosis is the metabolic state in which fat is broken down and moved to the liver to be converted into ketones. Ketones are used as energy mainly for the brain and organs to stay active and alert. This is the most efficient source of fuel for the body.

Ketosis is the bodies emergency fat burning method during a survival situation in which you do not have access to food. However even though we are not all in need of survival, we can still take advantage of this excellent fat burning tool. Keep in mind, some people on Earth actually do live in ketosis because they don't have a choice, as they do not have an abundance of food.

There is a way to activate Ketosis on a Ketogenic diet which consist of low carb, no sugar, moderate to high proteins, and high fats. I suggest following a Ketogenic diet after your water fast to maintain your weight.

Interesting facts about burning fat:

- Most of our fat is actually burned during sleep.
- The majority of our fat is breathed out through the lungs in the form of carbon dioxide.
- Breathing exercises will help your lungs breath out more carbon dioxide
- Ice baths will increase your fat burning rate. I recommend 30 minutes to an hour for 500 -1000 extra calories.

Even though we breathe out our fat loss, you will not be able to just breathe more to lose weight. Fat still needs to be burned first.

Notes: *Ketosis is a normal functioning state of the metabolism that needs to be exercised. Use it or lose it. You do not need to stay in Ketosis all the time. Just don't neglect it.*

Sodium and Potassium

Best friends for life

These are necessary electrolytes that keep your organs functioning properly and your mind clear. Too much or too little is bad for you. As in all things of life, there must be a balance.

Recommended daily dosage by the USDA

Sodium - 200 mg - 2,300 mg

Potassium - 4,700 mg

In order to have a smooth experience with the Fast Forward program I want to focus on the main necessity of this combination. Hydration and energy are the two things you're going to need to worry about the most. Sodium and Potassium will keep you hydrated and energetic so you can continue to go to work and exercise. Additionally, having these in your system will make re-feeding so much easier, even on a long term fast.

What's affected by Sodium and Potassium?

<ul style="list-style-type: none">● Normal water balance● Muscle contractions● Nerve impulses● Digestion● Heart rhythm	<ul style="list-style-type: none">● Ph balance (acidity and alkalinity)● Kidney function● Heart health● Blood volume● Blood pressure
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Some basic facts to help you understand what this dynamic duo is doing in your body:

There's a huge necessity for Potassium and Sodium in regards to our health, but let's just focus on the simple stuff. A common misconception is that we should not eat salt. The truth is, we need sodium, and can consume quite a bit of it. The problem is that many people eat more sodium than they eat potassium. That's when sodium becomes a health risk. While Potassium works to lower your blood pressure, Sodium works to raise it. Therefore, the correct balance is crucial. You always want more potassium than sodium. Sodium will remain in the kidneys to help break down toxins, but will need to be expelled eventually. Your body is naturally Potassium sparing but if you are too low on Sodium you will also lose Potassium through urine.

With the amount of detailed information about these two mineral friends, it's best for you to research the sources I've listed at the bottom of the page.

Notes: For you to safely perform a water fast, I strongly recommend you take in a balanced ratio of Sodium and Potassium. It is unwise to remove these essential minerals from your water fast routine as you could experience problems with your heart, kidney, mood, and hydration levels.

DISCLAIMER: If you are 50+ years old, your sodium and potassium needs may differ from someone younger. Please consult your Doctor before mixing E-Water to see what ratio is right for you.

Water Fast Guide

The Fast Forward Program

Mandatory things you'll need for the Water Fast

- Water
- Granulated Himalayan Pink Salt (Sodium Chloride)
- No Salt (Potassium Chloride)
- Courage

Notes: If you are low on money use the healthiest water you can afford. Grocery stores sell drinking water for less than \$1/gallon. If you have money get healthier water with a pH of 7 - 9.5 and an Alkalinity of 130-300ppm (parts per million). Alkalinity is the water's ability to buffer acids. If the alkalinity is too low or too high the pH balance will not remain stable. Alkalinity can be specified as TDS (total dissolved solids) measured in ppm (parts per million) or mg/L (milligrams per liter). ppm and mg/L are the same thing. Keep in mind, you will be saving a lot of money by not buying food, so feel free to get the good water.

