

WHAT TO EXPECT WHEN YOU FAST

Dr. Mary Ruth Swope

It's different with every person. The stronger you are physically and spiritually, the less trouble you will experience. If God asks you to fast... "it's a piece of cake" all the way.

Basic guidelines:

- Restrict your activity.
- Expect changes in elimination patterns. [AIM's Herbal Fiberblend](#) will help cleanse your system.
- Be prepared for mental discomforts. The devil and many of your friends don't like what you are doing.
- You may feel impatient, cranky, irritable, anxious and have self-pity. If so, PRAY, REST, WORSHIP.
- You may experience physical "blah's". Sip water or juice or take a teaspoon of [AIM's BarleyLife](#), or drink vegetable broth or lemon water.
- Probably the 2nd day is the most difficult. Hunger leaves, usually, by this time. Some headaches, dizziness, lethargic feelings are normal now due to a lack of caffeine and white sugar and to the release of toxins from "everywhere". A few persons are bothered by sleeplessness and an overactive mind. A sort walk often corrects this.
- After the 3rd day, you will experience a new mental vitality.
- Some lose lots of water weight.

FASTING TIPS

- Take 1 teaspoon of [AIM's BarleyLife](#) in diluted juice or water first thing in the morning. You may have up to 10 teaspoons spread throughout the day, if needed. This will help eliminate the headaches, lethargy and the other "blah's".
- Make a Dr. Henry Bieler, M.D., vegetable broth for liquid intake. In a large pot, combine:

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|---------------|------------------------|
| zucchini | carrots |
| potatoes | green beans |
| onions | celery & celery leaves |
| tomatoes | crook-neck squash |
| cabbage | turnips |
| salt to taste | any vegetable you like |

1 teaspoon chicken or beef bouillon may be added.
Cook, covered: The family may eat the veggies – you just drink the broth. One quart per day would be wonderful.
- Feel free to drink freshly squeezed vegetable juices.
- Drink 64 oz. of pure water per day. You may have all the herb teas you want – hot or cold. Have all of the lemon water you want until you've had 1 full lemon per day. Dilute fruit juices with ½ water. Limit the frequency of fruit juices due to the high sugar content.
- Make a "Dr. Bill Bright" drink to sip throughout the day:
 - 1 gallon distilled water
 - 1 ½ cup fresh lemon juice
 - ½ cup real maple syrup
 - ¼ teaspoon cayenne pepper

TAKE TIME TO PRAY AND RELAX!

Listen to beautiful music.

Keep praising God for all the good things you can think of!!!

Great physical and spiritual benefits can be expected by all those who learn to **FAST AND PRAY.**

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