

# **INTERMITTENT FASTING**

**How to fast and  
lose weight  
naturally**



**BENNET HILLS**

# Intermittent Fasting

How to fast and loose weight

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## DEDICATION

Dedicated to you, you and you. To everyone grappling with obesity, excess weight and binge eating. I  
love you all

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# Caveat

The information here are helpful. However, they are not meant to take the place of medical advice where that is needed. Actions and inactions alike shouldn't be taken solely based on the contents of this manual. On this or any other nutritional and exercise routine, before you begin, always endeavor to contact your physician as that will help greatly in keeping you on the right path and ensuring that what you are about embarking on is the most appropriate option for you.

All the information here and opinions expressed therein are carefully tested and, in line with the best results, have proven to be accurate. But this must not, in any way, stop you from seeking an advice from your physician before ever starting.



## CHAPTER ONE

### Step by step instructions to Fast to Lose Weight



In a perfect world the best weight loss techniques integrate a mix of a healthy eating routine in addition to work out, the best possible amount of rest, and reduced pressure and nervousness. One approach to begin your healthy plan is to carry out a fast. Fasts are accepted by some to purge you of various toxins and bodily fluid before the more extended term eating regimen is begun, which may help make you more fruitful over the long-term. Speak with your doctor before attempting a fast and don't fast in the event that you are under 18.

#### Utilizing a Weight Loss Fast

**Decide to what extent the fast should take.** This weight loss fast should be performed for no less than five days to be powerful in the long haul. However, it ought not be performed for longer than 20 days. You can repeat this fast more than once, yet you ought to have 10 days



in the middle.

Talk with your specialist before planning a fast, particularly in the event that you are taking drugs or have a health condition, for example, kidney or liver illness. In the event that this is your first fast, begin with a short one. Be exceptionally mindful of how you are feeling. You ought to be better, not more awful.



**Get or make a psyllium blend.** The accompanying psyllium blend is intended to help your body through the fast. It is a fluid blend that contains psyllium husks, comfrey and whey powder. The psyllium mixture also contain marshmallow root, tricky elm bark and Echinacea with some powdered bentonite, Shepherd's handbag, wild yam, kelp, and bayberry bark. You can make the fluid yourself in case you're acquainted with herbal cures or you can buy it at a characteristic healthy living store. The psyllium husk, which is the principal materials of this fluid, causes a building response in



your stomach related system. Comfrey, whey powder, marshmallow root and elusive elm bark all assistance to control the amount and nature of the bodily fluid in your digestive organs. Echinacea, Shepherd's satchel, bayberry bark, and powdered bentonite help detoxify your body and stomach related framework. Wild yams help control the fits and cramping in your digestive organs. Kelp directs the minerals in your stomach related system.

**Begin your day with the psyllium blend and a protein powder blend.** For breakfast each day of this fast, take 2 tablespoons of the psyllium blend and 2 tablespoons of protein powder. The 2 tablespoons of psyllium blend and the 2 tablespoons of protein powder ought to be blended in a fluid. The psyllium blend tastes best in tomato, apple, or pineapple juice.



**Incorporate vegetable soup with lunch.** For lunch each day of this fast, consume 1 tablespoon of psyllium blend and 2

tablespoons of protein powder. You can likewise include a bowl of clear vegetable juices with lunch, as long as it's produced using non-starchy vegetables.

**Add a serving of mixed greens to your supper.** For supper consistently, consume 2 tablespoons of psyllium blend and 2 tablespoons of protein powder. You can include a serving of mixed greens of non-starchy vegetables to your supper as well. You can switch the soup and serving of mixed greens between lunch and supper in a way that interest you.

**Drink no less than 12 cups of liquid consistently.** For each day of your fast you have to drink no less than 12 glasses (2.8 liters) of liquid. What liquid you drink doesn't make a difference. These 12 glasses are notwithstanding the liquid you blend the psyllium blend and protein powder into.

**Try to incorporate 20 minutes of exercise consistently.** With a specific end goal to guarantee your eating routine is compelling and balanced, ensure you incorporate 20 minutes of oxygen consuming exercise consistently. This 20 minutes ought to be at the same time and not separated all through the day.

## CHAPTER TWO

### Attempting the 3 Day Juice Fast

**Drink 8 ounces (237 ml) of prune juice.** On the first day of your juice fast, drink 8 ounces (237 ml) of prune juice at first when you wake up. Hold up for another 30 minutes before drink another 8 ounces (237 ml) of prune juice.



**Drink much of squeezed apple as could reasonably be possible.** Until 6pm on the very beginning of your fast, drink as much as squeezed apple as you can. Dilute the squeezed apple in a 50:50 ratio blend of juice and refined water. From 6 to 9pm don't eat anything.