Primary recommendation: Evian, Kangen

Secondary recommendation: Zephyrhills or any brand drinking/spring water with a pH of 7 - 9.5

Optional things you'll want for the Water Fast

- 1 Liter Glass
- Pure Organic Lemon Juice
- Baking soda (non-aluminum)
- Apple Cider Vinegar with Mother

- Cayenne Pepper
- Ketosis Strips
- Floor Scale
- pH Strips
- Pure Organic Soap

Elimination

Just don't do it

If you want to get the best out of the Fast Forward program, and become the healthiest you can be, there are some things you're going to have to say goodbye to. These things could not only interfere with your results but cause you serious damage. The water fast will eventually help you defeat all cravings for these substances and you won't even know why you wanted them in the first place.

Do not consume or use:

- Coffee/Caffeine
- Alcohol
- Drugs including marijuana
- Headache relief medicines/pain killers
- Cigarettes/Nicotine/eCigs

I understand some of these things are difficult to part with, but I didn't design the human body or the functions necessary for optimum health. You will have to reflect long and hard about what you really want out of life and what you're willing to do to achieve that goal. I am here to motivate and help you achieve your health goals and live as how we were designed to live.

Step 1: Pre-Fast Procedures

Some people recommend doing a colon cleanse by drinking a fruit laxative before a cleanse. I do not recommend a laxative because the E-Water will clean you out anyway. There is no documented risk in starting a fast without performing a colon cleanse.

Procedure 1: Eating correctly before fasting

For activating Ketosis and eliminating hunger faster.

The meals before you fast:

- Eat low carb and low protein meals. Eat mostly vegetables, protein and healthy fats. Eat more vegetables than anything else. If you don't know which fats to eat, just eat an Avocado.
- Take note of what time it is when you eat your final meal. This begins the Water Fast. I recommend eating your final meal at night and starting the next morning with E-Water. Step on the scale and log your weight.
- Get Excited!

Procedure 2(optional): Making a Kidney Tonic

For blood, kidney and digestive health

1 hour after your final meal:

MIX:

- 1/4 tsp Baking Soda(314mg)
- 2 Tbsp. Apple Cider Vinegar
- Stir and let settle
- Drink

During your water fast If you don't want to worry about regulating your sodium intake just drink the apple cider vinegar with a cup of water instead of the baking soda. Keep in mind that that baking soda has benefits for cleansing the kidneys.

Notes: *Apple cider vinegar has a very low pH which is acidic and can harm your teeth. This ACV and BS mixture should produce a pH of around 7 and will be safe for your teeth. You can check with the pH strips. You may drink the Kidney Tonic throughout the water fast but I recommend doing it after 72+ hours or only if your kidneys hurt. Another great function of apple cider vinegar is that it will reduce uric acid in your blood.*

DISCLAIMER: **1/4 tsp of baking soda has 314 mg of sodium. One of these every now and then isn't too big of a deal, but if you're going to drink more than one a day you need to do the math and take some of the Sodium (Pink Salt) out of your E-Water. As a rule of thumb, just drink this tonic throughout your fast if your kidneys begin to ache. Be Smart.**

Procedure 3 (Optional): Pure Organic Lemon Juice

For extra kidney health

Drink 1/4 cup of pure organic lemon juice with a straw or add to a cup of water.

Notes: *Drinking lemon juice can be bad for the teeth. Drinking it through a straw will help to protect them. You may drink 1/4 cup of lemon juice per day during your water fast. Lemon Juice should not kick you out of ketosis. I suggest Santa Cruz or Lakewood Organic Juice because they have 0 calories and 0 sugar.*

Step 2: Mix "E-Water"

For cognitive function, energy, muscle sparing, heart support and digestive health.

1st day of Water Fast:

I recommend drinking 1 Liter of fresh water and 1 Liter of E-Water as a starting point

MIX:

- 1 Liter Glass of fresh water
- 1 tsp. "Pink Salt" (Sodium/1700mg)
- 1 1/2 tsp. "No Salt" (Potassium/3900mg)

Keep another Liter of fresh water to drink alongside E-Water.

If you want, you can make this mixture in a full 2 Liters of water, but many people like to have Fresh water.

