Greetings. Welcome to the Water Fasting Masterclass. Super excited to be with you. We've got people tuned in from all over the world.

So, first things first disclaimer: This is not medical advice. I'm not a doctor. I don't give medical advice. I am a patient advocate. So, any advice I give or suggestions I make is just friendly advice. And I'm sure I'll say that a few more times as we get going, because there are some things about fasting that... It's not for everybody. And by the end of this class, you will know if it's something that you should try. And I think a lot of you will be really excited to do it. And so, I'm really excited too, because fasting is one of the most powerful therapies that you can do. And it costs you nothing. Nothing. It costs you nothing. It's free.

And also, I want to thank everyone. There's two groups of folks here. There's SQUARE ONE members. And also anyone that donated over $100 to NeverThirst. Thank you for donating to support NeverThirst. We had an amazing fundraising campaign where we're providing clean drinking water to thousands of people because of your support. So, I'm going to answer the questions that were posted, in the order they were posted. And they've been voted up. But before I even get to questions, I've got a lot of stuff just to tell you. So, the questions will come. I'll start looking at those towards the end.

So, here's the deal. Fasting has been around since the dawn of time. Humans and animals have fasted since the dawn of time – sometimes by choice and sometimes not by choice. But we've gotten away from fasting. Animals still do it. But humans don't really do it. Now there are parts of the world where it happens. But most humans have an abundance of food. Most might be an exaggeration, but a lot of humans. Especially in the US, in Western nations. Westernized, industrialized, first world countries, whatever you want to call them. We have an abundance of food. And so we're never out of food.

Now, our ancestors had a very different situation. They would go through periods of food scarcity, also periods known as famine where, for whatever reason, environmentally they weren't able to grow crops for a season or sometimes multi-year famines. So, eating was a challenge for our ancestors. The most important thing of the day was like finding food. Now, we don't even think about food. It's everywhere. It's way low on our priority list.

But our ancestors naturally benefited from fasting when they went through periods of food scarcity. And I'll talk about the biology of fasting in a minute. But this is sort of just to frame the whole thing up. Animals in the wild go for days without eating, sometimes. It's very common for animals in the wild to go for days without eating. Bears hibernate for months without eating. And even though fasting as a therapy and
as a spiritual practice has been known about for thousands of years, it really wasn't until the last century that fasting has been studied in humans. And we've learned, even just in the last couple decades, we have learned so much about the benefits of fasting and how amazing it is for your body. So, I'm going to talk about those things.

The first thing about fasting is you fast every night. Every night when you go to sleep, you stop eating. You go for a period overnight without eating. And the first meal you have is called breakfast. You break the fast of overnight not eating. So, you are actually fasting every single day, every night. They've done studies and found that one of the worst things that humans are doing to themselves without realizing it is eating too much. But not just eating too many calories, eating over too long of a window during the day. And so, people call this intermittent fasting or they'll call it time restricted feeding. But there's been a lot of research published on this and the benefits are incredible. Weight loss, reduction in blood pressure, turning around diabetes, all kinds of chronic diseases have been reversed. Not even by changing their diets. This is the amazing thing. Just by restricting the amount of time during the day that they actually eat.

So, the general rule of thumb... And there's a lot of different intermittent fasting ideas and protocols, but I like to keep things really simple. So, if you can remember this very simple strategy for your own life and your eating habits, it will benefit you tremendously. And that is to eat all of your meals in an 11-hour window. This is something anybody can do. An 11-hour window. Well, what does that look like? Well, if you eat breakfast at 9:00 AM, then you would be finished by 8:00 PM. Think you can handle that? Now, a strategy is actually to be finished by 7:00 PM. So, eat in an 11-hour window. Be finished by 7:00 PM. So, 8:00 AM breakfast and then you have dinner around 6:00 PM, and you're finished by 7:00 PM.

A lot of people are eating at 8:00 and 9:00 and 10:00 PM. And what happens when you eat that late at night? One is you don't burn off the calories. Because then you go to bed. So, all those calories you just ate are converted to fat. And the studies have even found that you have a much higher blood sugar spike eating the same meal before bed than if you ate it for lunch because, essentially, your pancreas goes to sleep and you're not burning calories in the night like you are when you're awake. And so, late night eating not only leads to weight gain but can cause a lot of different health problems. I mean, it's like one of the worst things you can do. I don't want to say the worst. I mean, smoking crack or crystal meth is way worse. But it's one of the worst things that you're doing, not knowing that you're doing it. Most people don't even understand how terrible it is for you to eat in the middle of the night, or to be in a consistent pattern of eating late at night before bed.

When you fast, you need a break from digestion because that's when your body heals. Think about your body like this... Your body has energy and it uses that energy to accomplish a lot of different things. Well, the main directive of energy in your body
when you sleep is repair, regeneration, restoration. But if you’ve got a belly full of food, your body is going to direct its energy to digesting that food, which means half of the night, your body is not repairing. It’s breaking down the food you ate. So, that shortens the window of repair time overnight from what it should be to about half of what it should be or worse. Some people wake up and they’ll go get a snack in the middle of the night, which totally throws everything out of whack. All of a sudden your body is like, "Oh, food just came in the door. We’ve got to digest it." So, snacking, eating late meals, it’s terrible. So, that’s something you can stop immediately. It costs you nothing to stop doing it.

I know this is the Water Fasting Masterclass, but there’s some principles of fasting and healthy eating that I want to cover first. So, that’s what I’m doing now. So, eat all your meals in an 11-hour window. There is some research that indicates that a shorter window could be better, like an 8-hour window. But 11 hours absolutely, positively for sure will benefit you. Super easy. Like I said, you eat breakfast at 8:00 AM and be finished eating at 7:00 PM. So, that gives your body a couple hours, two to three hours, to digest the meal before you go to sleep.

So, any questions about what I’ve said so far? All makes sense? Okay. So, that’s intermittent fasting. But like I said, you can eat in a shorter window, 8 is a popular window for athletes and some people out there. There’s a lot of information out there about eating in an 8-hour window. That is a little more difficult. Some people find it easy though. A doable example is if you want to be finished eating by 7:00 PM, then you’d have a meal at 11:00 AM. And your last meal around 6:30 PM. So, you’re finished by 7:00 PM. Make sense? Okay.

There is some other research that indicates that breakfast may be more important than dinner. And if you’re going to do a short eating window, like an 8-hour window, that you would be better off eating earlier. Like eating at 8:00 or 9:00 AM, and then stopping food much earlier in the evening. So, there’s ongoing research that still needs to be published about that. But there’s some research that indicates that if you’re going to eat in a short window, you’re actually better off eating breakfast and lunch versus lunch and dinner. But eating lunch and dinner is still beneficial. So, the short window is still beneficial. So, this is something you can try.

There’s a couple caveats. One is, if weight loss is a goal, then a shorter window will benefit you more. Eating in an 8-hour window will benefit you more than an 11-hour window. But if you’re not trying to lose weight or you’re trying to maintain a healthy weight, then that could be detrimental because you might actually lose weight that you don’t want to lose. Especially if you’re following SQUARE ONE and you’re eating a lot of raw fruits and vegetables, giant salads, juices, and things like that, that are naturally low in calories. You actually need 11 hours to get 3 solid meals and get your juices in. So, hopefully that makes sense.
Natalie asked if the last meal should be at 6:00 or 7:00 PM. You should be finished by 7:00 PM. That’s the goal. Don’t eat after 7:00 PM. And if you’re feeling cravings or hunger after 7:00 PM, you have to actually catch yourself because you’re not truly hungry. You just ate a meal, right? You may be having some cravings for a snack, but don’t give in. You’ll survive. You’ll be fine. It doesn’t take very long of eating in a shorter window for your body to adapt to it. And then, it’s easy. It could take you a few days to adapt or at most a couple of weeks. But it’s pretty rare that it would take someone two full weeks to adapt to eating in an 11-hour window. I mean, it’s pretty easy. An 8-hour window might take a little longer than a few days, but it’s not a big deal.

Okay, so now let’s talk about water fasting. So, water fasting is not eating food. The most pure definition of water fasting is you’re just drinking water instead of eating food. And I’ll expound on it because I know you have questions about supplements and different things. We’ll get to that. Now, what happens when you stop eating? When you stop eating, your body switches gears. It switches from normal daily operation into repair and regeneration mode.

