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(Disclaimer: I talk about bodily functions and some profane language)

**Day 1**

First day is what you would normally expect of a fast, slight hunger pangs near times I would normally eat. I woke up in the morning at 6am and went on a walk for 3 miles and that took 30 minutes. Afterwards I used some exercise bands and did 20 minutes of moderate strength training. (1 set of 15 of the following: curls, pushups, situps, squats, lunges, calf raises, shrugs, spinal erector stretch, tricep pulls, butterfly presses) all with a light band 15lbs. I started drinking my salt water mix today, and ended up drinking 2 liters of this along with 1 liter just water.

No headaches, no extreme hunger, overall easy day.

**Day 2**

I started this day with another 30 minute walk. Skipped strength training as i felt tired after the walk. Lower on energy today and can feel the hunger. Drank the salt water mix, no headaches or pains, just slightly tired (only slept 6 hours the previous night). Fairly normal day just a bit less energy than normal. No BM yet and still hunger pangs when i normally used to eat.

**Day 3**

Woke up today and just did a 30 minute walk again, no band exercises. Only 6 hours of sleep again. I had a dentist appointment today to do a routine cleaning and also asked about dry mouth in the mornings. One of the main issues I had the last time I did a 21+ day fast was the white tongue and dry mouth when waking up. The dentist offered tablets called “XyliMelts” for adhering to your mouth while you sleep. The package says that it actually raises insulin though. So these aren’t a viable solution. I purchased some biotene mouthwash and will just scrape my tongue/brush 3x a day/floss. However my tongue is still pink and clean, no signs of the white film yet so I have a few days. Mainly spent today prepping for the white tongue, it was my main reason for quitting the fast the last time. Still have hunger pangs at normal feeding times, and still drinking 2 liters of salt water/1 liter of fresh. My hunger pangs are gone for the most part, just small stomach rumblings throughout the day that pass quickly. No headaches or body aches, just slightly tired and I am chalking that up to low levels of sleep.

**Day 4**

I slept 8 hours the prior night, weight was same in the morning but my body fat % was lower. Had my first BM today, the first since I started the fast. It seemed normal. Mouth is still fine, no coating yet and tongue is still clear. Did a 45min walk and my strength exercises with bands. 6,479 steps, average heart rate 120, 3 miles. No light headedness and no headaches, going to continue light exercises mainly for testing purposes. Last fast I did was extremely difficult at the day 15 mark mainly because of how foul the white coating on my tongue was. From reading, many people seem to think it is toxins being released and coming out on mucus membranes(tongue). So I am experimenting this time with exercise. If I can get those toxins to leave my body via sweat, maybe I can lessen the severity of my tongue and make it bearable days 21+. If it is the same even with exercise I may cut the walks out entirely day 21+ and just play a mind game with tolerating the white coating and dry mouth. Day 4 my hungers are gone and I peed on a keto strip, was the darkest color 16 mmol/l.

**Day 5**

Woke up with extremely dry mouth only 4 hours into sleep. My tongues outer edges were coated in white. Starting my hygiene routine today (on main reddit post).

I did this routine and went back to sleep for another 4 hours. When i woke up my mouth was coated again and my mouth was dry again. I repeated my routine again, waited 30 minutes and then started drinking my saltwater mix for the day. Going to up my snake juice intake to 3 liters and drop the fresh water intake all together except 1 cup with 2 tsp of apple cider vinegar, only drink snake juice and no fresh water. I think possibly i was a little dehydrated today, slight headache when I woke up and my urine was not light yellow but a darker shade. Had my 2nd BM since fast started today. Was pretty much just liquid. Went on a 1 hour 18 minute walk today, 9,429 steps, average heart rate of 110, 4.45miles. I am decided on walking 1 hour daily in sunlight and drinking 3 liters of snake juice/crushed vitamins. After drinking and walking I felt much better than the morning. Walking 100% takes my mind off of food and the foul mouth taste. Going to walk daily to burn 1 hour of the day. Today went better than i thought it was going to when i woke up.