Notes: *E-Water stands for Electrolyte Water. This is a tonic comprised of Sodium and Potassium. E- Water is the same water mixture they pump through an IV in a hospital to re-hydrate patients. Sometimes hospitals will mix sugar or dextrose in with other minerals but it isn't necessary for your water fast. It is not advised to skip drinking E-Water but it is possible to fast on healthy water alone so long as you live a very sedentary lifestyle. In some cases, you may want to experiment fasting using only plain drinking water with a pH of 7-9.5. Lightheadedness may occur more often drinking fresh water only, usual when standing up. I survived it on my*

first fast but I do not recommend this as potassium and sodium are crucial for your heart and blood pressure. Plus re-feeding will be easier. Refer to above article about Sodium and Potassium.

DISCLAIMER: Do not go over 5000mg of potassium (No Salt) per day. You may decrease potassium as needed. It is okay to experiment with more or less sodium (Pink Salt) although the daily recommended dosage is 2300mg for a moderate active lifestyle. You will have to see how you feel to determine how much your body needs to function. Use this guide as a starting point. If you run out of sodium you will expel the rest of the potassium and feel bad.

Optional Procedure: Cayenne Pepper

For stomach remedies, speeding up blood flow and increasing energy

- Mix Cayenne Pepper into E-Water (as much as you want).

Notes: *Cayenne pepper can help cure stomach ulcers.*

Step 3: Drink Water

For hydration and detox

- Drink E-Water throughout the course of the day. Drink fresh water alongside the E-water. Spread it out. You need to get all of your electrolytes in every day, but do not take big gulps all at once. Your body can only hold 1 liter of water per hour. Too much water intake will cause you to urinate more frequently expelling all the electrolytes in the E-Water.
- The amount of water you should drink per day depends on your personal needs. Throughout your fast you may learn that you need more or less E-Water or fresh water. There is a separate water intake guide included near the end of this tutorial.

Notes: *You will eventually learn to drink when you are thirsty and may find yourself drinking only 1 liter of water a day. This is okay. Do not try to over drink water and do not exceed 1 gallon of water in a day.*

Step 4: Water fast for 72+ hours

For detox and fat loss

During the first few days of Water Fasting, your body searches for any remaining sugar in the blood to burn. It also searches for glycogen in the muscles and liver to burn for fuel. When it runs out of sugars and glycogen to burn for fuel, ketosis begins to break down fat for energy. It's a very simple process with a lot of complicated words.

Generally, Ketosis begins around 48 hours, but everyone is different and it could take up to a week. Use the Ketone strips. During ketosis you will be burning actual body fat and toxins will be released from the fat and filtered out through the kidneys. It's finally happening!

- Grin and bear it. Although any fasting is good for you, consistent fat loss results and true health benefits begin at day 7.
- If you are overweight, and you still feel good, KEEP GOING! Get shredded. Burn your fat off until you are skin, muscles and bones. You can build on that later when you start your lean fasting routine.
- You may feel hungry, but as the explanation of starvation indicated above, you need to ignore the hunger pain to reset your brains relationship with leptin. The hunger goes away after the body burns fat for fuel.
- Be patient, trust your body, and remember your goal.

***Notes:** During the transition into ketosis you may feel fatigued, light headed, nauseous, hungry, and have a headache. This is normal. E-Water will help during this process. You may also notice a bad feeling as the toxins in your fat and blood rapidly start moving towards your kidneys for expulsion. You may notice lower back pain indicating your kidneys are hard at work and full of toxic build up. You may have stones being broken loose. Drink the Kidney Tonic to help break stones loose from your kidneys. You may experience heightened mental clarity and euphoria on day 3 and beyond. Enjoy it. All of these symptoms will pass and the water fast becomes easy to bare.*

DISCLAIMER: If you feel too sick, stop your fast and re-feed immediately with one meal of healthy foods consisting mainly of vegetables with in 1 hour. Do not eat carbohydrates. When you're done eating, restart the fast. There is an intermittent fasting guide included after step 6. If at any time you

experience a serious medical condition, stop your fast and call your Doctor.

Step 5: Break your fast

For refeeding and starting your new routine

A benefit of the E-water is that it helps with reactivating your digestive system and makes it easier for you to eat food after a long fast. Be cautious anyway.

