INTRODUCTION TO
FASTING FOR WEIGHT LOSS
HOW TO CARRY OUT A 24-HOUR WATER FAST
By
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Fitness Through Fasting
Health, Life, Freedom
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Hello and welcome to Fitness Through Fasting.com. My name is Robert Dave Johnston, and I am the webmaster of this site. In recent years I also have been carrying the duties of a fasting coach. It truly is a privilege to have you as a mailing list subscriber.

"Fasting Coach." LOL Is that even a vocation or a job? Life sure turns in amazing ways. Fifteen years ago I woke up from a massive binge on the floor of my run-down apartment. I ate multiple large pizzas to the point where I urinated and defecated on myself. And it wasn't unusual for me to wake up on the floor covered in vomit. I was a raging lunatic and food addict. I could go without binging for (maybe) a few weeks. But, sooner or later, the urge would come over me, I would take that first bite of junk and, from there, it was all over. Such is the power that food can have over our lives.

That is the depth of madness that I had to reach before becoming willing to change. I am sorry to hit you with all of this right-off-the-bat. But I want you to know me, and I want to make you think. We are overloaded with information, and I certainly don't want to give you yet one more document full of fluff and lots of sales pitches.

I mean, at the end I'll mention to you some of the books I've written and where you can buy them. But when you and I are communicating at this level, my one and only desire is to give you some 'good meat' that you can use in your own fasting efforts.

If you grabbed this report, it is because there is some area in your life that you wish to improve. Maybe it is weight loss... maybe it is physical healing. Maybe, as it was with me, it is both. Well, you have arrived at the right place.
To be sure, my case was pretty extreme. However, in which ways has food been exerting control in your life? Are you overweight? How many pounds do you want to lose? How important is it for you to lose those pounds? To what extreme are you willing to go to accomplish it. I don't mean anything like cutting off a finger. When I say 'to what extreme are you willing to go,' I am asking you if you are willing to walk through the discomfort, symptoms and hunger pangs that stand in your way. Are you?

Those are all very important questions for you to ask yourself. For me, I had to get to the point where I was willing to do whatever it took to rid myself of the excess weight and get my life back on track. If I had to go through intense hunger, detox symptoms and mood swings, I was going to do it. That is a very important distinction. A lot of people come to me asking me to support their weight loss efforts.

However, as soon as we begin, many are taken aback by the sudden surge of intense hunger and detox symptoms. I mean, they were NOT taken aback because I always discuss all of these things with everyone that I work with. They knew that the storm was coming, they just thought it would be easier, or that 'it would not happen to ME.' I have met some people who are actually offended when they realize that there would be discomfort. Don't ask... I don't get it either! 😳

Here's the bottom line. Losing weight sucks. It requires physical and mental exertion, it hurts and it isn't as fast as we all would love it to be, right? Those are the facts. It is what it is. You either WILL do what it takes and lose the weight, or you will NOT. Everything in the middle is BS and will do nothing but keep you procrastinating and coming up with excuses and justifications to the fact that you're still overweight.

If you can accept that losing weight sucks... if you can accept that there WILL be discomfort... if you can accept that THIS is what you have to do, then you already have taken a huge leap forward towards your goals.
And we can support and encourage one another because we are comrades in this path of self-mastery through fasting. Here's another point: Even though losing weight sucks, it sucks more NOT to do it. And, with fasting, if you do it properly, you will lose weight much faster, so the weight loss process will suck a little less.

Without a doubt, fasting is the most powerful fat-burning and healing instrument known to man... period. Sure, medicine has done amazing things, and I always encourage people to listen to their doctors. But the doctor has his or her own life to live. He or she can be there for us at certain times. However, in the end **WE** are the ones that have to be there for ourselves.

And taking hold of our weight and health is a big way to do that. I have been practicing fasting for more than a decade and, through this discipline, escaped 20 years of obesity, binging and severe depression. I am very grateful that I'm still alive, and that I came away from that nightmare. Everyone (except my mother) had given up on me.

Doctors didn't want to see me, and eating-disorder hospitals turned me away. That is why I laughed earlier when I said 'fasting coach.' That day in the floor full of my own body waste, do you think I could have imagined that I would say 'fasting coach' in reference to myself.