**Day 6**

Woke up with fully white tongue, rinsed/scraped/oil pulled/brushed/mouth washed. Weight looks like I lost muscle mass and a small amount of fat. Slept only 6 hours, I find sleeping tends to be a little more difficult with the dry mouth/white tongue. Probably going to have to split my sleeps into 4 hour intervals and just do mouth care mid sleep. Blood pressure is normal, no headaches, no dizziness, resting heart rate is low 70s. Going to continue 1 hour walks and resistance bands every other day and 3 liters of snake juice w/vitamins and 2 tsp of apple cider vinegar before sleep. Just finished my walk and ended with 9,294 steps, 4.38 miles, and 1 hour 15 minutes, average heart rate at 120 bpm and hit all my muscles with light exercise bands afterwards. It was around 95 degrees today and I probably should not have done that walk but I really wanted to push through and get it done. Exercise really gets my mind off of my breath and makes the day more tolerable, it also helps me sleep. Had another BM today, all liquid. Day was normal, just have to put up with the bad breath/white tongue and push through!

**Day 7**

I woke up and weighed myself 5 times all with the same results. It said I was down 4 lbs but that i lost 5 pounds of muscle and gained 1 pound of fat. I don’t think I trust the scale at all, will have to see what tomorrow shows but I looked at that and just shook my head. Woke up with a slight headache, maybe I will tone down my walk intensity to only 30 minutes. If I continue to lose drastic muscle I might just cut out exercise entirely. I think it is just some fluke though or maybe i dropped a ton of water weight somehow and my scale registered it as muscle. Still bad white tongue and breath, sleep is getting interrupted because of it. Only around 6 hours of sleep last night. On a good note my BMI finally broke the barrier of obese and dropped to overweight, under that 30 threshold. To hit my goal weight or a healthy weight I need to lose muscle though, since my body has 170+ of actual muscle I wouldn’t be able to hit a goal under 200 without being under 10% fat and I am aiming for 12-15% so muscle loss is expected. I woke up the most hungry I have been on this fast though, stomach rumbling a lot upon waking up, drinking ¼ liter of salt mix fixed that though. Only walked 30 minutes today, normal day.

**Day 8**

Woke up with 0 interruptions to my sleep today. Got over 9 hours of sleep. Maybe I am getting used to the bad breath/white tongue now, it still bothers me but I am slowly learning to just ignore it. Did my oral hygiene routine and mixed my salt water for the day. I was out in the sun too long yesterday and ended up getting sunburned. Possibly the huge weight loss is a result of dumping water from my system, I skipped my workout/walk today and recover a bit as I might be overdoing it a little. There have been fires all over oregon and california the past few days. The air quality is bad. It is also 98 degrees no humidity. Staying inside for a couple days. Today I went to a friends, went to see a movie then went shopping. Pretty uneventful, no hunger and I didn’t even think about food today. The only bad thing is the breath… if white tongue wasn’t an issue I could probably tolerate this forever. Only drank 2 liters of snake juice today, had my vitamin shot with apple cider vinegar and wrapped up the day with another apple cider vinegar shot with water.

**Day 9**

Felt like I was going to throw up all last night, I finished my 3 liters of salt mix and my pee was clear. Just a bad night I guess, woke up and my stomach was still queasy, probably from that exercise. It could be from that sunburn, or maybe just the bad air quality… these fires and smoke are murdering my lungs. Did not exercise again, just took it easy all day, choked down the salt mix, it really tasted bad today for some reason. No hunger pains just feeling somewhat sick.

**Day 10**

Woke up 3 hours into sleep due to dry mouth/tongue, had to really clean it for 30 minutes. Went back to sleep and slept only 6 hours total. I guess 6 hours is my average, I feel okay on it. Dropped another pound, the scale fluctuates with body fat % and i read it's about 25% accurate. Feeling better today and able to drink the salt mix easier. Still smokey as all hell out, been like this for a week. It’s almost impossible to walk outside without my lungs burning and eyes watering. I may go get a gym membership. Did measurements today and it seems i'm losing inches around my arms and chest. Posted an updated side by side picture since it has been 10 days. Did not exercise again today. Took it easy all day and I am not feeling bad, guess I just have to limit my exercise.