Now, I like to use this analogy of a cabin being snowed in, in the middle of nowhere. So, if you were in a log cabin, and let’s say it’s 1800, and there’s a blizzard and you’re snowed in. And it’s you and someone you care (maybe some family members), and you have some food. But you realize that this is a blizzard. And the snow keeps coming and coming and coming, and you can’t leave the cabin. I mean, you are trapped in this cabin. So, the highest priority for you is survival. So, you’ve got to keep warm and you need to eat. Those are the two priorities. Nothing else matters when you’re in a survival situation, in a cabin, in a blizzard.

So, you’ve got to keep warm. And so, you’re going to burn through your firewood. And then, when you run out of firewood, you’re going to have to burn some more stuff. Well, you’re not going to throw your food in the fire and burn it up. You’re not going to throw your loved ones in there and burn them up. You’re going to start breaking down all the furniture, cabinets, anything that really doesn’t matter to keep the fire going. You’re going to break the legs off the chairs. You can smash the chairs up. You’re going to pull the drawers out, smash them up, you’re going to break up every single thing in that cabin, except for the walls, to keep that fire going to keep you alive.

And so, all of the non-essential items are going in the fire, even your clothes, until you’re down to enough clothes and blankets to keep you warm. Any extra clothes, burn them. So, this is what happens in your body. When you fast, your body will prioritize it. It realizes, “Wait a minute. The fuel food, our source of energy that we were getting every day, just stopped.” So, your body switches gears into survival mode. And in survival mode, your body basically starts scavenging and looking for things that are unnecessary to break down and burn for energy. And there’s a process known as autophagy. And autophagy means cell eating. And so, individual cells in your body,
trillions of cells, will actually start to break down damaged mitochondria and little metabolic waste. Anything in the cell that the cell can use for energy, it will use. So, every cell in your body is like that little cabin in the snow storm. And this is the miraculous internal house cleaning mode that happens during a fast.

Another analogy that I like to use is if you imagine your body like a factory, which it really is. It's a perpetual factory. And you have all these cells, which are like factory workers, and your digestive track is like the assembly line. And so, food comes down the assembly line, your body breaks it down, and all the workers carry these nutrients around to different parts of your body to repair it, nourish it, all those kinds of things. And then, all the waste, the exhaust, the raw materials that can't be used in the factory go out the back door.

Well, when the raw material stopped coming into the factory, the conveyor belt stops. And when the conveyor belt stops, imagine the factory boss calling an employee meeting and saying, "Hey everybody, we have no orders to fulfill today. We have no orders. I'm not going to send you all home because I know you need to get paid. So, I want everybody to grab a broom, grab a paintbrush, grab a mop, grab a hammer. We're going to spend all day today cleaning up, fixing up the factory. We've been so busy building cars (or whatever) that the factory is a mess. So, we need to wait and fix this place up."

So, I've done this personally in the real estate business for years. I was in real estate for a long time. And so, I have some rental property. And I have one particular property that I have a shop in. And in that shop, we have like paint cans and tools and there might be a dishwasher in there and a refrigerator, just extra parts and appliances and just random stuff that we're holding onto in case something breaks. Well, over time the shop tends to get really cluttered with building materials. So, it's the exact same analogy, but this is real life for me. And so, from time to time, when things would get really slow, I would tell my guys that worked for me, "Hey, nothing to do today. Go clean up the shop." And they go clean and organize the shop. So, that's what's happening in your body when you fast. But most of us don't fast. So, it's not happening. First of all, this process does happen every night. But it happens to a much greater extent when you fast for a longer period of time than just overnight.

So, I'll give you one more analogy, in case you're still not getting it. If you've got a road that's damaged and needs repair... We've all been on the highway and seeing roadwork construction, the way they fix the road is you have to stop the traffic. You've got to stop the traffic to fix the road. Because if the traffic keeps running on that road, it's just going to get worse and worse and worse. The potholes are going to get bigger. It's going to get worn down. So, you've got to stop the traffic to fix the road.

Now, the first day of a water fast usually feel pretty good. I think a lot of people watching this have probably gone most of the day without eating because you just got
real busy, right? Lots of us have been so busy that we didn't eat breakfast or lunch. And then, finally, by dinnertime we're really hungry and we eat dinner. So, it’s pretty easy to get through most of the day without eating. So, day one of the fast is easy. It’s pretty easy. You just get to dinner. You’re going to feel hungry, but you just have to not eat.

How much water should you drink? This is the common question. Anywhere from a half a gallon to a gallon of water. If you're peeing clear, you're hydrated. You're drinking enough water. Anytime you feel hungry, drink water. It helps and helps satiate the hunger pangs. So, anywhere from half a gallon to a gallon of water. That’s 64-128 ounces. So, just drink lots of water. It's not complicated.

When you get up in the morning, drink water. Throughout the day, keep water with you and just focus on drinking water throughout the day. That’s half gallon to a gallon, or two to four liters. So, day one is easy. Day two, you typically will start to feel not great. You might feel hungry, like really hungry. You might have low energy. It varies for folks. But usually, day two you don’t feel real good. And then, day three is often the worst, in terms of the way you feel.

So, common questions I get about doing a fast is, "What's going to happen? How's it going to feel?" And it’s different for everybody. But generally, days two and three are the hardest. And after day three, you feel good. Usually, you'll have a surge of energy and actually feel pretty good around day three, and then day four and five. And there’s ups and downs. If you go for a long extended fast, there’s days where you feel great. There’s always a day or two where you’re like, "I feel so good. I have so much energy. I can’t believe I haven’t eaten in two days, three days, four days," or whatever.

So, your body is going to switch gears. Not only does it convert to internal house cleaning mode, but also, the first day it’s gonna use up the sugar, the glucose, that’s stored mostly in your liver. Some in your muscle tissue. So, you have a reserve of fuel sugar, because your body likes sugar. That’s what your cells like to run on. So, day one is going to use up all the sugar.

Between days two and three, it’s going to convert into a process called ketosis. Ketosis is where your body stops using sugar for energy because you ran out, and it starts burning fat for energy. So, it starts breaking down fat cells, creating ketones, which are a substitute for glucose. And your cells can use ketones for energy. Ketones. Everybody has heard of the ketogenic diet. It’s a big fad diet right now. I don’t recommend the ketogenic diet as a long-term diet. I’ll talk about a short-term version in a minute. But generally speaking, using fat for fuel is your body’s emergency fuel source. It’s not its preferred fuel source. It’s not the ideal. It’s the emergency backup fuel. So, you don’t want to go indefinitely eating a ketogenic diet that’s really high in fat, and trying to force your body to use backup fuel as primary fuel.
There's no culture anywhere in the world that exists, that is in a perpetual state of ketosis. People often say, "Oh, what about the Eskimos or the Inuits?" The Eskimos and Inuits do eat a high fat diet. They eat a lot of whale blubber and seal blubber. But they have very short lifespans; some of the shortest on earth. So, that's not a population, a people group, or a diet that you want to emulate. So, just get that out of the way. You don't need to eat a ketogenic diet for the rest of your life. But ketosis is very valuable. And ketosis is caused through extreme calorie restriction, which is also starvation. So, fasting is starvation – controlled starvation. And starvation for animals and your ancestors were part of their regular life – going through short periods of starvation. And I know starvation really has a big stigma, and it's a really scary sounding word. But it really just means the absence of food.

Okay, now, on day two...really more so on day three, but it varies for everybody. But around day two or three, your body starts kicking into ketosis and it starts burning fat for fuel. And that's usually when you start to feel a little bit better. And in the early stage of that, you might feel really foggy headed. Really low energy. You might even have headaches. And so, it's really important that you rest. During the fast, you don't need to exercise. Don't exercise. You can go for a walk if it's nice outside and you want to get some fresh air and sunshine. Enjoy it. But don't go to the gym. Don't do a spin class. Don't do Zumba. You need to rest on a fast.

And so, what I recommend is that you schedule your fast for a weekend. Start on a Friday because usually day one is easy. Go to work. Do your thing. And then, by the time you get home Friday night, you will be hungry. But it's okay. Just hop in bed. Relax. Turn on Netflix or whatever, watch TV. And again, drink water throughout the day. Don't drink so much water that you have to get up and pee a bunch of times in the middle of the night. Because that's not great. You don't want to wet the bed because you drank so much water. So, that's day one. You can do your normal thing on day one.

