

This book is a summary of over a **decade of trial and error**. When I started practising regular fasting there was no big pop-culture presence of things like the ketogenic diet or intermittent fasting.

Over the years I've documented my best practices and summarized them in this book, so you can start your first fast **without making the rookie mistakes** that cause needless suffering.

This book makes a clear distinction between the **chapters with background information** you might find interesting and the **chapters with exclusively practical matters** you might want to revisit before your fast begins.

The information in this book is designed to be a **recurring manual** that you can use every time you plan to do a prolonged fast. No matter whether it is your first fast or you are an avid periodic fasting practitioner.

NOTHING BURGER

NOTHING BURGER

A preparation manual
for a 72 hour fast

MENTOR PALOKAJ

by Mentor Palokaj
Author of Smart work beats hard work