**Day 11**

Got a decent night sleep but the air quality here is so bad I can’t even go outside. California is on fire and almost every city near me is as well. Health advisory was issued to stay inside. No headaches or cramps, feeling good. Drinking snake juice and just chilling still. No exercise again. When the air clears I will start doing them again.

**Day 12**

Woke up with the worst dry mouth and bad breath yet. Going to start taping my mouth shut. The smoke is so bad my lungs are burning and my eyes are so irritated I have to use eye drops. This is so bad I’m thinking about going camping in the mountains out of this crap until it clears. Can’t even have my AC on or it makes it worse. No hunger pangs and I don’t really think about food often at all. All I think about is fresh air and how this smoke needs to clear. Other than that pretty normal day, No bowel movement and no exercise still… this goddamn smoke.

**Day 13**

Nothing specific today, just bad morning breath/dry mouth, and discomfort during day. Still smoke and cannot walk. Going to find an elliptical and start walking tomorrow.

**Day 14**

Woke up with bad breath/dry mouth and had bad sleep because of it. Another town near mine caught on fire and has firenados. Yes firenados, so no walking outside for at least a month while the smoke clears. The worst part of a long term fast is definitely the white tongue and breath. Did 30 minutes of elliptical and light band exercises today.

**Day 15**

Slept over 10 hours, just powering through the bad breath and dry mouth. No exercise today feeling exceptionally worn out. This smoke is killing me.

**Day 16**

Tried something new for sleep and it worked well. I taped my mouth shut so I only breathe out of my nose. I ended up with about 7 hours of sleep but did not wake up once during the night and the morning dry mouth was gone. Still have keto breathe but it was not nearly as bad.

**Day 17**

Same as always, no hunger pangs and no issues resisting food. Only issue is the bad taste in mouth and white tongue. Sleeping with mouth taped helps sleep by a large margin. Smoke index is above 200 so I still cannot go outside for walks.

**Day 18**

Nothing new today, I made some hot oil from Mike Chen’s youtube channel ‘Strictly dumpling’ and it smelled amazing. I wanted to eat pickles really bad today, was kind of hard to resist breaking the fast for a pickle but I managed. Still smokey and cannot go outside. Not much else different other than that.

**Day 19**

I wanted to cook today to get my mind off food so I made some homemade keto ranch.I have been thinking about breaking my fast a lot lately. I was hoping with this fast that my lipomas or stretch marks would lessen. The only thing I am seeing happen is weight loss. I have seen a tonsil stone surface on this fast but I am unable to push it out. It calcified and even my doctor couldn’t get it out. I am going to try some tonsil massages and salt water gargles for 2 weeks and see if it comes out. If not I may have to get it surgically removed. I definitely did not have this prior to the fast so it surfaced during the fast. Still smokey so I cannot go outside. Other than that it's been normal.

**Day 20**

Today I setup an elliptical machine and decided to do my band workouts again. The smoke will not clear so I have to do everything indoors. Starting up again today because I hit a plateau. Did 30 minutes on elliptical and 20 minutes full body resistance bands. Several people have mentioned how slim I look. I have dropped over 20 lbs of mostly fat and my slim shirts now fit. Today was the 3rd picture comparison and another set of body measurements I took. The measurements do not seem to be changing much. The pictures show some improvement. Weight is coming off though so I am going to stick to it.

**Day 21**

Was able to push out a good workout today, smoke is making it difficult and even inside it is difficult to breathe. I may stop until the smoke clears. No hunger still, and just doing my normal routine.

**Day 22**

Broke through the plateau I was stuck on. Or I had a whoosh. Stopping workouts until smoke dies down. Normal as far as hunger goes, same mouth routine and sleep is getting somewhat better.

**Day 23**

I really noticed the tonsil stone today, the fast must be pushing them to the surface, or it could be the excessive oral care I have been doing. Either way it won’t dislodge and now I feel a lump in my throat. Dentist will not deal with it and I have to see an ENT for it. Going to just continue oral care and hope it comes out naturally I suppose. Hunger is normal and no headaches, continuing the normal routine.

**Day 24**

Nothing special today, everything normal. Getting bored on the fast but I am getting close to the 200lbs mark. I haven’t been under 200 lbs since middle school. I was just thinking how effective fasting is and why I hadn’t found it earlier, better late than never.

**Day 25**

Spent most of the day redoing the blog on github. Instead of making the actual info links on reddit I made a hosted site on github and linked all the info and transferred it there. No pain, no itching, no hunger, no anything. I have had a huge boost of energy today, must have hit some crazy fat storage and just jolted my energy today. Still smokey and holding off on workouts. Muscle loss is minimal and fat loss is about 1 lbs per day average. I think I will be fine skipping workouts. Smoke supposedly will not clear till mid to late september.

**Day 26**

Felt sluggish all day, wasn’t sick or had a headache or anything, but I just did not want to get up and do anything. Watched documentaries and youtube all day and did nothing productive. Maybe smoke is getting to me.

**Day 27**

Normal day, sleep has been scarce the last couple days but I am not tired today. I bought ingredients for beef bone broth. I will probably make it soon and freeze the whole batch. It's possible I will break the fast some time after 30 days and just do keto plus workouts(assuming the smoke doesn’t interfere). In any case the broth will be ready, I will just have to unthaw it. Planning to make it tomorrow. Still have the tonsil stone and feels like a lump in my throat. Other than that no hunger, no pain, everything is fine.

**Day 28**

Had a massive whoosh of about 2 lbs today. It’s interesting that my scale registered it as lean mass loss when I know it is just water weight. I tend to get good whoosh effects when i get 9 hours of sleep. Almost at the 200lbs mark, this is coming along nicely. 28 days in and still going strong. The mouth/tongue whiteness is still there and the breath is still bad but it has just become something I live with as I have more or less gotten used to it. The worst part of the day is taking that vitamin shot with apple cider vinegar. Other than that normal hunger pangs and no soreness or headaches, feeling light and great as I am almost 30 lbs lighter.

**Day 29**

Today was smokey and hot. I installed a new faucet and started working on a range. Probably a mistake, tried to drink 4 liters of snake juice but I just couldn’t gag it down. I had cramps bad and was super fatigued. Mouth was extremely bad today but I am dealing with it.

**Day 30**

Today is a picture day and measure day. After sleeping I feel better today than yesterday but am not doing strenuous work until this fast is over, I feel like I almost hurt myself yesterday. Took today easy. Pics do not show much of a difference, not much has changed except my overall weight. Hoping day 40 will change that.

**Day 31**

Finished my bone broth today, going to make some fish broth now and freeze it all. Stockpiling some high quality broths in case I have to immediately end my fast for some reason. Air quality index is 178 today, still bad. The entire summer Oregon air quality is bad, can’t do anything outside. Still no walks or outdoor activity. Had a good sleep last night, a mole on my left arm just peeled off today which was odd. My skin seems to be shedding too, maybe autophagy rejuvenating my skin? Other than that all normal, no pain just that tonsil stone at the back of my throat.

**Day 32**

This town only sells salmon heads and bones, no fish that I want to make my fish broth out of. Planning a trip out of town to find some high quality fish. Good sleep again last night, my sleep is improving after working on breathing techniques and taping my mouth at night. It is crazy to think that in june i weighed 255, and I am now 201. Over 50 lbs lost in under 2 months. Nothing special today, no pains, pangs, or issues.

**Day 33**

Had a whoosh last night and ended up at 200.6lbs today. Almost under 200 for the first time since 9th grade. The saltwater mix is getting to me, it is difficult to down even 2 liters now. Maybe it's because of all the weight I lost but 3 liters was easy to drink at the start of the fast and I can barely do 2 now. Looking at my muscle vs fat graph again today and I am not sure if my graph is just flat out wrong or what but it shows my muscle loss at a high number. It is probably incorrect, I will just go hard on working out when I am off my fast and regain my muscle. No headaches, body aches, thirst, or issues, all is well today.

**Day 34**

Finally under 200lbs today. I have been drinking less water. Even 1 liter seems like a lot lately to drink. Made some fish broth today out of 3 Mackerel carcasses. Bone broth is easy to down after a fast but I am not so sure about fish broth. Going to give it a go. No muscle pain, headaches or tiredness.

**Day 35**

Nothing special today, no pain, headaches, tiredness, or anything out of the ordinary. Trying to down the salt water mix still and it is a struggle.

