INTRODUCTION TO FASTING FOR DETOX
HOW TO IMPLEMENT A CLEANSING DIET
By
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Fitness Through Fasting
Health, Life, Freedom
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Hello and welcome to Fitness Through Fasting.com. 😊 It truly is a privilege to have you as a mailing list subscriber. My name is Robert Dave Johnston and I am a fasting coach, as well as the site's editor and webmaster. I have been practicing fasting for more than a decade and, through this discipline, escaped 20 years of obesity, binging and severe depression.

So if you want to improve the quality of your life and reach optimum levels of wellness and vitality, you are in the right place. Whether you are new to fasting or have been doing it for some time, it is my aim to provide you with information and motivation so that you can accomplish all of your weight loss and health-improvement goals.

Fasting is very powerful and can undoubtedly revolutionize your life. It, however, will require patience, persistence and enduring some initial discomfort. But whatever temporary discomfort you go through is little in comparison to the huge health benefits that you will gain - IF you stay the distance.

And the best way to stay the distance is to always start any fasting for detox program with a cleansing diet. If you have been eating poorly for some time, I strongly encourage you to read this entire report and - better yet - put it to practice BEFORE you start a longer period of fasting. Ok; let's dive right in and get started! 😊

What is a Cleansing Diet?

A Period of at least 7-10 days prior to fasting during which food consumption is substantially minimized and restricted in preparation for a total fast (liquid, water, juice or dry). A cleansing diet, in essence, is a period of "fasting" from all of the garbage that has been intoxicating your body over the years.
A cleansing diet will produce the same body detoxification and weight loss as a total juice or water fast, albeit at a slower pace. For people with busy and demanding schedules, this is usually a very good option to get started right away.

Specific foods restricted during a cleansing diet include sugar (some fruit is allowed), fat (anything fried is out), white flour, alcohol (barring perhaps one small glass of wine daily) and ALL simple carbohydrates including cakes, candy, sodas and/or pastries. In my experience, this latter category is the one that causes worst of the cravings.

It is also strongly suggested that intake of caffeine be eliminated or drastically reduced during a cleansing diet because detox from this stimulant produces very uncomfortable symptoms as nausea and migraine headaches.

**Why A Cleansing Diet?**

A Cleansing Diet is **HIGHLY** effective because it introduces the body to calorie restriction **AND** kick-starts digestive system detoxification **BEFORE** one even starts fasting. During this initial phase, using a colon cleansing product can help immensely in starting to rid the body of the biggest bulk of toxins and debris. My top choice is product called Herbs & Prunes.

You can find it at most health food stores or online at amazon.com for less than $10. It is, however, very effective in helping the body expel stubborn fecal debris adhered to the walls of the colon. It is this type of waste which keeps polluting our blood stream over and over and putting us at risk of serious illness over the years.

A "pre-fast" cleansing diet can foster weight loss of 1-5 pounds in the first 48 hours. A seven-day cleansing diet usually results in weight loss of five-to-ten pounds, depending on body structure. Five pounds is typical.
Most of all, however, a cleansing diet gives the body a head start in the detox process, which will later help to minimize the stronger symptoms that typically ensue when one starts a total fast (liquid, water, juice or dry).

As I mentioned earlier, a cleansing diet is, in itself a "fast" due to its strict and restrictive nature. THEREFORE, if you have more than twenty pounds to lose, you can safely remain on this type of cleansing regimen indefinitely and STILL reap the weight loss, detoxification, health-improvement and anti-aging rewards of a total fast - albeit it will take longer.

Now let's take a look at the process that makes the cleansing diet so powerful and effective. Ketosis is the term used to describe the body's response to calorie-restriction. When in ketosis, the body stops acquiring its energy resources from food and begins to 'eat' stored fat as fuel.

Ketosis usually starts after 10-to-16 hours of not eating or strict calorie restriction. It may induce a 'flu-like' sickness known as a Curative or Healing Crisis. The healing crisis is put into motion as the body begins to tap into stored fat for food, causing large amounts of accumulated toxins to be released into the bloodstream.

This is similar to being vaccinated. If you have received a vaccine, you know that hours later one tends to start feeling a bit under the weather. The reason is that the vaccine fills the body with disease-causing microorganisms and a temporary sickness ensues. The same happens when the body goes into ketosis.

Toxins stored within fat cells are suddenly let loose to roam freely. Temporary intoxication results - the curative crisis. Through this process, the body works very hard to expel the toxins through the skin (perspiration), urine and feces. Ketosis continues until the fast is broken as the body continues to devour stored fat for fuel. The healing crisis, however, typically ends after 9-to-14 days, indicating that the body has processed and eliminated all of the toxins.
At this time one usually starts to feel stronger and more alert. The healing crisis vanishes and you will likely feel little or no hunger. Many people tell me that, once they reach this phase, they feel that they can go on indefinitely with the cleansing diet.

To be sure, this is the most pleasant part of the process. It is like fighting the fierce fire in the atmosphere and then finally breaking through and entering outer space. That 'outer space' experience, I believe, is what ultimate health is all about. It is the condition that we are all entitled to attain, IF we are willing to pay the price. And I believe that you ARE willing to pay the price. Otherwise you wouldn't have bought this book, right?