- After 72 hours, you should be okay to break your fast with solid foods. I recommend vegetables that are low in carbs.
- After a week to a month, break your fast with small pieces of water melon or sip fresh squeezed orange juice followed with a bone broth or vegetable soup. Do this for a couple days before you reintroduce heavy solids such as meat or bread.
- This is your chance to decide the future of your health. You can continue with a fasted lifestyle or you can take this as an accomplishment, which is one more thing you can add to your conversation repertoire.
- Everybody is different. Always start small and see how you react. If you're fine eating after your fast, feel free to eat more.
- If you haven't been exercising, now is the time to start.

Notes: *If you eat carbs or sugars you will come out of ketosis immediately. Use your ketone strips. It is possible to quickly regain all the weight you lose if you go right back to your same old diet. Carbohydrates have a place in a lean person's life, not an overweight person's life.*

Step 6: Fasted Lifestyle

For longevity and maintained health

Continue a fasted lifestyle with a proper diet consisting of the foods you need depending on what you are going to do throughout your day. Every fast is a step towards getting better at fasting.

If you have been exercising the entire time you've fasted, you should be able to continue your usual routine. However, now you can add carbs for explosive weight lifting routines and protein for gains. Your body will tell you what to eat and when to eat it.

You want to eat fibers to maintain digestive health.

Intermittent Fasting Routines

For lean people who are building muscle

You want to keep your body detoxing and low on fat which is why you are fasting.

- Budget your calorie needs for the entire week. If you don't know what your body needs you're going to screw yourself up.
- Fast for a minimum of 48 hours a week (2 days in a row) add 1 or 2 more consecutive days as long as you meet your calorie requirements for the week.
(Alternatively, you can eat one meal a day, with at least a 17 hour fasting window)
- Eat bigger meals according to your calorie needs with in a 1-3 hour window.
(Example: 4000 to 7000 calories in 3 hours then hit the gym for an explosive workout)
- Only drink E-Water on fasting days. You should be getting plenty of Sodium and Potassium as well as other necessary electrolytes in your meals.
- Experiment to get the results you want. Your needs are unique to your body.
(some people like to eat at night to help them get to sleep and then work out in the morning)
- If you are trying to burn off that last few lbs of fat you need to stay in ketosis. It's the most muscle sparing way to shred the fat. Eat low carbs and stay away from sugar. Keep in mind too much protein will also be converted into sugar. This is practically the only way to get absolutely shredded.

Notes: *If you're going to power lift, you want carbs. If you are going to run a marathon you want protein and fats. Do extra research and get to know what your body needs when it needs it.*

For overweight people who want to burn fat.

You're trying to lose weight but your will power just isn't quite ready for a long term fast. I always suggest go as long as you can, because once you stop you have to start all over. However, there is nothing wrong with intermittent fasting to lose weight.

- You have to break the 48 hour mark no matter what. You aren't truly fasted until you've gone at least 72 hours.
- After 71 hours stop drinking E-water. Drink a glass of fresh water 30 minutes before your meal. At hour 72, eat within one hour. By hour 73 you will begin fasting again. Do not drink any water within an hour after eating. At hour 74 begin drinking E-Water again and resume Water Fast.
(if this schedule conflicts with your initial start time it is okay to modify it. You may be sleeping at the 72 hour mark, so just keep track of the time and begin eating when you wake up and follow the same rule of thumb (Fresh water 30 minutes before meal, eat within one hour, Drink E-water 1 hour after your final meal))
- Do not eat sugar. Do not eat carbs in the form of bread, rice, oatmeal, or any other grain. Some vegetables have carbs. Eat mostly vegetables, and healthy fats such as an Avocado. Eat very low protein. I suggest 2 eggs max, or a 2oz piece of Salmon. Personally, I would only eat vegetable soup and nothing else.
- Do not salt your food. you will already have your Sodium needs from the E-Water. If you eat foods with sodium, keep track of the sodium intake from the food you choose and subtract it from your E-water going into your next 72 hour fast.
- Try not to stuff yourself. Have a small meal. You're still trying to lose weight. Keep your mind on the goal.

DISCLAIMER: I am not a dietician. I am a fasting guide.

