

A SPIRITUAL FAST doesn't have to be fasting from food. In fact, it is not healthy for everyone to abstain from food for certain amounts of time.

The following people should NOT participate in FOOD FAST:

- Pregnant women
- People with serious diseases including diabetes, cancer, heart conditions, etc
- People recovering from surgery or an illness
- People with history of an eating disorder

If you are healthy and interested in FOOD FASTING, here are some options for you:

- 1) Juice - drink only liquids from fruit and veggies
- 2) Water - drink only water
- 3) Partial - choosing something specific that you will avoid consuming during this fast.

Examples:

- i. Sugar or your favorite snack
- ii. Coffee or your favorite beverage (sweet tea, soda)
- iii. Processed foods

RISKS of FOOD FASTING:

Fatigue

Dizziness

Lightheadedness

Headaches

Low blood pressure

Abnormal heart rhythms

PRECAUTIONS:

- Drink plenty of water to help avoid dehydration
- Avoid staying out in the sun
- Avoid saunas

- Avoid strenuous exercise/activity
- If you aren't sure if you should fast or not, ask your doctor or be safe and choose a different type of fasting

Other types of fasting include:

- 4) Social media - Twitter, Instagram, Facebook etc
- 5) TV/Netflix/Amazon Prime
- 6) Video games
- 7) Favorite hobby