

TIPS FOR BREAKING AN EXTENDED FAST

Article taken from How to Break a Fast by Ron Lagerquis

Eating small amounts of raw fruits and vegetables for the first five or six days will allow the body to gently wake up the digestive system. The body will continue to detoxify and cleanse during this period. Any toxins that have accumulated will begin to move due to the sweeping action of the soft fibers of fruits and vegetables.

1. For six days gradually increase the amount of raw fruits and vegetables in your diet. To break a fast and gorge on meat, bread or junk food will be disaster. Jarring the system this intensely when the digestive system is in a sensitive state can cause stomach cramps, nausea and weakness, negating much of the benefits of the fast.
2. Eat slowly and chew your food well. Saliva has enzymes that assist in digestion. Up to 80 percent of the starch, 30 percent of the protein and 10 percent of the fat can be digested by the enzymes in saliva.
3. Do not overeat! Discover the amount of food that your body needs to live a vibrant, healthy life.
4. Make juices during the breaking period. Juices are gentle nourishment to the body. Most continue to include juice in their daily routine, for the rest of their lives.
5. Continue in the same prayerfulness you had during the fast. God should be just as much a part of your eating as He was part of your fasting.
6. Educate yourself on how to begin a lifestyle of healthy eating. Fasting is a wonderful new beginning, a foundation for a lifelong, healthy diet.
7. Discern the difference between cravings and hunger. **Never feed your emotions.**
8. When breaking a fast over ten days, the break-in period should be extended one day for every 4 days of fasting.

An interesting phenomena occurs after a fast. The years of conditioning your body to tolerate unhealthy foods is reversed. The body is as clean as a new-born baby. Try feeding a new-born baby Grandma's apple pie. It's neither healthy or good for the baby's stomach.

Suggested Daily Meal Plan

Day 1: Fruit (watermelon, blueberries, strawberries, cantaloupe) Eat a small portion 4 times this day. Small meaning, ½ cup size

Day 2: Introduce vegetables in soft form (such as soup) and small portions of fruit

Day 3: Raw vegetables such as spinach and veggie soup with small portions of fruit

Day 4: Add yogurt or eggs/egg whites

Day 5: Add Brown Rice or Barley (such as in a soup)

Day 6: Add fish or chicken –small portion is the key!

Day 7: introduce other foods

*** Important remember the tips in the article as you progress with introducing food back into your diet.