



Back To Life Chiropractic

6225 W Highway 146 B · Crestwood, KY 40014

www.BackToLifeChiropracticKY.com · 502-241-1122

- **Fasting**— is the avoidance of solid food and the intake of liquids. The most stringent form of fasting is taking only water. Other forms of fasting include the use of fresh juices made from fruits and vegetables as well as herbal teas. All of these fasts generate varying degrees of detoxification— that is, elimination of toxins from the body. Individual experiences with fasting depend on the condition of the body (also mind and attitude). Detoxification might be intense and temporarily increase sickness or might be immediately helpful and uplifting. For the inexperienced faster, it is best to go slowly and to avoid being excessive or impatient so that we learn about ourselves in the process. To do this, we need to make a plan and put it into effect, observing or "listening" to our body and even keeping notes in a journal. Then, once we have fasted successfully, we can continue to do one-day fasts weekly or a three-day fast every month if we need them (or more). Most of this material is taken from Dr. Elson M. Haas, M.D. Please read his books and check out his website.
- **Colon Cleansing**—an essential part of healthy fasting. Some form of bowel stimulation is recommended. Certain fiber drinks can help stimulate bowel movement. Colon cleansing can be done at the beginning, midpoint, and the end of a fast. Enemas can be used at least every other day if these are the primary colon cleansing. With these, usually water alone is used to flush the colon of toxins. It may be helpful for an enema or laxative preparation to be used the day before the fast begins to lessen initial toxicity. Herbal laxatives are commonly taken orally during fasting, and many formulas are available, as capsules or for making teas. The saltwater flush, a solution of 2 teaspoons of sea salt dissolved in a quart of warm purified water (not distilled) and is drunk first thing in the morning on alternate days throughout the fast to flush the entire intestinal tract, an advantage of this cleansing formula. It does not, however, work well for everyone. For example, it is not recommended for salt-sensitive or water-retaining people, or for hypertensives. Whatever colon cleansing method is used, keep in mind that regular cleansing of the intestines and colon is a key component to healthy and stress-free fasting. Most of this material is taken from Dr. Elson M. Haas, M.D. Please read his books and check out his website.
- **Prayer** is the act of attempting to communicate, commonly with a sequence of words, with God or spirit for the purpose of worshiping, requesting guidance, requesting assistance, confessing sins or to express one's thoughts and emotions. The words of the prayer may take the form of a hymn, incantation or a spontaneous utterance in the praying person's words. Secularly, the term can also be used as an alternative to "hope".

The **Triad of Health** is **Physical, Chemical, and Emotional**. Our Goal of Fasting is to **remove interference** from this Triad. Most of our life is full of an over abundance of this triad. We work to much, we have to much stress, we eat to much, we drink to much, we take in to many preservatives, we take to many prescriptions, we buy to much, we take in to much sugar, we worry to much, and we do to much. A Fast is a time to slow down our lives and remove interference. Praying during this time can help us to reconnect to God, our Spirit, Ourselves (Innate), and those around us.

Our goal is to work our way to a full water fast, if your health condition can withstand it. Please consult your doctor before doing a fast if on medications, heart problems, diabetes and other health problems to make sure you can do a fast. It is good to start out with a one meal fast. Substituting a meal for a protein drink, smoothie, juice or water. Then gradually doing another meal substitution. Then doing another meal substitution. This can be done over days, weeks, months or years. Any fasting is better then no fasting. I did my first fast at age 23 while at Logan. I have done a one day fast with juice all the way to a seven day fast with water. Before I did a seven day water fast I had worked my up to it by cleansing, eating vegetarian, juice fasting, and water fasting. I have started out doing a fast and stopped. It doesn't matter as long as you give your body a break and start removing interference to it.

I have tried to come up with an easy way to fast by having your pick a cleanse from a menu, picking a meal substitution from a menu, scheduling/tracking your meal substitutions, and tracking your results. Also, a section to write down your prayer topics and results.