But then, days two and three, Saturday and a Sunday, if you have a normal work schedule, you're off. So, just plan to just lay around. Lay around. Lay on the couch. Lay lay in bed. Just relax. Relax. Again, you want to drink lots of water. You may feel lousy. And just plan on feeling lousy. But it will pass. You will turn a corner. This is what's really important. Most people give up on the fast because they start to feel bad and they kind of panic. And they think like, "Oh, I just feel so bad. I've got a headache. I have no energy." And they even have some emotions. Let me just say, some intense emotions will bubble up on a fast. Someone quoted me, I don't even remember saying this, but I said this: "On a fast, things get real, real fast." It's like my new favorite quote that just came out of nowhere. But things do get real. Emotionally real.

Mira said, "I have so much energy on day one, and day two is awful." Yeah. Day two can be tough. But you have to prepare yourself for it and just say, "Okay, this is going to suck. I'm not going to die. I'll be okay. I'm an adult. I can do this. Because the
benefits are worth it." I'm about to get to the benefits. I haven't even really dug into them yet. But day two is tough. Day three, it can go either way. You can start to feel better or you can still feel a little bad on day three. But day three is so important. Day three is when the magic happens. One-day fast, very little benefit. Two-day fast, still not much benefit. Three-day fast, big benefits.

And really three to five days is what I'm recommending and encouraging that you shoot for. Because on day three, ketosis kicks in and then other processes, all these genetic switches, start flipping in your body that have never flipped before. They have never ever flipped if you've never done a three-day water fast. Not only does autophagy happen, but your body starts flipping all of these survival switches, protection switches, regeneration switches. So, during days three, four, five, even continuing on day six and seven, old and damaged cells in your body die. Now you may think, "Oh, that doesn't sound good." This is actually really good, especially for your immune system.

There's been some amazing research by Dr. Valter Longo and others who found that fasting regenerates your immune system. How does that happen? A lot of people, especially if you've gone through chemo or some harsh cancer treatments or things like that, have a damaged immune system. So, you've got a lot of old and damaged immune cells floating around in your body. And if they're old and damaged, they're not doing a good job. They're not helping you, right? Your immune system is an army. Do you want an army of old people? No. Who wants to be in an army of old people, right?

So, during a fast, and this really starts happening a lot on day three, old and damaged cells (especially old and damaged immune cells) die. They become so weak that they die. And this triggers stem cell activation. So, basically, your body flips these switches, which says, "We need to produce more immune cells." It doesn't produce them during the fast, but it produces them as soon as you start eating again. Your body ramps up production of new immune cells – young, healthy, strong immune cells. So, that's how your immune system is regenerated by a fast. But you've got to get to the third day to trigger this amazing process. And it's not just your immune system, it's the cells all over your body. In almost every organ, there are old and damaged cells, which are also known as senescent cells, which is another word for senile, that die off during fast. And it's a very good thing.

Now, because of the die-off, you could possibly have a virus flare up because of immune system die off. Okay? So, some people end up running a fever during a fast or can have rashes pop up, bacteria, virus, fungus-type stuff, flare up that your immune system has been keeping under control. You didn't realize it. And it can flare up a fast. For most folks, this is okay. It's not any cause to panic. But full disclosure, it could be a problem for some people. If they're severely immunocompromised or maybe very, very old and they have a viral flare up during a fast, then it would be a good idea to start eating again. And even go to the doctor. Like go get medical help if you have any
kind of extreme symptom during a fast. For a young person, generally speaking, if you run a fever....

And by the way, when you run a fever, that's your immune system ramping up into high gear. Your immune system kicks serious butt when you run a fever. So, that's how your body destroys viruses, bacteria, parasites, and pathogens. That's why you get sick. That's why you run a fever when you're sick. That fever triggers your immune system to just kick butt. So, detoxification happens on a fast. Housecleaning happens on a fast. Old and damaged cell die off happens on a fast. And then, stem cell regeneration is triggered by the fast and starts when you start eating again.

Some other things that happen on the fast that you may notice is, there's parts of the process where you feel lousy. The reason you feel lousy is one, food withdrawal. Withdrawal from unhealthy food, especially sugar, salt, meat, dairy, caffeine. So, the symptoms of withdrawal from not eating those foods make you feel bad. Second reason you may feel bad is detoxification. So, as your body burns through fat, your body stores a lot of toxins in fat. And so, when it burns through that fat for energy, those toxins are released into your bloodstream to be processed by your liver. And they can also circulate around and can make you feel like crap. It's called the healing crisis, or the Herxheimer effect.

So, the real sweet spot is three to five days. Okay? Three to five days is the sweet spot of fasting that most people like. There's always exceptions, there's always caveats. But most people can do it at home without medical supervision. Now, this is not medical advice. Full disclaimer: if somebody does a three- to five-day water fast and something happens, don't say, "Chris told me I'd be okay" because I don't know for sure. But what I'm saying is, generally speaking, most folks can do this without any problem. The biggest problem is you just feel lousy.

So, what I want to encourage you to do is a three-day with maybe five in mind. Some people can commit to five and they get to five and that's fine. But really, shoot for three. And if you feel okay on day four, lousy, but okay... Or you might feel great, you might be like, "Well, I feel awesome. I'm going to keep going," then keep going. And try to get to five. If you're going to do longer than five to seven days tops on water, I think you need medical supervision. And there are clinics that you can go to for water fasting with medical supervision. In fact, there are two of them that I recommend. One of them is True North Health Center. That's Dr. Alan Goldhamer in Santa Rosa, California at True North Health Center. The other one is Balance for Life in Deerfield Beach, Florida. That is Dr. Frank Sabatino. And at those places, you can do a water fast. They check your blood work, your blood levels, your temperature, your heart rate. They just monitor you. They make sure you're safe. And you could do a fast anywhere from 5 days up to 40 days medically supervised. And there's some amazing testimonials of healing and disease reversal for folks that have done monster 21-day, 40-day water fasting that was medically supervised.
Leslie said, "Just finished a five-day fast. It's very doable. Rest and listen to your body." Yes, great advice.

So, now, how do you know if fasting is okay for you? Well, if you're taking prescription drugs, it makes it risky. It's definitely risky if you're on any prescription drugs, diabetes, medication, blood pressure, drugs, things like that. Like for me, just to be on the safe side for me, because I don't want anyone to get hurt, you need medical supervision. If you're on pharmaceutical drugs, it's not recommended that you do a fast. So, could you possibly do it? Yes. But I just have to be very careful about telling anyone to do that. You're doing it at your own risk if you fast while taking drugs.

Anna says she lives near Deerfield Beach, so that's great. You should look up Dr. Frank Sabatino at Balance for Life. Both of those clinics are great too because then after the fast they will help you get off the fast with a whole food plant-based diet. So, they feed you the best, healthiest foods you can get to naturally break the fast. And I'll talk about how to do that in a second, as well.

The nice thing about fasting is that it doesn't cost you anything and it saves you money too. You're not spending any money on food. But it's so super powerful. Like I cannot overstate the benefits of a fast. Your body can heal all kinds of chronic problems. Arthritis, tennis elbow. I mean, name a problem that you have. Your body may be able to heal it on a fast. You'd be shocked at how many people have healed all kinds of chronic problems with fasting. Your body really does turn into tension to repair when you're fasting, much more so than when you're constantly eating.

By the way, I've interviewed Dr. Longo. There's an interview if you go to chrisbeatcancer.com and type in "Valter Longo" or "fasting." Watch my interview. He's one of the world's most renowned scientists and experts on fasting, stem cell regeneration, and human longevity. Brilliant, brilliant man. And so, watch that interview. He also has a book called "The Longevity Diet." Fascinating, great book.

So, I'm going to touch on juice fasting real quick. Juice fasting is not the same as water fasting. In juice fasting you're really taking in too many calories. And you don't get the same benefits. You will get benefits from juice fasting for sure. But they're not as profound as water fasting. Because when calories are coming in at the level they are with juice fasting... Juice fasting is calorie restricted. So, you'll lose weight on a juice fast. And there are detoxification benefits to juice fasting and healing benefits to juice fasting. And you can go much longer on juice than you can on just water. So, I love juice fasting. It's great. But on a water fast, you get that stem cell activation that you're not going to get on juice fasting. So, it is more intense and it's more beneficial. It's harder, but the benefits are better.

Now, what Dr. Longo found is that for autoimmune conditions, 7 days was actually better than 5 days. Because in 7 days, more damaged cells die off, like inflammatory
immune cells and things. And there's more stem cell activation that's triggered. So, if you have an autoimmune condition, 7 days could be even better than 5. But going beyond 7 days, like 10 or 14 or 21, you really, really need medical supervision. I mean, can you get away with not doing it? I mean, hey, Jesus fasted for 40 days without a doctor. You know what I'm saying? But I have to be very cautious because I don't want anybody to die or something on a fast because they did it without medical supervision, and they had some kind of health issue they didn't know about, or they were on pharmaceutical drugs. Pharmaceutical drugs just complicate everything.

Okay. So, now the next question is, what about supplements? So, here's the thing. Drugs and supplements, you can be more sensitive to them on a fast. Now, supplements are generally safer than pharmaceuticals. But I would be very cautious about taking supplements on a fast. And again, it's three to five days. So, it's not like you're going to develop some extremely dangerous deficiency in that amount of time. Most people are fine. But if you want to continue to take supplements, if you feel like you should or you want to, take them very gradually throughout the day. Don't take a big handful like you're used to.

And the reason a lot of supplements say "take with meals" is because some supplements can just make you queasy, and then you can like throw them up if you take them on an empty stomach. So, there's some things you might be okay with no problem. And there's other supplements that may make you sick, may make you feel bad. So, don't ask me which ones. It can be different for everybody. But generally speaking, it's easier to not take supplements on a fast. But it's just if you want to see what you can get away with, go ahead. It's your life and your body and your health.

Now, there are some things you can do to optimize the fast and make it a little bit easier, more tolerable, and potentially make it more beneficial, especially in terms of cancer. So, number one is a water enema. Water enemas are just a gentle way to clean out the colon. I wouldn't do a coffee enema. The caffeine is too intense. I wouldn't do green tea or any kind of a caffeinated beverage during a fast because you're going to be way too sensitive to it. It might make you feel crazy.

But a water enema on day one or two. The first couple of days, a couple enemas can help clear out that extra little bit of poop that's in your colon that is not going to come out. Because eating is what triggers peristalsis. And peristalsis is the series of muscle contractions that go down through your digestive tract that move the food along. It's triggered by eating. So, when you stop eating, peristalsis slows down and then eventually stops. So, if you'd like to kind of rinse things out gently with a water enema, no big deal. It's very safe. The risk is almost zero that you can hurt yourself. Just don't jam the tube in really hard and poke yourself. Be gentle. And that can just clear out that fecal matter, some of which could recirculate and reabsorb during a fast and make you feel worse during the detoxification part. So, that's an option. Not required, but that's an option that some people have reported has made them feel
The next thing is herbal teas. Herbal teas are totally fine. Dandelion root tea, hibiscus tea, Jason Winters tea (which is herbal tea), Essiac tea. Even Tulsi, which is holy basil. It’s an adaptogenic herb that is very, very popular in India. I think herbal teas are fine. I think lemon in water is not enough food, not enough calories to trigger a digestion. You know what I’m saying? And there’s been research, which I’ll get to in a minute, on the fasting mimicking diet, where you can actually eat real food during a fast and still get the benefits of a fast. I’ll get to that in a second.

But there are even some supplements, like powdered whole foods supplements. Amla, which I talk about in SQUARE ONE, the Indian gooseberry. So, you could take like a half a teaspoon to a teaspoon of amla per day in your water. Half a teaspoon in one of the waters, half a teaspoon in another water, that kind of thing. Moringa, same kind of thing, half a teaspoon to a teaspoon of moringa powder in water. Black raspberry powder from BerriHealth. Black raspberry has been used in a number of cancer trials. It’s an incredible, absolutely amazing food. But it’s not enough food to undo the benefit of the fast to interrupt the fast, because you’d only be taking a teaspoon of black raspberry powder in one of your waters. So, again, you could do a water with amla, a water with moringa, a water with black raspberry powder. You can have lemon in your water. And you can have herbal teas.

So, if you want to be a purist and just do water, that’s fine. The water should be filtered. I recommend the Berkey water filter or a reverse osmosis system. I do have a coupon code for Berkey water filters. If you go to chrisbeatcancer.com/berkey and that’ll take you to a video I made years ago with the Berkey water filter. It’s my favorite water filter. It’s amazing. But you don’t have to buy the Berkey filter. You could buy filtered water at the grocery store, reverse osmosis water. Whole foods has a big reverse osmosis machine that you can take in there and fill up jugs.

You can even do tap water. No, it’s not perfect. It’s not ideal. But you can do a water fast with tap water. Fortunately, reverse osmosis water is very inexpensive, so there’s no reason you can’t do that. You can also do distilled water if you want to. It doesn’t make much difference. It’s not the water that makes the fast so beneficial. It’s the not eating part. The main reason you’re drinking the water is to make sure you’re not dehydrated. The not eating is what’s triggering all the benefits of the fast. And the tiny little bit of stuff – like herbal tea or amla or moringa or black raspberry powder, for example – is just not enough to interfere with the fast.

Someone is asking about vegetable broth on a water fast. It might be okay. Vegetable broth might be okay. It may not interfere. I think it’s probably fine. Someone asked about doing the garlic/lemon extract during the fast. I imagine that’s okay too. Again, it’s not a whole food. It’s not a solid food. Juice isn’t either, but juice is higher in calories than water or the herbal teas or anything. Juice has calories. Whereas the
stuff I’ve talked about so far, there’s just not enough calories in there to trigger the reaction in your body. Which is food. Juice has sugar. And sugar is going to trigger your body. It’s going to tell your body that food is on the way. And you don’t want your body to think that.

Someone is asking about essential oils in water. Maybe. I’m not big into essential oils. But in terms of if it’s an essential oil that is safe to consume, it should not interfere with the fast. Even mushroom tea.

Now, a couple of other things you can add that could be beneficial is d-mannose. D-mannose is a form of sugar that has been studied recently, and this is so fascinating. It’s a form of sugar that your cells absorb, but that cancer cells have a hard time with it. What happens is, the cancer cell absorbs d-mannose like it’s glucose. But once it gets into the cell, it clogs it up and it impairs glycolysis and several other glucose-based pathways, and also increases cancer cell death. So, basically, cancer is like, "Oh, sugar!" And d-mannose is sweet to the taste. It’s like, "Sugar! Great!" It absorbs it. But then it jams it up.

It’s like pouring sugar in the gas tank of your car. Your car can’t use it. It’s going to gum it up and kill the engine. So, researchers actually found that when mice were given d-mannose, the tumor growth was significantly impaired. And in chemotherapy, they found that doxorubicin and cisplatin was more effective in the mice that they gave mannose to, because they assumed that the cancer cells were already under stress because they’re having metabolic stress. Their metabolisms were interfered with by the mannose.

There’s a key factor in this process though, and it’s an enzyme called PMI. And that’s phosphomannose-isomerase. And cancer cells with a high level of PMI enzyme are resistant to mannose. So, in other words, if they have this enzyme that helps them break down mannose, then it won’t help you. But there are types of cancer cells with low levels of PMI. And those cancer cells are very susceptible to mannose. Colon cancer cells are particularly deficient in the PMI enzyme. But there are other cancer cells as well. And in that study, the authors actually concluded that "mannose could be a simple, safe, and selective therapy in the treatment of cancer, and could be applicable to multiple tumor types." Pretty cool. And d-mannose you can get on Amazon. Don’t ask me which brand, I don’t know. But it’s a white powder. It has a little bit of a sweet taste. And you could put in, again, a half a teaspoon to a teaspoon in your water a few times a day. And the cool thing is, if you have cancer, they may actually interfere with cancer cell metabolism.

