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

WELCOME
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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 aproximate 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

SALT

pinch, straight or in water

LEMON WEDGE

HERBS

CINNAMON

COFFEE

black, unsweetened, iced, decaf

ELECTROLYTES

preferably unsweetened unflavoured

APPLE CIDER VINEGAR

diluted in water limit the amount

ENJOY







AVOID

ARTIFICIAL SWEETENERS

NATURAL SWEETENERS

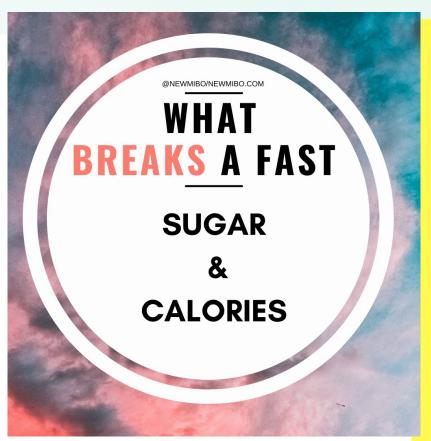
SWEETENED DROPS

POWDERED DAIRY PRODUCTS

LOW FAT MILK

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

WHAT BREAKS A FAST







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



BROTH MINERAL WATER

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?



NEWMIBO.COM



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

Best wishes,
Petra
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