General Tips for Water and Electrolyte intake

Initially you may want to drink an entire gallon of water. it won't hurt you, but keep in mind as your fast goes on you want to consume less so you do not expel all your electrolytes. Everybody's intake needs are different. Some people may need much less Sodium. For instance, someone living a sedentary lifestyle may want to use much less sodium, than someone who is active all day. Following is my recommendation for water consumption for these two lifestyles:

E-Water/Fresh Water intake Per Day:

Recommended starting point

SEDENTARY LIFESTYLE (minimal to no sweating)

- 500ml E-Water
- 500ml fresh water

If you aren't sweating and you feel bad try mixing 1/2 tsp Pink Salt (Sodium/850mg) and 1/2 tsp of No Salt (Potassium/1300mg). Experiment. Be smart.

ACTIVE LIFESTYLE(sweating a lot)

- 1L E-Water
- 1L fresh water
- or more as needed

If you are sweating a lot you are losing a lot of sodium and potassium, and will need more. For this you may want to mix 1-1/2 tsp of Pink Salt (Sodium/2550mg) and 2 tsps of No Salt(Potassium/4550mg) Experiment. Be smart.

DISCLAIMER: Do not exceed more than 1 gallon of water a day unless you are sweating more water than

you are in-taking. Do not exceed 5000mg of Potassium. Try to keep your potassium intake higher than your sodium intake.

Notes: There is no set amount of water to drink per day, just drink when you need it, but make sure to get all the electrolytes in you for the day. Drinking too much E-Water might give you diarrhea. Not drinking enough may give you cramps or dizziness. Do not drink more fresh water than E-Water. Experiment, but start with this guide. High level athletes may need more Sodium but never exceed recommended Potassium of 4700mg.

Water Retention

Why won't it release?

Want to know why your typical diets won't help you lose more than 10 lbs? Because those diets simple get you to release water weight and don't provide a formula for burning fat. Juicing diets, although a good source for cleansing, are notorious for tricking you into thinking you've lost actual body fat. A juicing diet might help you lose 7 to 14 lbs in 3 weeks. Guess what, it's just water weight and it's coming right back on once you give up and start eating and drinking regularly again. During a water fast you will lose 10+ lbs of water weight with in the first week, then you will see the fat coming off. Use the scale every day.

You may notice the scale is not changing quickly after a couple of weeks. Don't be discouraged. Most of the weight you lose in the beginning of your fast will be water weight. There are a couple reasons your body is holding on to water.

- It is burning fat so quickly it thinks it's in an actual survival situation where it may need this water for a while. This is actually a good sign that your body is working as it's supposed to.
- Your body may be adapting to the E-Water and you may need to reevaluate your sodium intake.
- Rapid detox of the lymphatic system may also cause retaining water as it could experience moments of clogging.

It may take 1 - 3 weeks before you finally release that water weight, but rest assured you are still burning actual body fat. You will likely have to wait for the water to be released on its own but you may be able to coax the water free. Here are some tips:

- Follow Lymphatic System Care guide above
- Sit in the Sauna for 20 minutes (or until you cannot think clearly)

- Run on a treadmill to work up a good sweat
- Reduce your water intake
- Experiment with different Sodium levels in your E-Water
- Be patient

It is important to just be patient and continue with your water fast. Take notes and log your scale. It's completely normal to lose .03 to .05 lbs of weight every day a couple weeks into a fast. Before you know it, you'll be 3 lbs lighter because the water weight finally released.

Exercise Tips

For the extremists

I suggest taking the first 72 hours of your water fast to get acclimated to how it will affect your body before you attempt exercising.

You can exercise on the Fast Forward program as long as you are getting the appropriate amount of electrolytes. You will speed up fat loss. Keep in mind if you do not have glycogen stored up in your muscles, you may risk breaking down muscle at first. Not to worry if you have a lot of fat on you. If you work out in a fasted state, you will train your body to get good at using fat instead of sugar for energy.

If you're already used to working out then continue your routine and adjust according to how you feel. Keep in mind though if you are looking for serious health benefits, you want to save as much energy as possible for your body to work internally. Don't forget to get as much sleep as you can. You lose the most weight when you sleep.

- **Cardio**

You can do as much cardio as you want. Go on a 2 hour walk every day if you have the time. Go for a run. Just make sure you are comfortable with how you feel before you go full tilt. You can run a marathon if you want. Stay hydrated. A 10 to 20-minute walk is still beneficial if you live a more sedentary lifestyle.