**Make a distinct blend for night.** At 9pm on the principal day of the fast, make and drink a special drink such as orange and garlic juice blend. Once you've had this blend, don't use anything until the following morning. To prepare the juice follows these instructions Pour the extract of two pieces of oranges and one piece of lemon into a blender. Add 5 to 10 tablespoons measure of olive oil to the blender. Add one to three cloves of finely slashed garlic to the blender. Blend the mixture together until its very smooth.



**Carry out a warm water douche in day two.** When you get up on the second day of the fast, bring some water to a mild

temperature and use it for water douche to purge your bowel by yourself. Once finished, drink 8 ounces (237 ml) of prune juice. Warm water purification can be performed utilizing the following directions.

Buy a purification pack (enema bag) from a drug store or drugstore ahead of time. Fill the purification pack with roughly 2 glasses (500 ml) of warm water. Lie on your left sideways with your knees bowed in towards your chest. Before lying or taking a seat, hang the bowel purge sack roughly 12 – 18 inches (30 – 46 cm) above where your rectum will be. Open the top from the cover of the bowel purge tube and push the tip 3 – 4 inches (8 – 10 cm) into your rectum. Open the valve on the bowel purge sack and enable the water to stream gradually into your rectum. Hold the water inside your rectum for no less than 15 minutes before discharging it into the water closet (toilet).

**Repeat day one instructions on day two.** After your morning prune juice, begin drinking diluted squeezed apple until 6pm — the same as day 1. At that point fast in the vicinity of 6 and 9pm, also drink the special blend at 9pm once more.

**Proceed with a similar procedure on day three.** The third day of your fast ought to be precisely the same as your second day. Begin with the warm water douche. Drink 8 ounces (237 ml) of prune juice. Drink as much thinned squeezed apple as you can until 6pm. Fast in the vicinity of 6 and 9pm, drink the special blend at 9pm.

**Take two lower bowel capsules three times each day.** On each of the three days of your juice fast, take two lower bowel capsule three times each day, dawn, late afternoon and nighttime. Try not to take some other vitamins or mineral enhancements amid these three days. A lower bowel capsule is made up of extract of cascara sagrada, extract of buckthorn, ginger root extract. It also contains a mixture of goldenseal root extract, raspberry leaves extract, fennel seeds extract, extract of turkey rhubarb, lobelia extract, and cayenne pepper. You can make the capsules yourself or you can buy them at a natural fitness food store. Cascara sagrada concentrate, buckthorn extract, and turkey rhubarb help control the motility of your colon, like a purgative; be that as it may, cascara sagrada extricate additionally helps condition your colon. Ginger root and fennel seeds extracts decrease grumbling or sickness in the digestion tracts while having a scrub or fast. Goldenseal extract helps

make mucous layers more grounded. Raspberry leaves are a demulcent, which calms the digestion tracts. Lobelia enables control to nerve responses in the digestion tracts. Cayenne pepper builds blood dissemination.

## CHAPTER THREE

### How to do a "Lemonade" Cleansing Fast

**Decide to what extent the fast will go.** This fast can be done for about 10 days, notwithstanding the fasting days, you additionally need to plan days to break your fast. On the off chance that you choose to do this fast for 10 days, you'll require five days of non-fasting; hence, you'll need to get ready for 15 days of organized eating and drinking. During this fasting no food must be taken. If need arises you can drink some mint tea or some vegetable soup in the nighttime of your fast,



**Make the "lemonade" blend.** The fundamental piece of this fast is the lemonade blend consumed regularly. To make things less demanding, make up enough blend to keep going for one day at a time. Combine some lemon or lime juice (500 ml) with 1 glass (237 ml) of maple syrup and no less than 1 teaspoon of cayenne pepper. Ensure that the lemon or lime juice are from raw (fresh) lemons or limes, not packaged lemon or lime juice. Ensure that the maple syrup ought to be either grade B or C as these evaluations have a higher mineral substance (or review A "Dull Color Robust Taste").. Drink in the vicinity of six and 12 glasses of lemonade blend each day. Three tablespoons of the lemonade blend ought to be joined with 8 – 10 ounces (237 – 300 ml) of decontaminated water for drinking. The 8 – 10-ounce glass of water blended with the lemonade is viewed as one glass of the blend. You should drink no less than six glasses of this blend, yet you can drink as much as you need.

**Be sure to do warm water bowel purge for the initial three mornings.** On the mornings of the initial three days of your fast, do a warm water bowel purge on yourself. A warm water douche can be performed utilizing the understated guidelines. Buy a bowel purge sack (Enema bag) from a drug store or drugstore ahead of time. Fill the bowel purge sack with roughly 2

containers (500 ml) of warm water. Lie on your left sideways with your knees bowed in towards your chest. Before lying or taking a seat, hang the purification pack around 12 – 18 inches (30 – 46 cm) above where your rectum will be. Remove the top from the cover of the douche tube and push the tip 3 – 4 inches (8 – 10 cm) into your rectum. Open the valve on the purification sack and enable the water to stream gradually into your rectum. Hold the water inside your rectum for no less than 15 minutes before discharging it into the water closet (toilet).

