Tips/Suggestions: (in-progress)

These are just my observations that made my fast easier, not everyone will agree with these but if you are having trouble, they could possibly help you.

**Dry Mouth/Coated tongue relief (every 4hours or so)**

* Rinse mouth thoroughly directly after waking up with water.
* Oil pull for 10minutes with 1 tablespoon of coconut oil. \*\*Do not swallow any\*\* (just swish the oil in mouth for 10minutes then spit out in trash, not sink or toilet)
* Brush teeth with toothpaste. (do not brush tongue with paste, do not brush tongue gunk into tongue)
* Scrape tongue thoroughly.
* Rinse mouth with 1 tablespoon/14.7868mL of biotene mouthwash for 30seconds.
* Rinse mouth thoroughly with water.
* Wait 30minutes before drinking anything
* Floss 3x a day (believe it or not when fasting you get gunk between your teeth and flossing assists with the foul smell)
* Exercise seems to lessen the severity of white tongue for me, try to fit in at least a small amount.

**Headaches**

* Lessen exercise
* Limit exposure to direct heat/sunlight
* Drink more Salt water Mix
* Add a crushed multivitamin to your salt mix

**Acid Reflux**

* Drink more Salt water Mix, the baking soda helps me, but if you are drinking 3 liters of salt water mix w/ baking soda a day you shouldn’t have much reflux.
* Add 2 tsp/4.92892mL of apple cider vinegar to a cup of water and drink in morning and before sleep, I find this helps when I am having really bad acid reflux. (try to drink with a straw and rinse mouth with water after drinking as it is an acid)

**Vitamins**

* I take a multivitamin per day, it really does make a difference past the 14 day mark. I use the gel caps with granules and no additives/colorings. I just open the cap and add it to 1 cup of water with 2tsp/9.85784mL of apple cider vinegar and down the shot fast. If you use a generic store brand, look at the label and see if it says “Blue #2 aluminum lake” or something similar. If it does you can still use it (although I wouldn’t) but watch my video on how to mitigate the grossness of it here: <https://youtu.be/SMJsrGuHfLY>

**Cravings**

* When I get cravings for a specific type of food I pull up youtube and watch videos of that specific food being prepared, and I drink my salt water mix while watching it. For some reason that makes my cravings go away.
* Drink the salt mix cold/ice cold, it helps

**Long fasts**

* On fasts over 21 days it has been my experience that on refeeds I used to get backed up and get blockages in my colon. The last couple 20+ day fasts I have done I used 2 bottles of magnesium citrate about 5 days into my fast (or my first BM is) to completely flush myself and I haven’t had any issues since on refeeds.

**Motivation**

* Take a starting picture and continue every 10 days. Log everything and it keeps you motivated to continue. It really helps. Join a community, discord/reddit/snakediet/keto and post your before photo to get an accountability post going, people will motivate you to keep going.