- **Lifting**

Heavy lifting is recommended for people who are doing an intermittent fasting routine. Lift weights with low reps and low weight if you just want to stay primed and don't have much fat to lose. Otherwise challenge yourself. Get to know the limits of your body with your typical exercise routine. If you aren't familiar with exercise routines research the web or hire a personal trainer.

- **Core**

Do whatever you want. It's all a matter of what you can handle. A variety of Planking, Leg ups and V-ups are my favorite go to ab workouts.

DISCLAIMER: Do not overdo exercise if you're feeling weak. You will become fatigued, require more water and jeopardize muscle tissue. This is not the time to show off or make gains. If you're not comfortable with exercise DO NOT DO IT. Go about your daily routine and stick to the water fast.

Notes: You do not have to exercise to see fat loss and detox benefits, but it is advised anyway. The purpose of exercising during a water fast is to maintain muscle strength and increase fat burn and detox speed. You may experiment based on what your body can handle. For lean people, intermittent fasting and extreme work outs are okay.

Ketone Strips Guide:

- Pass strip through urine or dip in cup.
- Remove from urine and wait 15 seconds for accurate color.
- If any color shows up then you are in ketosis. It doesn't matter what color it is so don't worry about it.
- Do not let strips in bottle become wet. Close cap immediately after pulling strip out.
- You do not need to test for ketosis every day. If you are not eating, nothing should change. Don't waste them. Feel free however to check once a week. Seeing it can be rewarding.

Notes: If you eat fats or drink alcohol, you may see color on the ketone strips but not necessarily be in ketosis. The key to the strips is to know that if you aren't eating, you are definitely in ketosis. Ketone strips are not an accurate representation of ketone levels.

Tips and Facts:

- Starvation occurs when your body has run out of fat to burn for fuel. Your muscles and organs become targeted at this point as a last-ditch effort to save you. Your body is not stupid enough to target your muscles and organs during fasting.
- Fasting will not slow down your metabolism as an attempt to save fat as fuel. That doesn't make any sense because what good is fat being saved as fuel if your body refuses to burn it? Your body knows it's time to burn fat for fuel if you aren't going to eat.
- Almost every animal on Earth fasts.
- The white coating on your tongue is a sign of detoxification. Use a tongue scraper to remove it. When your tongue returns to pink it is a sign that you are fully detoxed. This can take months of fasting so do not be discouraged.
- Do not use drugs or alcohol while fasting. You could die or screw up your results. This includes marijuana.
- Do not drink coffee. This will interrupt your sleep, nervous system, and metabolism.
- Get as much sleep as you can each night.
- Eating if you are healthy will release dopamine and help you get to sleep. It's best to eat a healthy light meal at night to get you to sleep and make you feel energized the next morning. This won't work if you eat 20 lbs of steak.
- Do not brush your teeth with regular toothpaste, there are chemicals in it that will get into your blood and ruin your day.
- It is Biblical and necessary for our spiritual, mental and physical health to fast.
- Your body consumes fuel in a specific order. Everyone is different but as a basic rule of thumb: your body burns the food in your guts first, then it burns sugar/glucose/glycogen and finally fat.
- You do not need to be in ketosis to burn fat. Ketosis is an emergency reserve fuel burning state designed to protect your organs and brain.
- Any fat you eat will be converted into ketones. Alcohol will also be converted into ketones.
- Extremely hot (but not burning) water is excellent for dealing with a headache. Submerge your body and head during these times. You want to shock yourself as much as possible.
- DRY fasting is an entirely different animal and unless you're extremely confident and not at all afraid of

consequences, you should have this done under supervision. DRY fasting is for severe health restoration and isn't necessary to lose weight but will cure just about anything.

- You have earned your right to live a healthy fasted lifestyle when you have moved passed the initial pain of going into a fast. YOU MUST KNOW THAT YOU WILL NOT DIE AFTER 48 HOURS. Be strong.

You are a BRAVE PRIMAL ANIMAL and I am proud of you. This article will be updated with any corrections necessary. Thank you for reading.