Something I didn’t mention earlier is fasting and cancer. So, normal cells are really good at adapting to a fast, but cancer cells are not. Cancer cells have a hard time using ketones for fuel when you’re fasting. So, what it does is it weakens them. There are some cancer cells that can use ketones by the way. But generally, speaking on a
fast with calorie restriction, cancer cells become very weak and some die. But healthy cells actually go into protection mode and end up becoming stronger through the fast. When the fastest is over, they're actually stronger and healthier. But cancer cells are weak during the fast. So, the d-mannose could actually exploit that already weakened cancer cell on a fast – a super hungry, starving cancer cell. Like, "Oh, please give me some sugar. Oh, it's finally some sugar." And it's like, "Oh, surprise!" And it clogs them up and could lead to more cancer cell death.

So, there's obviously some preliminary research on mice with cancer, which I just talked about. And I'm sure some human research is coming, because that research I just mentioned came out either this year or last year. So, it's really new. So, d-mannose could be worked in. It could potentially be taken a few times a day in your water, like a teaspoon of it. It's also really good for UTIs. So, the other thing about d-mannose is that bacteria apparently also likes sugar, and they think it's sugar. But it clogs them up and helps kill them too. So, with bacterial infections, d-mannose can be very helpful with that.

Someone asked, "Can it be used as a sugar substitute?" Yeah, it can. It has a sweet taste, kind of like sugar. It's sweet. But it's not...you'll just have to see when you get some. Just taste it and you'll see.

So, the other thing that you could add in water during a water fast... And I wouldn't put all these things in the water at the same time. You can make yourself a little list of things to do. So, first water with like lemon juice in it. Another one with a little black raspberry. Another one, you can do herbal tea. And another one you can do some mannose.

And other one you could do sodium bicarbonate. A study published in March of this year found that drinking two grams of sodium bicarbonate – that's baking soda – in eight ounces of water sends signals to your spleen to produce more anti-inflammatory macrophages, which are known as M2 macrophages, and decreases the number of M1 macrophages. So, this also results in a decrease of inflammatory leukocytes, like CD16 and tumor necrosis factor-A alpha cells in your body. And this was a human study. This wasn't even a rat study. The authors of the study called it, "a powerful anti-inflammatory response, with evidence in their test subjects within one hour, and increased over the next three hours after drinking two grams of baking soda in water."

And they did it every day for two weeks. And then, the anti-inflammatory state was still persisting, with a two week follow-up, just drinking two grams of sodium bicarbonate (baking soda) in eight ounces of water one time a day. Two grams of baking soda is just like right under half a teaspoon. So, for easy math, basically you take a half a teaspoon of baking soda, which is technically three grams. So, half a teaspoon of baking soda in your water, at least eight ounces of water. It could be in 12 ounces or 20 ounces. It doesn't really matter. And on an empty stomach. Okay. So,
that could also be done during a fast and it could help with your sodium levels too.

Some folks have asked like, "Well, what about sodium? I don't want my sodium to get too low." During a fast, it's pretty unlikely you would get super low sodium on a short fast, like three to five days. On a really long fast, it could happen – 21 days, 30 days, 40 days. But if you want to be on the safe side, you could sprinkle a little bit of sea salt in your water just to get a little bit of sodium. Or you could do sodium bicarbonate once a day, that half a teaspoon. So, these are things that, again, could be helpful during the fast. So you can add a little bit of extra anti-inflammatory, anti-cancer firepower to a fast. Do you have to do those? No. Of course not. The herbal teas and all this stuff, you don’t have to do any of that. If you want to just do straight water, you’ll get amazing benefits just from straight water. But those are tips that could enhance the benefits of a fast.

Another interesting thing about baking soda is that there appear to be some anti-cancer benefits. So, tumors create an acidic micro-environment around them, which is thought to promote local invasion and metastasis. The acidic micro-environment of the tumor makes it easier for cancer cells to metastasize. And there was a study that found that the oral baking soda supplementation increased the pH of tumors, inhibited tumor growth, and reduced metastasis in mouse models of metastatic breast cancer. So, again, mouse study, not a human study. But baking soda did inhibit the tumor growth and reduced metastasis. So, there's a clue.

Another couple of other little fun facts about baking soda. Baking soda is considered an over the counter drug. It's an antacid. And it can interact with other drugs. So, you want to be careful if you're taking any pharmaceuticals, it can interact with other drugs. If you pick up an Arm & Hammer baking soda box and read the back, it says you can take half a teaspoon every two hours up to seven times a day for two weeks as a drug dose. But if you're over 60, they suggest that you not take it more than three times a day. And if you're taking other medications, you need to check with your pharmacist before you take baking soda. Now, I would not recommend Arm & Hammer because that particular baking soda is created through chemical processing. I recommend natural brands like Frontier or Bob’s Red Mill. And those forms of baking soda are mined directly from the earth with minimal processing.

Melanie says she adds baking soda to her morning coffee. That sounds terrible. I’ll take your word for it. That sounds very strange. I’m not saying it’s bad, I’m just saying it sounds like it tastes bad.

Alright. Let’s talk about breaking the fast. So, when you fast, when you stop eating, your digestive system... It gives not only your whole body the opportunity to heal, but your digestive system specifically. If you have any type of inflammatory issues, bowel disease, colitis, crones, irritable bowel, any type of disease like that, fasting is amazing. Because you're probably continuing to irritate the inflammation and the
disease every time you eat. Every time food passes through there, it’s irritating it. And so, when you stop eating, it gives that organ the day off, two days off, three days off, five days off. And in five days, you can have significant regeneration and healing.

So, like I said earlier, the analogy about the road... You have to stop the traffic to fix the road. And the road in your body is your digestive track. So, when you break a fast, it’s not a big deal, especially if it’s a short fast. If you go for weeks, you have to be a little more cautious. With the short-term fast, three to five days, the main thing is you just want to eat food that’s easy to digest. So, fresh juices are fine. You may even dilute them. You may find that they’re too sweet, if you try fresh juice. And so, you may need to dilute it with water.

Fresh fruit is wonderful. Oatmeal is fantastic, easy to eat, easy to digest. And cooked vegetables. So, potatoes, rice, beans, any cooked vegetables are pretty good and easy to digest. I would not run right into raw vegetables, like the giant salad, right off a three to five day fast. You might be okay, but it just might be a little weird, digestion wise. If you do raw veggies, you want to chew them really, really well. Like really chew them up good. But beyond that, it’s not a big deal. Just focus on eating fruit, cooked veggies, oatmeal, and fresh juices. And just take it easy. Don’t run out and eat a giant cheeseburger and milkshake.

Now, let’s talk about fasting mimicking. Because if you’re worried about fasting, if you’re taking pharmaceuticals, if you feel like you might not be able to do it, there is an option called the fasting mimicking diet. There’s a company called ProLon. Dr. Valter Longo was instrumental in developing this company, but he doesn’t get any profit from the company. But they got a huge grant from the National Institute of Health, from what I understand, like $20 million to research this and develop the fasting mimicking diet.

They’ve also done studies with chemo patients, cancer patients, on fasting around chemotherapy. They had patients do a water fast two days before chemo, the day of chemo, and the day after. So, it’s four days. They found that those patients had side effects to chemo were way less and the chemo was more effective. It worked better when they were in a fasting state. That’s crazy. That’s really profound. And we could see that impact cancer treatment in the next few years, like really filter through to the cancer treatment world: fasting around chemotherapy. Because apparently your healthy cells are protected during a fast and the cancer cells are weaker and chemo works better on them.

So, Dr. Longo did that research. But then, they also kind of ran into this problem, which was that it was hard to convince cancer patients to fast. I mean, it’s hard enough to convince a healthy person. But it’s kind of hard to get them to say yes to fast for four days while they’re doing chemo. And so, they realized compliance is going to be really difficult for doctors around the world to convince their patients to not eat
around chemo treatments. So, they started researching to develop a diet that would mimic fasting. And so, again, they got something like $20 million in research money, spent 10 years working on this. And they created this fasting mimicking diet called ProLon.

Now, ProLon is a five-day meal plan. It's a couple of hundred bucks. They ship it to you, they give you all the food you're going to eat. And it's all plant-based, which is great. And it's calorie restricted and it's ketogenic. So, it's a calorie restricted, plant-based, ketogenic diet that mimics fasting. It puts your body into a state of ketosis, like fasting. And also, they have verified that it triggers stem cell regeneration and all of the benefits of a water fast. Now, it is expensive. It's a few hundred bucks for the kit, for the food. It's not organic. That's okay. To me, that's a small thing. Like I wouldn't worry about the fact that it's not organic. It's not like you're eating it for the rest of your life. It's just five days. But it is plant-based. And it's a collection of soups. There's some like nutty snack bars in there and some soups and there's a little bit of supplements they give you. There's sort of like a little multivitamin and I think there's like an omega-3 supplement in there. And they give you some teas. They give you peppermint tea to drink and hibiscus tea. I think those are the two teas.