I promised you a report about detox, right? Alright, let's look at the detox symptoms that you may experience as you go through the cleansing diet - particularly in the early phases.

**Detox Symptoms**

**Headaches** – This one is especially marked for coffee drinkers, but is also the case for persons who consume large amounts of sugar and alcohol. This symptom can really take a person out of commission. A lot of my colleagues call me a heretic for saying this, but if you need to take a couple of ibuprofen tablets to ease the pain, then so be it. Usually two tablets will do the trick. But don't take more than four daily. You may need to go through a little pain and discomfort. The good news is that headaches rarely last more than 72 hours, if that.

**Dizziness** – The body is not used to being deprived of eating whatever it wants and will go through dizzy spells, particularly during the first 11 days. The best solution for dizziness is to move slowly and get as much rest as your daily schedule allows.

**Difficulty Performing Basic Tasks** – Since you will be eating notably less, it will take some time for the body to adjust, so you will more than likely feel very weak and may have trouble getting around during the first 11 days.
If you slow down and work on focusing on the individual tasks you are performing, this symptom can be overcome. It is important, however, for you to realize that your body is going through a transition. So you must move slowly and not try to push yourself too hard. You may not be able to function at the same capacity as you are accustomed. Fine. Slow down and give the body time to work on your behalf.

**Weakness** means that you need to be extra careful when walking around, and especially when getting up from a sitting position. Avoid harsh and/or abrupt movements. Move slowly, watch your step closely and always have something that you can hang on to if you suddenly feel like you are fainting. This is good advice. One time I totally hit the deck because I got up to quickly from a chair. I missed the corner of the wall by centimeters, but still hit myself quite hard on the floor. This is about improving our health, not about getting hurt. Please be careful. I mean it. Be careful.

**Pulsating Hunger Pains** that disappear and then re-emerge throughout the day. We will talk in depth about dealing with hunger pains in future lessons. For some persons, hunger is monstrous in the morning. But for the vast majority, the hunger troll shows up mostly at night. More about night cravings below. In short, hunger will always be a part of our lives, and it is our task to master it rather than allow it to enslave us as it CAN AND WILL if we let it.

In my case, hunger was very strong in the first week to 10 days, and then I found myself getting used to always being 'a little' hungry. After a while, I loved it because I began to feel more alert, more energetic, optimistic... I slept better. I actually SLEPT THROUGH THE NIGHT and woke up feeling terrific. Before the cleanse, I constantly woke up at night, usually like a raving lunatic wanting to raid the refrigerator. After a while, I would go to sleep at 11PM, close my eyes and, when I opened them, it was 6AM! For me, this was nothing less than a total miracle. And I felt great... refreshed and ready to go! All of that just from getting used to eating less and being a little hungry. Much better than getting stuffed like a boar as I used to.
Bad Breath, Metallic Taste in Mouth, White Sticky Film on Tongue – These are all good indications that your body is eliminating toxicity. Most of these symptoms pass after nine-to-eleven days.

Bad Breath, I suggest that you get sugarless mints and keep them handy until the process ends.

Metallic Taste In the Mouth usually means that there are excessive (and toxic) heavy metals accumulated in your system. I recall during my first cleansing diet tasting constant sulfur and 'steel' in my mouth for like one week.

White Sticky Film on the Tongue is completely repulsive but necessary. It's just another way for your body to get rid of all of the crap that has kept you addicted to junk and overweight. For these symptoms, the best thing you can do is to keep drinking a lot of water. Make sure to brush your teeth regularly. Keep a travel toothbrush with you if you spend a lot of time out. Mouthwash is also helpful.

Diarrhea or Constipation – All of the fecal matter adhered to your colon will either start gushing out in diarrhea or incite short-term constipation. I know that this is disgusting, but it happens. If you have eaten poorly for a long time, or have simply abused sugar or fat, your body may respond to this cleanse by starting to expel all of the toxic filth in this fashion.

If Diarrhea Strikes, simply continue to follow the cleansing diet as outlined. Should it become severe, see your pharmacist and ask him or her for an over-the-counter recommendation. Continue with the cleanse. The cleansing diet process is a shock to the body, but it will finally get the message and react favorably to what you are doing. If you have diarrhea, make sure to keep yourself hydrated. Make it a point to drink at least one gallon of water daily. Stay close to a bathroom at all times. If you go out, make sure that you are always aware where the nearest restroom is. Seriously, you want to get to the toilet promptly anytime you need to.
If Constipation is The Case, visit your local pharmacy and ask your pharmacist about a stool softener. I personally use a herbal laxative called Herbs & Prunes. It works like a charm every time and is not harsh on my stomach. Take one tablet to start. Do not exceed four tablets in one day. But do this only if you fail to eliminate anything for at least three days. Give your body enough time to do it on its own.