Below is a list of websites with excellent advanced and detailed information on many of the above topics from Sodium and Potassium, Ketosis, the Lymphatic system, how fat burning works in detail and a plethora of other information. Please search through these links and obtain as much information as you can to start your new life.

Cites and sources

Ketone Strips -

<https://www.cvs.com/shop/cvs-health-reagent-strips-for-urinalysis-ketone-test-strips-50ct-prodid-306412?skuId=306412>

Ketone Strips information - <https://www.ruled.me/measuring-ketosis-keto-sticks-keto-strips/>

Baking Soda kidney remedy - https://ted.earthclinic.com/remedies/acv_baking_soda_cures9.html

Water Information Source 1 - <https://invigoratedwater.com/blogs/information/how-does-alkaline-water-affect-tds>

Water Information Source 2 - <https://www.safewater.org/fact-sheets-1/2017/1/23/tds-and-ph>

Water Information Source 3 -

<https://www.freshfromflorida.com/Divisions-Offices/Marketing-and-Development/Consumer-Resources/Recreation/Aquarium-Fish/Water-Quality-Total-Alkalinity-and-Hardness>

Water Information Source 4 -

<https://www.quora.com/Whats-the-best-water-to-drink-Is-drinking-branded-bottled-water-such-as-Evian-Fiji-or-Smart-Water-really-better-for-your-body-Does-tap-water-contain-harmful-chemicals-that-makes-it-less-tasty>

E-Water/Hospital IV - <http://www.phlabs.com/so-whats-in-an-iv-anyway>

Alternative E-Water/Snake Juice - <https://www.youtube.com/watch?v=5iu7qZ3Aszs>

Personal Excellence water fast testimonial - <https://personalexcellence.co/blog/fasting-day-7/>

Fasted Exercise - <https://idmprogram.com/fasting-and-exercise-fasting-23/>

Starvation Mode - <https://www.healthline.com/nutrition/leptin-101#section1>

Lemon Juice - <https://www.youtube.com/watch?v=Y7ZMpNao20c>

Pink Salt Nutrition - <https://themeadow.com/pages/minerals-in-himalayan-pink-salt-spectral-analysis>

Pink Salt Article -<https://blog.paleohacks.com/himalayan-salt/#>

Sodium diet information source- <https://health.gov/dietaryguidelines/dga2005/document/html/chapter8.htm>

Sodium/Potassium health facts -

<https://health.gov/dietaryguidelines/dga2005/toolkit/healthfacts/sodium.htm>

Sodium - <http://healthyeating.sfgate.com/actions-sodium-human-body-8362.html>

Potassium - <https://www.medicalnewstoday.com/articles/287212.php>

Santa Cruz Lemon Juice -

<https://www.fooducate.com/app#!page=product&id=58259C06-E109-11DF-A102-FEFD45A4D471>

Lakewood lemon juice -<https://www.myfitnesspal.com/food/calories/lakewood-organic-pure-lemon-juice-631471715>

Advanced Explanation of Fat Burning from fasting - <https://www.youtube.com/watch?v=MGIX8-00hOw>

lymphatic system - <https://www.livescience.com/26983-lymphatic-system.html>

Caring for lymphatic system -

<https://www.annelemonswellness.com/blog-1/2018/2/9/2lv2hwnt0gs2im2204xc784edhvhqj>

Dr Bronners Peppermint soap -

https://express.google.com/u/0/product/10005710379334295900_14593652113813320584_9359450?mall=MountainView&directCheckout=1&utm_source=google_shopping&utm_medium=product_ads&utm_campaign=gsx&dclid=CPKY3JKk5doCFZEUgQodsjkMVw

Ketosis - <https://www.allaboutfasting.com/effects-of-fasting-ketosis.html>

Ketogenic diet - <https://www.ruled.me/guide-keto-diet/>

Fat loss - <https://www.sciencedaily.com/releases/2014/12/141216212047.htm>

Medication and illness - <https://medshadow.org/features/tough-out-a-cold-or-medicate-it-good-question/>

A christian view on fasting- <https://bibleresources.org/fasting/>

A Jewish view on fasting- <https://thetorah.com/why-jews-fast/>

An Islamic view on fasting - <http://www.islamicity.org/11682/the-purpose-of-fasting-in-islam/>