Heck, I've got one of the boxes. This is not a sales pitch, by the way. I'm not making any money if you go buy their thing. But for those of you that are not sure if you want to do a water fast, the five-day fasting mimicking diet would be a great first step. Okay, here we go. I wasn't planning on doing this. So, I have a couple of these ProLon meal kits because I think they're great and I've done it before and my wife has too. And it's much easier than a water fast. And according to the researchers, Dr. Longo and Dr. Joseph Anson who runs ProLon, you get the same benefits as water. I'm not entirely sure it's as good, but it's apparently pretty good. And it's doable. And by the way, there's doctors all over the US that are putting their patients on this and they're getting incredible results. And what they recommend you do is to do it for five days, three months in a row. Or if you're in good health, you do it for five days, once a quarter.

It's prolonpro.com. But anyway, there's a little packet here with a meal plan, with the food you get. But there's a couple of different nut bars, kale crackers, a mushroom soup, a minestrone, a vegetable soup, a tomato soup, a vitamin mineral plant-based supplement, and olives. So, there's a few different packets of olives. And there hibiscus, spearmint, and spearmint-lemon tea. And then an omega-3 supplement. So, that's pretty much it that's in the kit. Everything you need for five days. And it's pretty easy to do. So, that's an option. That's easier than water fasting because you do get to eat. There's breakfast, lunch, and dinner for each day, and a couple of little snacks. And I think the first day is 1100 calories and then days two, three, four, and five are around 700 to 800 calories.

Okay. So, it's a calorie restricted, plant-based, ketogenic fasting mimicking diet.
Someone asked if it is gluten-free. I don't know. You'll have to check on their website.

So, anyway, I think someone just said the research shows three days of ProLon equals two days of a water fast. Well, no one would do three days of ProLon because it's a five-day program. But from what I understand, it's equivalent to about a four-day water fast. So, five days on ProLon is like four days on water. And that's from the horse's mouth. That's what I've heard Dr. Longo and the researchers say.

Someone asked if you can do it if you're on medication. Yeah, it's going to be safer. Again, not a doctor, but it is going to be safer when combined with medication than a pure water fast. But if you go to ProLon and you submit, there's kind of like an application process or whatever. It's not just like on Amazon where you can just go buy it. They actually want to know who you are, what you're doing. They want to make sure it's safe for you. And then, you have the opportunity to ask questions like, "Hey, I'm taking this or that. Is it safe for me to do this?" And again, the director of ProLon is a medical doctor, so, there we go. Okay, so ProLon is $250. It is easier. You are allowed to eat. You're still going to feel hungry when you do it. But, yeah, some people may find it easier. Some actually may find it easier to not eat. We're all a little different.

And what I'm getting at is like, when you stop eating, there's a point around day three where you lose your appetite. So, you're hungriest around day two. And then, around day three-ish, sometimes you lose your appetite and you're not hungry. It's not like you're just like, "Oh, I'm hungry" for five days. No. You lose your appetite. So, you may find yourself feeling a little hungrier on a fasting mimicking diet, on a calorie restricted diet, than you would be on a pure water fast diet. But you may enjoy the fact that you're able to eat a little bit.

And by the way, when I've done ProLon, I have to laugh at myself because the meals are very small. And because they're very small, I would savor every little bite. I mean, I would eat the tiniest bites and like chew every little molecule out of them. And I would just like really, really savor it because I knew it was like, "Okay, this is a really small amount of food. So, I'm really gonna enjoy this." And so, you may find yourself doing the same thing if you do a ProLon-type diet.

But the reason that works better than just cutting calories is because it also induces ketosis, because it's a ketogenic diet. It puts you in ketosis. So, you get those benefits of calorie restriction, which is fasting. So, it kind of tricks your body into thinking you're fasting. So, am I completely convinced it's as good as water fasting? No, but there is enough research to show that there are definite benefits. So, I want to encourage everybody to do a water fast though. That's really what I want you to do. Again, I have no financial interest if you get ProLon, and I have no financial interest if you water fast.

And the tricky thing is, ProLon, they really don't want you doing their thing if you have
cancer because they're nervous. They're nervous about liability and things. So, if you're like, "Oh, I'm overweight," or "I just want to be healthier," they're like, "Oh, sure. Here. We'll sell you the kit." But if you have a chronic disease, depending on what it is, they may actually turn you down and say, "No. We don't really think you should do it." So, that's the tricky thing about it. Anybody can do a water fast. But the folks at ProLon, again, they don't want to get in trouble, right. So, they're trying to be really careful about who they sell their kits to.

They're also developing another similar product called Chemolieve. And Chemolieve is basically the same thing, but it's lower calorie than ProLon. And that's specifically for cancer patients. So, what they're trying to do is, they're trying to get Chemolieve approved for use in cancer clinics. So, it's a four- or five-day calorie restricted fasting mimicking diet for cancer patients. And it would be prescribed by the oncologist, by your doctor. So, they would say, "Okay, here's your treatments coming up." We want to put you on this very special diet called Chemolieve that will help treatment work better." So, that's what they're working on right now. And they're doing clinical trials with cancer patients. And they have done some, and they're doing more with cancer patients on Chemolieve. And the main difference is, it's the same food, but it's slightly less than ProLon. So, it's just a little bit lower, more calorie restricted than than ProLon is, because I guess they think that's going to help more with cancer treatment.

Okay. Now, I'm going to get to your questions. Ivy said, "What's the limit on the amount of water?" I mean, there isn't really a limit. But you don't need more than a gallon a day, half a gallon may be fine. Okay. And yes, you can add salt or minerals to the water. No problem.

Elaine says, "Do you recommend it for seniors? During and after a water fast that lasted 30 days, I caused myself problems, when I added some herbs to the water. Can you address the importance of breaking water fast correctly?" I already talked about breaking water fast. But 30 days is a long time. You really need medical supervision, if you're going to do a long fast. Anything over seven days, it makes me pretty nervous for somebody to do a water fast without medical supervision. So, three to five days is safe for most people. It can be safe for seniors. Your body's not quite as fast to rebound. There's always exceptions. But it's safe for seniors too. That's my opinion.

Lisa says, "What would indicate that my body is not doing well and I need to stop or adjust?" Well, feeling lousy is normal. And you can have a lot of different symptoms You can have headaches, you could have diarrhea, you could break out in pimples or hives or a rash. You could be nauseous, you could throw up, you could even maybe run a low grade fever. All those things are normal. And I would say not necessarily cause for alarm. But if you run a high fever, then you would want to take that seriously. Some people have mentioned their heart was kind of racing or heart palpitations, that's not necessarily something to be freaked out about. But it could be a problem.
If you're having extreme pain, then yeah, there's maybe some kind of problem there. You may notice some pains in parts of your body that were not there before, which could be your body turning attention on that area to help heal it. So, for example, if you start feeling twinges of pain in weird spots, I wouldn't be afraid. Like, "Oh no, the fasting is breaking my kidney," or something. So, just be mindful. Little twinges and things like things are going to happen. Like things will happen in your body while you fast. And it's different for every person. I'm doing the best I can to teach on this, while there's a lot of variables.

If you're underweight and you have a low BMI, you want to be real careful and not go too long. Maybe three days. So, I didn't talk about weight loss and I should real quick. Typically, you're going to lose about a pound a day during a fast, maybe a little more. So, a five-day fast on water, you might lose five pounds to eight pounds, maybe more. But that's pretty normal. You'll gain a little bit back as soon as you start eating. And by the way, it will not mess up your metabolism. So, a short-term fast like that will not slow down your metabolism, and then make you more likely to gain more weight and get you in this vicious cycle that some people are afraid of. So, I wouldn't worry about that.