Irritability / Mood Swings – If you have ever seen The Flintstones, you may remember Fred walking around growling on the episode where he is placed on a diet. Sooooo, be prepared to be a little “short-fused” during this time of heavy-duty preparation. Be aware that you will not be as patient as you normally would be. Tell your loved ones not to take it personally if - initially - you are less social that what they are accustomed. This Is Normal & Will Pass!

Facial Puffiness & Feeling Bloated – This symptom is much more marked for persons who consume large amounts of salt and/or sugar. The body is, in essence, disoriented when sugar and salt intake is so minimized and many times retains water for some days and becomes “hyper-sensitive” and toxic.

I personally was bloated to the max like the Stay Puft Marshmallow man. So being puffy was nothing new. It looked like somebody had stuck huge balloons on my cheeks. It was hideous. The cleansing diet took care of that and my face today is that of a normal human being rather than a cartoon character.

Note: Of course, if at any time you see that any of these symptoms continue and do not go away, particularly after 11 days, then you may have a more serious condition and should visit a medical practitioner at once. It is certainly not my intention to tell you not to see your doctor or to neglect symptoms of what could be a more serious illness.
My Personal Cleansing Diet Menu

BREAKFAST: Plain Oatmeal - NOT INSTANT! - prepared with skim milk ONLY. Replace sugar by adding dates, prunes and/or raisins. You can interchange the oatmeal with OAT/BRAN cereal, just make sure that it has no sugar added. I personally use Total and All Bran.

Decaffeinated coffee or tea would be fine. Make sure to drink at least one large glass of water upon awakening to move the bowels! As an alternative, you can have two hard-boiled eggs with very little salt, along with one toast of whole grain bread with no butter. Two lean slices of turkey or chicken would be allowed. So mix it up! This simple breakfast combo gives you options.

Two Herbs & Prunes tablets daily (in the morning with breakfast or dinner at night) for the first seven days will induce tremendous digestive system cleansing. You can increase the dosage to as many as four if needed - but do not take them daily for longer than ten days. Once or twice weekly thereafter would be fine, but it is best to NOT come to rely on ANY laxative.

LUNCH: Three corn tortillas (no bread if you already had it for breakfast) You can find corn tortillas at the bread aisle in your local supermarket) with lean turkey or tuna (no mayo!), lettuce and tomato - and a very light sprinkle of olive oil and salt (sea salt is best). You can have a cup of dates, prunes and/or raisins mixed with non-fat yogurt as dessert. Drink a large glass of water before & after the meal.

DINNER: As many as three steamed skinless chicken breasts or fish fillets (preferably wild fish). Steamed vegetables of your choice (I recommend broccoli & cauliflower) and a healthy side salad with: lettuce, tomato, cucumbers, alfalfa and a light sprinkle of olive oil and salt. DO NOT use any type of dressing above and beyond the olive oil and salt. Drink a large glass of water before & after the meal.

In Between Meal Snacks
When you get hungry between meals (as you most certainly will), you can have an apple, pear or sugar-free gelatin. You can prepare a fruit salad with a mixture of apples, pears, grapes and non-sweetened yogurt as well. No more than one cup for each snack.

I also like to carry around pre-sliced carrot and celery sticks to munch on. Seltzer/Sparkling water and a cup of green tea in the afternoon will help to soothe hunger and give you a pep of energy.

Make sure to drink at the very least half-a-gallon of water daily. This is a good practice irrespective of whether or not you are fasting or on a cleansing diet! You can start by following this cleansing diet for seven to fourteen days prior to fasting. OR, you can utilize the cleansing diet itself as your fast and follow it for longer. Some follow it for months at a time to attain initial cleansing, as well as maintenance.

Whatever your fasting for detox goals may be, you cannot go wrong with this simple yet very effective method. Now let's move on and take a look at the variety of detox symptoms that you may encounter, and what you can do to get through them.

A few things I want to make you aware of: We have a very nice fasting forum over at http://forum.fitnessthroughfasting.com When you have time, check it out and write a post. You'll find some really good people there that are always willing to help and answer your questions.

I also invite you to go check out the Fasting Masterclass, a 6-hour fasting class that I did a few months ago covering the a-to-z of fasting. You get a bunch of bonuses as well as audio and video files of the material.

The master class has a cost of $19, money that I use to pay for all of the servers and other stuff needed to keep the sight alive. If, over time, you feel that the website has been a blessing to your life, then purchasing the masterclass is a way that you can show your support.
I'm not going to get into it here, but I also put together a nine-month fasting program called FastingOlogy comprised of weekly lessons in .PDF format that lead you through the process of fasting for weight loss and detoxification. The cost of the membership is $23 per month (for nine months), and it includes the fasting masterclass free of charge as a membership bonus.

Finally, this year I have started to write books for the Amazon Kindle. If you have a Kindle, I invite you to go to my author page and check out what I have written. My author page is over at:

http://amazon.com/author/rjohnston

If I can be of service to you in any way, do not hesitate to write me at: webmaster@fitnessthroughfasting.com I will see you again very soon in another Fitness Through Fasting Report. Until then, remember: Health, Life & Freedom! 😊

Warm Regards,

Robert Dave Johnston
Fitness Through Fasting

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