**Day 36**

Had a dentist appointment today and had 2 small cavities filled. That was an ordeal with my throat. My advice would be not to go to the dentist if you are on an extended fast. Other than that it was an overall easy day, no problems, weight hasn't changed much the past couple days-- stalling a bit.

**Day 37**

Mouth is horrid today, tape came off during the night and woke up with dry mouth. Slept 10 hours though and lost 1 full pound. Woke up at 198.6. Still losing a good amount of weight. Other than that easy day, no issues.

**Day 38**

Weight is the same as yesterday at 198.6 but I ended up gaining lean mass and losing fat mass, expecting a whoosh in a day or two. Planning to at least go to the 31st, that's another 8 days. That would probably put me at 190. Getting to 180 on this fast might be a stretch. I would probably have to go 60 days in order to get to 180 and I’m not seeing it, going to try but I am ready to end this. Still smokey outside, cannot go walking out and it's almost september. Been fires in oregon and california since early june, usually 150-300 air quality and anything over 50 is bad for lungs. I have not been working out or walking lately or getting enough sunlight. No headaches or problems, still fine.

**Day 39**

Not a huge whoosh today but lost a pound. This is the lightest I have been since before middle school. Fasting is no joke. 197.6 lbs today and 18.6% body fat, it just keeps going down. I have noticed I want less water than normal and it isn’t coming of quite as fast as the early fasting days. Getting closer to my goal it is a bit harder to get rid of the fat I guess. I have decided to go until I hit 180 lbs. Probably hit 64 days is my guess. Still smokey outside so I cannot walk, and decided against doing exercise bands. Mouth is just something I live with now, and I accepted how bad it is. No headaches or electrolyte issues, the vitamins and salts are on point and I really narrowed it in for my body. Fasting really is the key to weight management.

**Day 40**

Today is picture and measurement day. Those are all on the blog now, I look so different than when I started its nutty. Not much to report other than my sleep got knocked out of whack, I had to drive 6 hours late at night to an airport out of town and screwed my sleep up in the process and haven’t been able to get it back on track, going to try over the next couple days to get it back in line with a good night/day cycle. No headaches and no issues electrolyte wise.

**Day 41**

Smoke cleared today for the first time in 2 months or so. The air quality is still mid 60’s which is above the EPA safe zone of 50. But hey, at least its not 200-300 anymore. Still deciding against exercising, at day 40+ i think it would be a bad call. Nothing specific to really report today, no headaches and no issues fasting related.

**Day 42**

Had an issue with my stomach growling all day for the first time, it just won’t stop. It was odd, true hunger is when your throat either hurts or you have unquenchable hunger. Not exactly sure what this is about, maybe I’m not drinking enough water. I haven’t been drinking even the full 2 liters of snake juice lately because I am not exerting myself and I am nearing my goal weight and just need less water intake in general. Other than that no issues, pains or complications.

**Day 43**

Today is a normal day, nothing specific at all to report. No workouts and no pains/headaches/complications.

**Day 44**

Down to 194 and its day 44, I said I was stopping at the end of this month but I may have changed my mind on that now. I might just keep going until I either hit a healthy BMI at 25 (currently at 25.7) or I end up at 180. 180 might take me until day 58-60 which would be another 14-16 days. That I could manage especially if it drops me down to goal weight. From there it would just be maintenance and even muscle building. We will see if I can handle another 20ish days, that might be rough. No complications so far with the fast, my blood pressure is perfect and I feel okay. I just need to make sure I do not exert myself too hard. Sometimes when I walk too hard or move too fast I end up getting winded.

**Day 45**

Smoke has started lifting lately. Air index is 60ish the past few days and it feels good. A few things I have noticed from fasting though. Lipomas do not diminish or remove themselves. I have had my lipomas removed surgically and only have one left to get taken out. The tonsil stone has not come out either and it may not even be a tonsil stone. I scheduled an appointment with an ENT and am getting whatever it is looked at. I also had 2 cavities filled so surgery/skin healing/teeth work seems like it was fine for me. I have not had an issue with it. No pain/headaches/issues with the fast, no exercise and just drinking 2 liters of snake juice a day with my vitamin shot still.