Pete asks, "How often do you recommend water fasting. Are there any negative effects of drinking herbal teas?" Well, I talked about some herbal teas that are great. They're fine. Enjoy them. They can make a fast more tolerable and can actually make it more beneficial. How often? Well, if I had advanced cancer and I wasn't underweight, I would look at doing a three- to five-day water fast every five to six weeks, if I was trying to heal cancer. So, not quite every month but close. Every five to six weeks, like three to five days. That's what I would personally do. So, I don't know. It can vary. Results will vary. But that would be my strategy. If you're healthy, fasting quarterly is wonderful. Three to five days, quarterly or twice a year. It's great too. That's great.

And it's kind of in line with our ancestors. There would be periods of time, every few months, where they might be on a hunt or be moving, traveling or something, and have very little food for a few days. And by the way, it's a natural way to maintain a healthy weight. When you think about how many people are overweight in the US, over two thirds of Americans are overweight and over a third are obese. Because we just keep eating and eating and eating and never stop. We never stop. We're eating all day and into the night. That's problem number one. And then, problem number two is that we never take a break from eating.

Problem number three is that the kind of foods we're eating are really fattening. Tons of meat and dairy, processed food, and junk food really contribute to weight gain on their own. And we're just eating way too much of it. So, all those things are working against you. And fasting is a way to naturally let your body break down excess fat. Because all fat is, is stored energy. That's all it is. When you eat food, you're saying, "Here is energy. Here is fuel, body. Here you go. I'm giving you fuel for energy right
now." And your body is going to do one of two things. It can be like, "Great, I need energy. I'm going to burn this fuel for energy right now." Or it's going to be like, "Oh, well, I don't really need much more energy. So, I'll save it for later." And that's really what happens when you eat at night. That's when your body says, "Oh, I'll save this for later because I don't really need much more energy right now. I don't need much more fuel right now."

Denise says, "I've tried this three times. When I get to three and a half to four days in the water fast, I have zero energy and am lightheaded and dizzy. All I can do is basically lay down and eventually have to start eating again. For years I've done two-day water fasts, three times a year. And never had any problems. Any tips getting to day five?" This is great. I kind of covered this already. But yeah, the tough time is that third and fourth day, for you. It can be different for other folks. And that's the time that, yeah, you just need to rest. Rest, rest, rest. So if, for example, you feel good on the first couple of days of fasting, then I would schedule a little differently. I would try to make those most difficult days on the weekend, or take time off of work. So, if you know you're going to feel pretty good on days one and two, then start on Thursday. Fast on Thursday and Friday, and then Saturday and Sunday you can just lay around and drink lots of water. Watch some TV, nap, rest, relax. And those are my tips for getting through. You don't need exercise. Don't try to take on any projects. Don't drive anywhere. Just lay around.

Jackie says, "I get really bad brain fog..." That's pretty normal. Brain fog is normal during a fast. And then, two days after the fast, it comes back sharper. Yes. "How do you deal with the headaches?" You kind of just have to power through. Take a nap. Just relax. Drink a lot of water. A lot of water. Help flush out that stuff. No one brought this up, but I wouldn't do a sauna during the fast. It can just be too much for you. I'm surprised no one had brought up saunas.

And then, someone asked about dry fasting. I haven't seen any research that the dry fasting is better. And you can't go very long without water. So, I don't recommend dry fasting at all. I haven't seen any research that proves that dry fasting is superior to water fasting. There's a lot of claims, but I haven't seen any real science on it. So, I wouldn't do the dry fasting. Most of these questions I've addressed.

So, again, I want to encourage everybody to try your first fast this weekend. Try it this weekend. It's Thursday night. You could eat a meal tonight by 7:00 PM. For some of you that may be past 7:00 PM, but that's okay. Just have a nice meal tonight. Have your dinner tonight and then tomorrow could be the first day of your fast. All you need is water. I made suggestions for some supplements and other things that you could include, but you don't need those. You don't need those. All you need is water. If you can get water, you can get through a day with just water.

And once you're through day one... And what happens is, you also start to build this
sort of momentum where you're like, "Okay. One day down. Here we go." Then day two. And day two is going to be tough. And then, day three is going to be pretty tough. But usually day four and five are much easier. A lot of folks report back to me that they feel really good, like amazingly good, once they get over the really difficult third day. And sometimes the second day is the most difficult. Like I said, it varies. Then they feel great for a couple of days, like day four and five like, "Man, I feel awesome." And sometimes people will continue on for a few more days because they feel so good. So, you kind of listen to your body. But there's going to be that initial, "I feel really bad" period. And assuming there isn't something seriously wrong and it's just normal fasting feel bad, that you just want to just rest and just push through. Again, people are fasting for three weeks, for 40 days, at medically supervised clinics. And if they can do it, you can do it. But don't go that long on your own.

Andy asks, "How much exercise is okay on a water fast?" I talked about this earlier, but I don't recommend exercising. Rest. That's what you need to do on a water fast. Yes, you can take a nice walk, but I wouldn't do any more than that. And day one's easy. You can pretty much do anything on day one. But I wouldn't do any strenuous exercise. Don't do any exercise that would make you sore on day two. So, if you're on day one, if you're feeling good, you want to jog or do something like that or do some cardio, that's fine. Not a big deal. But on days two, three, four, five, don't exercise. Like the most, and you probably won't even feel like it, would be taking a walk.

Luke asks, "When does autophagy kick in on water fasting?" Yeah, it varies from person to person. I said this already. On a water fast, the magic starts on day three. It starts on day three. Days one and two, the benefits are negligible. They're negligible. Day three is really when you get the benefit of stem cell activation and more autophagy and it increases. So, it really snowballs from day three, four, five, six, seven. And again, people are doing medically supervised fasting for three or four weeks at a time, even up to six weeks. I mean, 40 days is almost six weeks. So, I don't know what the cutoff period of benefit is and I don't know that anyone really should go that long.

Although 40 days is a common kind of fasting thing, right? Moses, Jesus, Mohammad, Buddha, like lots of spiritual figures and leaders fasted. It's a pretty common spiritual practice. But anyway, if you get through three days, you've really done something. If you need to eat after three days, it's okay. You really accomplished something amazing. Even one day. I mean, it's an accomplishment. So, I don't want to diminish that. You'll get some benefit from one and two days. But the magic is getting that third day under your belt.

Also, I want to talk about this really quick. The spiritual benefit of fasting, and the emotional benefit, is you'll have a lot of intense emotions come up. I touched on this earlier, but then I got distracted. Emotions will bubble up because food is medication. And whether you realize it or not, you are medicating when you eat. Why do a lot of
people overeat? They’re really using food as a drug. They’re using food as medication. And when you remove food completely, all kinds of negative emotions will bubble to the surface. And this is a perfect opportunity to deal with those things. Insecurities, fear, anxiety, bitterness, resentment, unforgiveness, like all kinds of stuff will bubble up.

And so, I want to prepare you for those emotions because they will come during a fast. And be ready. Journaling is great. Doing a prayer journal, spend time in prayer while you fast. I mean, prayer and fasting is very powerful. And it’s something that God honors. He honors fasting. So, if you really have a great need, there is a way to show God you’re serious, and that’s through prayer and fasting. You see it throughout the Bible. People fasting and praying when their situation was dire. So, if you really need to hear from God, you need clarity, you need healing, you need an answer, fasting and prayer is powerful. So, I would be remiss if I didn’t talk about that. The spiritual health benefit of fasting is so powerful too. So, I mean, it’s multifaceted. It’s beneficial physically, emotionally, spiritually. It really is an incredible thing.

Angela says, "I'm underweight. Do I need to keep waiting? Would the fasting mimicking diet be safer?" Yeah, I think so. If you're underweight or borderline weight… And for me, I am not underweight, but I'm thin and I actually don't want to lose weight. I don't want to lose any more weight. So, because I have a really high metabolism, I gravitate towards the ProLon thing. That's why I've got a couple of ProLon kits here. Because I lose a little less weight. But I still lose weight when I do it. I mean, the last time I did five days, I think I lost like five pounds that I didn't want to lose. I gained it back. But anyway, yeah, the thing is you can gain the weight back that you lose if you need to gain it back. If you want to gain it back and you're trying to gain it back, you can gain it back. So, it's not a big deal.