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Cleanse Menu

Elimination Diet

Take a few days to eliminate some foods or habits from your diet. When many self-indulgent habits exist, longer preparations may be indicated. Eliminating alcohol, nicotine, caffeine, and sugar if possible is very helpful, although some people choose to wait until their actual fast days to clear these. Red meats and other animal foods, including milk products and eggs, could be avoided for a day or two before fasting. Intake of most nutritional supplements can also be curtailed the day before fasting; these are usually not recommended during a fast. Many people do well by preparing for their fasts with three or four days of consuming only fruit and vegetable foods. These nourish and slowly detoxify the body so that the actual fasting will be less intense.

Fiber Cleanse	Isotonic Solution	Enema
Colon Care from Dee Cee Labs (available at our office) Herbal Colon Cleanse (Arbonne-by request) Psyllium Husks (health food stores) <i>(follow instructions)</i>	2 teaspoons of sea salt dissolved in a quart of warm purified water (not distilled) <i>not recommended for salt-sensitive or water-retaining people, or for hypertensives.</i>	Sold at pharmacy and some health food stores. Be careful using different herbs if you have allergic reactions.
Start charging but when it times to go—you will have to go! <i>(Try different ones)</i>	Don't go anywhere till you clean out! Usually happens pretty fast!	Allow 15 minutes to 2 hours <i>(Try different ones)</i>

Fast Meal Substitution Menu

Choose one or several and put in Weekly Calendar for Specific Meal Time(s)

Smoothie	Protein Drink	Juice	Water
10 ounces of fluid (milk, soy, etc.) 1/2 cup to 1 cup of frozen and fresh fruit (strawberries, etc) Protein Powder <i>(follow instructions)</i>	Glass of Fluid (milk, soy, juice, etc.) Protein Powder (pick on with very little sugar)	Drink Fresh Fruit from a Juicer, Vita Mixer, or store. (carrot, apple, etc., or combination) Drink to your heart's content.	Distilled water is the best, secondly, spring or filtered.
<i>(Try different ones)</i> Try this book: Smoothies for Life! Yummy, Fun, and Nutritious! (Paperback) by Daniella Chace (Author), Maureen B. Keane (Author)		<i>(Try different ones)</i> Try these websites: www.freedomyou.com VitaMixer	Drink to your heart's content.



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Fasting/Prayer Weekly Calendar

1. Write in Cleanse(s) at desired time.
2. Write in Fast Meal substitution(s) at desired meal time.
3. Write in Fasting results and goals.
4. Write in Prayer ideas and results.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meals/Cleanse Time	Elimination Diet	Elimination Diet	ED	ED	ED	ED	Fiber Cleanse
	ED	ED	ED	ED	ED	ED	ED
	ED	ED	ED	Protein Drink	ED	Juice	Fiber Cleanse
Fasting Results/Goals: Eliminate Red meats (eat more vegetables) and Soft Drinks (replace with tea)							
Prayer: For discipline and to eat better and exercise regularly.							
Prayer Results: More energy to do things around the house and exercise, too.							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meals/Cleanse Time	FC	FC	FC	FC	FC	FC	Isotonic Solution
	Juice	ED	ED	ED	ED	ED	Juice
	FC	FC	FC Smoothie	FC	FC	FC Smoothie	Water
Fasting Results: bought juicer and made first juice. Slight headache but more energy.							
Prayer: Discipline to cleanse. Body able to rid GI of harmful toxins and be healthy. Get through Saturday.							
Prayer Results: Better bowel movements and energy. Threw away junk food from kitchen for fruit.							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meals/Cleanse Time	Smoothie	ED					
	ED	ED	ED				Protein Drink
	ED	ED		ED			
Fasting Results: Got through Saturday. Feeling much better and more energy. Started a cardio program.							
Prayer: Thank you God for the body's self healing mechanism and my ability to be disciplined.							
Prayer Results: Did cleanse and feel much better with more energy so I spent more time with family instead of watching TV.							

EXAMPLE SCHEDULE

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Meals/Cleanse Time							

Fasting Results/Goals:

Prayer:

Prayer Results:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meals/Cleanse Time							

Fasting Results:

Prayer:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meals/Cleanse Time							

Fasting Results:

Prayer:

Prayer Results: