
36 HOUR FASTING CHALLENGE

GUIDE & MOTIVATION



WELCOME

HELLO,

WELCOME TO THE 36 HOUR
FASTING CHALLENGE,

QUICK REMINDER; THERE IS NO
SUCH THING AS A FAILED FAST,
FASTING IS A PROCESS NOT A
ONE OFF CHALLENGE.

EACH TIME YOU TRY, YOU LEARN
NEW THINGS ABOUT YOURSELF.

IF YOU FEEL THAT YOU ARE
STRUGGLING, FEELING UNWELL
PLEASE STOP FASTING. YOU CAN
ALWAYS TRY AGAIN NEXT TIME.

LET'S DO OUR BEST FOR TODAY,
PETRA
XOX

TABLE OF CONTENTS

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- WELCOME
- INSTRUCTIONS
- IS IT SAFE?
- WHAT HAPPENS
- ALLOWED
- AVOID
- WHAT BREAKS A FAST
- STEP BY STEP
- PROBLEMS&SOLUTIONS
- MOTIVATION
- DISCLAIMER
- WHAT TO DO NEXT

INSTRUCTIONS

FAST FOR 36 HOURS

YOU WILL NOT EAT FOR 1 ENTIRE DAY

For example:

- ON DAY 1 START FASTING AFTER DINNER (19.00), YOU WILL FAST THE ENTIRE DAY 2, AND YOU WILL END YOUR FAST ON DAY 3 WITH BREAKFAST (7.00am). You can carry on fasting until lunch time if you feel well.

FASTING WINDOW: water, tea, coffee

AVOID: sugar, sweeteners and calories

EATING WINDOW:

- ideally, end your fast with a protein snack/small meal, wait a while then eat your main meal consisting of protein, some good fats, and good carbohydrates (veg). Eat slowly.

IS IT SAFE?

"In our IDM Program, we use thirty-six-hour fasts, on a three-times-a-week schedule, with patients who have type 2 diabetes.

We continue this schedule until the desired results are achieved: the patient is able to go off all diabetes medication and has reached the desired weight."

The Complete Guide to Fasting by Jason Fung MD, p216

Web Design

WHAT HAPPENS

14

LOWERING OF BLOOD SUGAR
you will have digested your last meal
blood sugar is dropping
insulin, the fat storing hormone, goes down

24

AUTOPHAGY
anti ageing, cellular and tissue rejuvenation
your body has increased its own cleansing/recycling
from within the cells

36

KETOSIS
you will have switched from burning sugar stores to
burning stored fat for energy
AUTOPHAGY
expected increase of up to 300%

This is an approximate timeline of the expected processes which happen in a fasted state.

ALLOWED

WATER

still, carbonated, mineral,
warm, infused with fruit or
herbs

TEA

herbal, black, green,
oolong, peppermint,
unsweetened

COFFEE

black,
unsweetened,
iced, decaf

SALT

pinch,
straight or in water

ELECTROLYTES

preferably unsweetened
unflavoured

LEMON WEDGE

HERBS

CINNAMON

APPLE CIDER VINEGAR

diluted in water
limit the amount

ENJOY

DRINK WATER

STILL | SPARKLING | MINERAL | COLD | WARM

ADD:
LEMON OR LIME WEDGE
SLICES OF FRUIT
(DO NOT EAT THE FRUIT)
PINCH OF SALT
ELECTROLYTES
HERBS/MINT ETC
APPLE CIDER VINEGAR

AVOID:
SWEETENERS

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INTERMITTENT FASTING

COFFEE

BLACK
UNSWEETENED
(DECAF)