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, as I said before, will require **patience, persistence and enduring some initial discomfort**. But, believe me: whatever temporary discomfort you go through is **NOTHING** in comparison to the huge health benefits that you will gain - **IF** you stay the distance. Alright, enough yapping.
24-Hour Fasting

Twenty-four-hour water fasting is by far one of the most powerful secret weapons that I use on a consistent basis to lose weight fast AND cleanse my bowels and blood stream. Toxicity in the blood and digestive system is conducive to all types of physical and even mental illnesses.

I suffered from severe depression for years and went to countless psychiatrists seeking a “cure.” Yet fasting has nearly eliminated all of my symptoms. I have seen the same happen for persons with illnesses such as diabetes, hypertension and even cancer. Of course I am not telling you that you will be cured if you are ill and therefore can disregard your doctor’s instructions. What I AM saying is that fasting is one way you can take an active part in improving your health and quality of life.

Fasting works wonders. In just one 24-hour fasting cycle you give your body (especially the digestive system) much-needed time to regroup and expel toxins that have accumulated (toxins are constantly being ingested through food as well as the air we breathe and water we drink). Practiced as a lifestyle, 24-hour fasting can help keep your body clean, lean and healthy.

And you can gain this amazing detoxification benefit -> WITHOUT having to do a long-term fast (three days or more). I am a strong advocate of long-term fasting on a yearly basis. In fact, In a few months I am due for another 30-day fast. If you have been eating fairly clean, then fasting for 24 hours will be relatively easy. If, on the other hand, your eating habits have been less than optimum, you will certainly have to deal with intense hunger and a few other detox symptoms. More about that in a few minutes.

The best way to stay the distance, I have found, is to set realistic (and reachable) goals. That is why 24-hour fasting is so powerful. Many persons I talk to want to fast, but believe that unless they do so for three, seven or more days - then it is pointless to do it at all. Well, I am here to tell you that nothing could be further from the truth.
Water Fasting for even ONE Day can help you start receiving the benefits of this life-saving practice - as well as give you tangible experience as to how your body reacts while you abstain from solid food. In terms of weight loss, one day of fasting per week can help you knock off as much as ten pounds per month! Of course a portion of the loss will be water weight, but if continue to do it regularly, you will start to burn the deeper, tougher fat.

Water fasting can do wonders for your digestive system. To be sure, the digestive system is very grateful when it is given an opportunity to rest from the often never-ending process of digestion.

When given this rest, the body is then able to shift its focus to healing other organs and areas that may be ill - not to mention the massive intestinal cleansing that fasting always facilitates. One-day water fasting done in a methodical and regular manner provides the kind of rest that can greatly reduce your risk of acquiring serious illnesses in the future. And there's research to back this up.

In April 2011, Utah-based Intermountain Medical Center revealed results of fasting research, indicating that,

"[N]ew evidence from cardiac researchers at the Intermountain Medical Center Heart Institute demonstrates that routine periodic fasting is also good for your health, and your heart. Research cardiologists are reporting that fasting not only lowers one's risk of coronary artery disease and diabetes, but also causes significant changes in a person's blood cholesterol levels. Both diabetes and elevated cholesterol are known risk factors for coronary heart disease.

That research expanded upon a 2007 Intermountain Healthcare study that revealed an association between fasting and reduced risk of coronary heart disease, the leading cause of death among men and women in America. In the new research, fasting was also found to reduce other cardiac risk factors, such as triglycerides, weight, and blood sugar levels."
 Pretty amazing stuff, huh? One-day fasting also can help you lose weight in
a healthy and sustainable way. This method is safe because you do not
have to embark in any grueling exercise regimes, or take any type of
medication to receive the weight loss and detoxification benefits.

Water Fasting for a full 24-hour cycle once a week or once every two
weeks is definitely the way to go if you are new to this practice. Try it out
once and the success will increase your self confidence. You can then
venture out and do longer fasts if you wish. Such was the case with me.

Proper Fasting

Here is a method of doing one day water fasts. Before we begin, let me
give you a list of a few items you will want to purchase to help you achieve
your goal. Since fasts can cause intense weakness, purchase a box of
decaffeinated green tea, which has energy-producing properties. When you
have time, check out the Green Tea Weight Loss for more information.