**Day 46**

Nothing much different today, just hanging out and taking it easy. It feels the same on day 46 as it did on day 10. I could probably just keep going until I hit my target weight. I have lost so much weight it’s crazy to think about it. My BMI drastically changed and my before/40 day photos are fairly shocking. I am down to 192.9 pounds, and I think 180 is my baseline that my body should be at. Getting close to goal, going to just keep going and see where I end up. No issues with pain/headaches or anything fasting related. Only issue is sleep, sleep is difficult with fasting in general. Sleep is one of the main reasons I would want to end, I wish it was a little easier to sleep while on a fast but it is what it is.

**Day 47**

Weight is stalling a bit, sitting around 192 lbs with little change. My midsection still has a tire, I want to keep going until I can get rid of this stomach fat at least. Traditional workouts have always been hard for me to lose midsection fat, I stalled at 200lbs normally and end up giving up after going hard. Going to start walks and bands again soon I think. 30 minute walk with 15 minutes resistance bands. Walk every day and band every other day. No problems with pain/headaches. Sleep has been a little difficult still but that is expected, I am used to the bad breath/white tongue/middle of night sleep wakeups to tend to mouth-- it is routine now.

**Day 48**

Fat % dropped but still 192 lbs, I guess my body is getting ready for a whoosh. The fires have died down a bit and air quality outside is in the 70 range. Healthy range in the upper end is 50 so I might not start walks outside just yet. Nothing specific today, no pain/headaches or issues thus far-- going to keep pushing on.

**Day 49**

Whoosh happened, down to 191 now. Last night I sat down on my bed and the next thing i know it's morning. Not doing nightly mouth care routine is bad. Mornings are horrible without taping my mouth after thorough cleaning prior to bed. I will never let that happen again. Air quality still 80+ so I am not going to walk outside yet. No headaches pain or issues so going good.

**Day 50**

Hit the big 5-0 and did pictures with measurements. Looking good, going to keep going because my BMI still is not in a healthy range. I did not realize how bad I let myself go. I was so far off base with my weight and food it is ridiculous. Going to keep going to at least 22 BMI, almost down to 25 now. I think now, just keep going to a healthy weight and BMI. I don’t really care how I look at this point, going to do this purely for health now. Fairly normal day no headaches, I did have a leg cramp and chugged ½ a liter more of salt mix and fixed the issue.

**Day 51**

Decided to do a 30 minute walk and 15 minute band workout today and drinking 3 liters of salt mix again. Going hard for the last stretch of this fast, can’t wuss out on this. Air quality is 70, decided fuck it since it's been long enough… shit isnt going to get better. Starting walks today. Doing normal level walks with no inclines and no hills. Keeping this as mild as I can. Felt good, no headaches or problems all day.

**Day 52**

Another fire started today and the air quality is above 300. Not going on a walk again. It is already september, fires all summer and shitty air quality all summer. Can’t even go outside this whole summer, people need to stop starting fires-- it is ridiculous. Going to just take it easy until my fast is over and not have extra stress on my body. Down to 189.5 and under 190 today, feels pretty good. Curious how this long of a fast will affect me as far as gallstones go. I want to go until I feel bad and absolutely need to stop. I could really smell the acetone in my breath today on exhales, it was pretty extreme today. I feel good and no headaches or problems.

**Day 53**

Air quality again today is bad. I bet the air quality will not be good until november. Weight stayed at 189.5 so I am stalling again. Hopefully I have a nice whoosh in a day or two. Had to drive 4 hours today to get to the airport. Not much happened today, just driving and drinking salt water. No headaches or problems, feeling fine and blood pressure still fine.

**Day 54**

Down to 189 even. Nothing specific happening today, just taking it easy and trying to readjust my sleep schedule back to normal after that late night drive. BMI is 25.1, only .1 away from the healthy range. No issues today, no headaches, no pain or aches.

**Day 55**

I ended up ripping open a stitch from a lipoma I had removed. Butterfly closed it but I almost lost consciousness and decided to break the fast because this will end up being a huge issue. It was a good run, lost a pile of weight. Going to start another fast once this heals. I wanted to go longer but I did well to make it 55 days.