CINNAMON
ICE



NATURAL OR ARTIFICIAL
SWEETENERS
SYRUPS
MILK

@NEWMIBO/NEWMIBO.COM

TEA

INTERMITTENT FASTING

GREEN TEA
APPETITE SUPPRESSANT

~
BLACK/OOLONG TEA
HELPS TO LOWER BLOOD SUGAR

~
PEPPERMINT TEA
HELPS WITH GASS AND BLOATING



LEMON WEDGE
CINNAMON



SWEETENERS

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AVOID

ARTIFICIAL SWEETENERS

NATURAL SWEETENERS

SWEETENED DROPS

POWDERED DAIRY PRODUCTS

LOW FAT MILK

**DIET SODA, FLAVOURED ZERO
WATER, ZERO ENERGY DRINKS,
FLAVOURED ELECTROLYTES**

WHAT BREAKS A FAST

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WHAT BREAKS A FAST

SUGAR
&
CALORIES

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WHAT BREAKS A FAST

LATTE
-
CAPPUCCINO
-
HOT CHOCOLATE
-
MOCHA
-
MILKY COFFEE

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WHAT BREAKS A FAST

FRUIT JUICE
-
SMOOTHIE
-
COCONUT WATER
-
SODA

STEPS

1

BEFORE YOU BEGIN YOUR FAST,
HAVE AN ENJOYABLE AS WELL AS SATIATING MEAL
(INCLUDE PROTEIN AND FAT)

2

BRUSH YOUR TEETH TO SIGNAL TO YOUR BRAIN
THAT YOU'RE DONE EATING FOR THE DAY

3

SET YOUR FASTING APP TO 36 HOURS

4

GO TO BED EARLY

5

IN THE MORNING, SIP ON A HOT DRINK,
TEA, COFFEE, WATER

6

KEEP DRINKING THROUGHOUT THE DAY

7

HUNGER COMES IN WAVES,
IT WILL COME AND GO
RIDE IT OUT

8

MAGNESIUM, EPSOM SALTS HELP WITH
MUSCLE CRAMPS

9

SALT HELPS WITH DIZZINESS AND HEADACHES

10

STOP IF YOU FEEL UNWELL

PROBLEMS & SOLUTIONS



MUSCLE CRAMPS

MAGNESIUM
SUPPLEMENT
MAGNESIUM OIL
EPSOM SALTS BATH



FEELING COLD

WARM BEVERAGES ONLY
KEEP WARM WATER
IN A FLASK
~
HOT WATER BOTTLE,
EXTRA LAYERS,
MOVEMENT



DIZZINESS

WATER
SEA SALT
BROTH
MINERAL WATER



CONSTIPATION

REDUCED FREQUENCY
IS NORMAL WHEN
FASTING
~
MAGNESIUM CITRATE



SLEEPLESSNESS

MELATONIN SUPPLEMENTS
~
MAGNESIUM
~
REDUCE COFFEE INTAKE



HEADACHE

SHOULD ONLY BE
MILD & TEMPORARY
~
TRY EXTRA SALT
BROTH
MINERAL WATER

this is not a medical advice, always consult a medical professional

MOTIVATION

mindset is the key
-
before you start the challenge, write down a list of reasons as to why you want to do it
-
keep the list on the fridge, make it your phone screen saver, keep it visible and read it over and over again
-
plan some activities for the day; this can be decluttering your wardrobe, housework, DIY, pampering session, arts&crafts, anything you enjoy and will keep you occupied
-
watch people's success stories, fasting experiences on youtube, read articles online about the benefits of fasting

don't keep any triggers such as favourite foods in the house, you can buy these after the challenge
-
include a long walk in your day, in place of lunch or dinner
-
journal: keep writing down your thoughts and emotions throughout the challenge
-
dig out those skinny jeans you find hard to zip up and keep them in sight
-
join a fasting group on social platforms, comment and share your experience, interact with like minded people

if you cook for your family,
avoid tasting any ingredients, including spices as to avoid triggering your taste buds, sip on a hot drink whilst cooking, preferably leave the room when people eat
-
consider arranging a takeaway for your family or meal prep in advance as to avoid cooking for the day of your challenge
-
read your affirmations, have a bath, go for a walk
-
if you accidentally had a bite of something, don't turn it into a full blown meal. carry on fasting until the end of the challenge. you're still winning.

NOTES

DISCLAIMER

This guide and any information within the group or website is for motivation only, it is not medical advice. You must always check with a medical professional before changing your lifestyle. Fasting isn't for everyone so please be responsible for your own health. I am not a doctor, fasting is my passion not a profession.

REFERENCE:

The Complete Guide to Fasting , 2016 by Jason Fung MD with Jimmy Moore

WHAT TO DO NEXT?



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FAT FASTING



ONE MEAL A DAY

- SUBSCRIBE to www.NEWMIBO.COM or
- SEND me your EMAIL to receive more challenges, guides and fasting info every MONDAY
- email: newmiboblog@gmail.com

- JOIN my circle NEWMIBO on LIFE APP
- it's free and everyone is welcome

Thank you

Best wishes,
Petra
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