Green tea also has properties that warm the body up and can help you lose
weight a little faster. Not to mention that this tea is great to soothe hunger
pangs and detox symptoms. You also will want to have some chamomile
tea so that you can settle in at night and get some sleep. Fasting can cause
insomnia. As backup, get a box of Valerian Root tablets as well.

Finally, pick up a six-pack of seltzer water (sparkling water/club soda).
Seltzer helps a LOT to soothe hunger. There’s something about the
effervescence that is quite calming. Seltzer has gotten me out of some
pretty hairy situations when breaking the fast seemed almost inevitable.
Once you have the items in place, then you are ready to move forward.

*Decide on a particular day and determine that for that 24-hour cycle you
are not going to eat any solid food ... period.
*When hunger strikes, drink a large glass of water, crack a seltzer and make yourself a cup of green tea. But you should not drink green tea after 5pm in the afternoon as it may keep you awake. If it is late afternoon and you find yourself struggling, opt for the chamomile instead.

*You can start the fast by eating your last meal at 8PM and then going to bed, fasting the entire following day, and breaking the fast at 8PM that evening.

Successful fasting has three stages: preparation, the actual fast, and breaking the fast. Each one of these stages is important.

**Preparation**

It is very important that you prepare yourself both mentally and physically before a fast or you will find it difficult to go one day without food. The mental preparation is simple, but very important.

*The night before the fast, make a firm resolution that you will not eat no matter how much hunger strikes.*

*Taking a firm stand helps you stick to your decision.*

*Firm determination will give you strength when you are tempted to give up.*

Physical preparation is also very important. The day before you fast, prepare your body by eating a normal amount of food.

*DO NOT by any means overeat thinking that you are storing food for the fast. That will cause very uncomfortable cramps and the hunger pains will more than likely be stronger than they would otherwise.*

**The Fasting Day**

During the fasting period, it is best to limit yourself to light physical tasks and to concentrate as much as possible on introspection and spirituality. Use this fasting period constructively.
Meditate on scriptures, pray or read inspirational books - spend some time taking stock of where you are in life, and what are some of the areas that you would like to improve.

These can be spiritual, mental, physical, social and even financial. It is often helpful to write a list of issues you would like to resolve and then spend some time praying and meditating to receive inspiration and guidance.

*If you are unable to take this "time out" because of an active work or family schedule, then go about your business but maintain an "internal" attitude of prayer, meditation and contemplation.

The way I accomplish this is by not allowing time to consume my thoughts but, rather, I make it a point to go from moment to moment -- focusing only on what I am doing one second, one minute at a time. You will be surprised just how often we go about our day-to-day activities thinking only of the future or obsessing over the past. This negates the present moment and can keep us in a state of confusion, stress and restlessness.

**Breaking the Fast**

Benefits of fasting can be truly enjoyed only if you break the fast in the right manner. Do not do like I did at first and break a period of fasting with a full-course meal. You can get very uncomfortable stomach cramps and, in some cases, you could become seriously ill.

On the morning or evening following the fast, break it by either drinking water with lime or grape juice diluted with water. Drinking lemon juice with a pinch of salt helps flush out toxins from your digestive system. Wait approximately four hours and then have some soup or light salad with lime. Please - NO heavy dressings at this point! Four hours after that you can have a light meal of poultry, salad and maybe steamed vegetables or brown rice.
The next day you can resume your regular eating habits. Of course, the period of fasting hopefully will give you time to meditate on how you have been eating. It is important to realize that fasting only to return to destructive eating will limit the benefits. After you break the fast, make a resolution that you will start to move away from destructive eating. This is not done in a day, and you may stumble much - but no matter what, keep going and **NEVER** give up! 🌼

Periodic fasting such as the one we have described here is definitely one of the elements of a balanced and sustainable weight loss program. Whatever your fasting for weight loss goals may be, you cannot go wrong with this simple yet very effective method. I would encourage you to settle into a period of weekly 24-hour fasting say, for example, on Sundays. Make it a point to do that for a whole year.

Yes, I know... that sounds like a tall order. But is it? I cannot begin to describe to you the huge positive impact that such a practice would have on your mind, body and spirit. But take it easy. Do what you can and keep moving forward. Progress, not perfection is the key. I hope that this short report has allowed you to get to know me a little better and, more importantly, given you useful information that help you take action.

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

It really is awesome to have you aboard. 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