



# 3 DAY FAST CHEATSHEET

Why (and How) To Cleanse Yourself With A 3 Day Fast





## THE AMAZING EFFECTS OF FASTING

Fasting provides immense benefits for the body, ranging from health to productivity. A lot of them can be captured if you consistently practice intermittent fasting (16+ hours per day), but some need 1-2 days to fully manifest in your body. Below you can find the most important ones you certainly need to know!

### 01

#### AUTOPHAGY & CANCER PREVENTION

Your body burns old and broken cells for energy, including precancerous cells, in a process called “autophagy”.

### 02

#### INCREASED METABOLISM AND HGH

Your body produces adrenaline, testosterone and **growth hormone** to provide you with energy to go find some food (or be productive)!

### 03

#### BLOOD SUGAR AND INSULIN LEVELS

Fasting reduces blood sugar and insulin levels, as well as cholesterol, and in general improves your life span.

The **catch** is that you need to exercise self-control to abstain from one of your stronger habits: eating. In the next page you will find a list of tips to make your fasting as easy as possible. Before you move on, just remember: ***it's certainly worth it!***

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## THE FORMULA FOR YOUR 3-DAY FASTING

Below you will find a list of tips that will assist you in your 3-day fasting. While most of these are quite important, in the end fasting is a simple process: Just avoid eating for 72 hours. **All the best!**

**Disclaimer:** Don't fast if you're under 18 years old, pregnant, or nursing. And check with your doctor first if you're on medication, or if you have any doubts!

**We are not doctors, and we don't claim to be so on the internet.**

### FASTING 101

- ❑ You can drink water flavored with coffee, tea, lime, some apple cider vinegar, or sea salts, as well as bone broth.
- ❑ **Prepare beforehand.** Before your fast, eat low-sugar foods, so your body finds it easier to slide into fasting. Also, try to eat irregularly before your fast, to avoid intense feelings of hunger. Finally, ensure that you have some kind of supervision - your partner is sufficient for a 3-day fast.
- ❑ **Ease back into eating.** When you break your fast, don't go for a huge meal. Instead, ease back into eating with increasingly large meals over a few hours. For the first day, eat at a small deficit from your maintenance calories, so as not to overburden your body.

### The DOs and DON'Ts

- ❑ DO drink a lot of water to stay hydrated - you will be surprised at how much water is coming from food!
- ❑ DO try and stay away from delicious food and people trying to stop you from fasting. These are the primary reasons people stop their fasts mid-way.
- ❑ DO find ways to take your mind off food, like being productive or going for a walk.
- ❑ DO NOT drink Diet Coke or Coke Zero or any other zero-calorie beverages.