Someone asks, "What are your thoughts about leaky gut and a water fast?" I think you can heal leaky gut. Fasting helps heal your gut, right? I said this earlier. You give your digestive track the best possible conditions to heal when you stop eating for three to five days, and even maybe longer. But it's a great start. So, the cool thing about fasting is there's sort of like a compounding benefit with each successive fast. So, it's not like you do a fast, you get some benefit, and then over time the benefit goes away. If you fast consistently, like once every quarter or even once every five or six weeks, you get more benefit each time. So, it's like your body goes a little deeper and a little deeper and a little deeper. And so, what you may not be able to fully fix or fully heal with one little fasting session could be healed with multiple fasting sessions over a period of time. So, if you feel a small benefit but not a complete benefit, that's a clue. That's a clue that fasting is helping.

There's a documentary about fasting that you all should watch. It's pretty good. Some of the stuff in there is a little weird. But it's called "Fasting" and it's on Netflix or Amazon Prime. I forget which one. But it's great information on fasting. And they
interview Valter Longo. They interview Dr Alan Goldhamer in that film, and some other folks. And there's a lot of good info. But there's a woman's testimonial in there who had chronic headaches for 15 years. I mean, headache all day, every day for 15 years from a head injury. And she was able to heal this crazy problem that no one could really diagnose or fix, by doing a 41-day water fast two or three times. I can't remember how many times. But yeah, she did a 41-day water fast the first time. And on the 40th or 41st day, it was the first day she went all day with no headache. So, it took that long. And it wasn't until the 19th day that she had 5 minutes with no headache. So, for 18 days, no improvement. And then, on the 19th day, she woke up and for 5 minutes had no headache. And then the 20th day, it was like had 10 minutes. And then it progressively got better and better. And so, she kept going and going. And then, like day 40 or 41, she had a full day with no headache. So, it's kind of crazy. But her story is in that documentary called "Fasting."

Someone is asking for suggestions for diabetics on fasting. It depends on if you're a type 1 or type 2. Fasting lowers your blood sugar. So, you won't have any high blood sugar issues on a fast. And if you're type 1, you probably need medical supervision. Type 2 you probably still need medical supervision. But there are lots of testimonials of people who've reversed type 2 diabetes with fasting. And also with weight loss. I mean, type 2 diabetes is generally a disease that is caused by being overweight. So, fasting, a whole food plant-based diet, lots of raw fruits and vegetables are all wonderful to help you get back down to a healthy body weight and lower your blood sugar. And you know what else helps type 2 is intermittent fasting. So, just eating within an 11-hour window instead of eating within a 12 or 13 or 14 hour window or even longer, which a lot you may be doing and not realizing it. A lot of people are. Just cutting into a shorter eating window can drop your A1c, your fasting blood glucose, all those things can normalize pretty quickly by just restricting the time. Not even changing what you eat, just shortening the time in which you eat each day, to 11 hours. Or maybe if you really want to go hardcore, cutting it down into an 8-hour window.

Lynette says, "I'm on day 11 of a water fast. Adding a lemon a day and Himalayan salt to the water. Headache is excruciating, as well as stabbing pain in the throat and palate. Is this normal? How long can this last? Should I keep fasting until the pain is relieved? Water only, or lemon, salt, tea, supplements, herbs, etc. What time does the body speak that the fast should end?" Well, because you're doing an unsupervised fast, I feel like you should probably wrap it up. Because 11 days is a long time to go without medical supervision. And if you're having, really bad headaches and pain and things, I don't know what's happening. The stabbing pain in your throat and palate is weird to me. I have no idea what that's about. Headache is not that uncommon. But yeah, I think you should wrap it up. And then, maybe consider going to True North Health Center or Balance for Life, if you have some serious health issue and you want to do a medically supervised fast that's longer – 21 days, 30 days, 40 days. That's what I would do.
Sherry says, "Would there be any reason for a Stage IV cancer patient to not do a water fast?" Well, yeah, there's reasons. I mean, if you're taking a bunch of pharmaceutical drugs that could complicate things a lot. But if you're Stage IV and you're not taking any pharmaceuticals, then I think... I mean, it's one of the most powerful things you can do – three to five days. So, I would encourage you to think about doing it. But again, I don't know your whole situation. So, I have to be careful to just say like, "Everyone should fast." Because there are caveats.

Em says, "Currently struggling with craving for bread and other starches. What can you recommend to pull through the craving while on the water fast? Anything I can do to prepare myself to combat this before I start the fast?" I don't know what to tell you. I mean, lemon juice helps. The lemon water helps curb your appetite in water. But the thing about it is that there's a bit of a mental battle during the fast where you have to remind yourself like, "I'm not starving. I'm not dying. Yes. I'm hungry and I'm craving food. But I'm okay." You know what I mean?

You have to tell yourself, "I'm okay, I'm hungry, but I'm okay. There are people that have gone weeks without food. I'm okay. I can handle a couple days." Especially if you have any excess body fat to lose. You're carrying your food on you. Your body will break that fat down for fuel, for food. So, you just have to reason with yourself and talk yourself into it. And give yourself pep talks throughout the process sometimes. Like, "I can do this, I can handle this. I'm fine. I'm okay. I'm not feeling right but I'm okay." You know what I mean? "It's going to get better. I'll get through it." That kind of internal, positive self talk. That's the main thing.

You don't need bread, you don't need the food. You don't need it. And I talked about this at the beginning of the class. But one of the reasons that people feel bad during a fast is because they're actually having food withdrawal. They're having withdrawal from a diet that's high in sugar, salt, animal protein, fats, oils, caffeine, MSG, and aspartame. So, you can have withdrawal symptoms from all those things. If you drink a lot of diet coke and you stop drinking it, you're going to feel bad while your body is withdrawing. But you can get through it.

Someone asked, "Can water fasting help or reduce menopause issues?" Probably. I would say probably. I mean, it's really crazy how many issues your body can and will resolve during a fast. It's just crazy. It's amazing. If you have any issue, if you have any aches and pains that you've had for some period of time, try a fast. See what happens. Try three to five days on water. See what happens. Tendonitis, tennis elbow, knee pain, joint pain, back pain, any chronic pain or condition or inflammation. Some people who fast have pain relief almost instantly. Like within just a couple of days they have noticeable pain relief on calorie restriction, or a fast. So, you may be very pleasantly surprised at what can happen.

Someone asked, "What do you recommend for coffee lovers?" I would try to break the
coffee habit before the fast. It would be a little bit easier on you. But you could also break it during the fast. So, the coffee withdrawals are definitely going to make it more unpleasant. If you can switch to green tea and wean yourself off coffee, you’re already doing yourself better anyway. Although coffee is okay. Coffee is not a big deal. But during a fast, you don’t want to drink coffee and you don’t want to drink caffeine. You might be able to do a little bit of green tea though. That could help. I mean, let me put it this way. If you drink a lot of coffee and you do a water fast and you have like the coffee headaches you recognize, a little bit of green tea would be okay. It has some caffeine in it, so it could help satisfy the caffeine withdrawal thing. But if you don’t drink caffeine normally, I wouldn’t recommend anything caffeinated during a fast.

Okay. So, hopefully you have learned some things. Hopefully you have more confidence, more clarity. You might need to watch this again. But I just want to reiterate that it is not complicated. It’s very easy. All you need is water. Tap water is okay. Filtered water is better. Do it over a weekend. The magic really starts on day three and accelerates days four and five. Almost anyone can do this. But if you have medical conditions, if you’re on pharmaceutical drugs, you need to have medical supervision. It’s just to minimize risk. If you’re a cancer patient and you’ve been diagnosed with cancer and you haven’t done any treatment, then that’s a different story. It’s much safer than a cancer patient who’s done a ton of treatment and your body is really in bad shape. Then you need more medical supervision.

Disclaimers and caveats. I don’t want anybody to get hurt. But fasting is amazing. It’s so powerful. It’s free. It’s the one thing that most people don’t want to do that they can arguably maybe get the biggest benefit from. That’s what’s so crazy about fasting and so amazing about fasting. This really is the one thing that could maybe help you the most. Especially if you fast regularly. And so, I hope you’ll do it.

If you’re in our private support group, the Healing Journey Jumpstart group or the SQUARE ONE group, and you decide to do a water fast, post your results. Tell us how you’re doing. I want to know if you decide to do a fast this weekend. Let us know. I’m excited for you. I’m rooting for you. I’m on your team. And I can’t wait to hear about your results. I hope y’all have a great night. God bless you and I wish you health and healing. I’ll see you all real soon. Bye-bye.