**Take two lower bowel capsules three times each day.** On each of the three days of your juice quick, take two lower gut cases three times each day ,dawn, midday and evening. Try not to take some other vitamins or mineral enhancements amid these three days.

A lower bowel capsule contains extract of cascara sagrada, buckthorn extract, ginger rootextract. It also contains the extract of goldenseal root, raspberry leaves extract, fennel seeds extract, turkey rhubarb extract, lobelia extract, and cayenne pepper. You can make the capsule yourself , or you can buy them at a shop.

## CHAPTER FOUR

### **Breaking Your Fast**

**Know to what extent you have to spend breaking a fast.** All fasts should be broken deliberately and gradually. Breaking a fast, as a rule, should take half as long as the fast itself. So in the event that you fasted for 10 days, you have to burn through five days breaking the fast. Fasts longer than three days, are harder to break than fast that last less. This is on the grounds that your body gets used to not having food and starts to feel better than usual. Taking in food now can really go wrong .

**Begin breaking your fast up in the night.** The way to breaking a fast gradually is to ensure you don't take in a lot of food so suddenly. Keeping in mind the end goal to enable yourself to break a fast gradually, begin at night so your sleep may keeps you from eating more than you should.

**Break your fast with watermelon.** On the main day of breaking your fast



eat a little measure of watermelon for breakfast.

Drink apple, grape, or orange juice (diluted) for the duration of the day. Have another little measure of watermelon for supper.

**Take three small foods.** On day two of breaking your fast, eat three little foods of organic product for breakfast, lunch and supper. Drink organic product juice for the duration of the day.

**Gradually add vegetables to your food.** On the third day of breaking your fast, have natural product for breakfast. At that point have a raw vegetable plate of mixed greens for lunch and supper. Drink natural product juice toward the beginning of the day and vegetable juice toward the evening and night.

**carry out the internal cleansing dieting for the rest of the days.** Beginning on the fourth day of breaking your fast, design your diet in view of the 'internal purge' consume less calories.



## CHAPTER FIVE

### **How to Follow the Inner Cleanse Diet**

**Abstain from eating certain sustenance for the span of the eating routine.** For the length of this eating regimen you can't eat any of the following except otherwise stated, dairy items, potatoes, avocados, dried natural products, grains, beans, tomatoes, prepared merchandise, eggplant, sugar, nectar, maple syrup, bananas, pasta, meat, espresso, dark tea, or liquor. You ought to likewise eat as meager salt as could be expected under the circumstances. Try not to use any vitamins or mineral enhancements while on this eating regimen.

**Begin your day with yogurt and natural product.** Before breakfast each day, drink a glass of heated water with the juice of one lemon in it. For breakfast, drink no less than 8 ounces (237 ml) of apple or grapefruit juice. Eat up to 5 tablespoons of plain yogurt and in any event a large portion of a pound of crisp fruit. On account of the organic product squeeze and natural product, you can eat more than determined, yet you should eat at any rate the sum indicated.

**Have vegetable mineral soup with lunch.** For lunch drink 2 containers (500 ml) of vegetable mineral stock with a serving of mixed greens of no less than 8 tablespoons of raw vegetables. You can put olive oil, lemon juice, garlic, ginger or kelp on your serving of mixed greens in the event that you need them.

**Cook vegetables for supper.** For supper drink another 2 mugs (500 ml) of vegetable mineral soup. Additionally, eat no less than three different sorts of cooked vegetables either steamed or blend. You can have another serving of mixed greens with supper in the event that you need, or you can have one medium cut of wholegrain bread with margarine.

**Drink as much juice as you need for the duration of the day.** This eating routine enables you to drink as much natural product juice as you need for the duration of the day. It likewise enables you to eat the same number of raw vegetables or organic product as you need in between meals. Try not to eat the vegetables and natural product in the range of 30 minutes with each other.

**Make your own particular vegetable mineral soup.** The vegetable mineral juices is anything but difficult to make and incorporates the accompanying things: some carrot tops, some ¼ inch thick potato peels, some beet tops, some celery (counting leaves), and some crisp parsley. On the off chance that you can't discover one of these vegetables, you can simply forget it or increases one of the alternate things to compensate for it. Put every one of the vegetables into a pan and cover with purified water. Stew the blend for 20 minutes on the stove. Strain the stock from the vegetables and dispose of the vegetables. You can include garlic, onion, different vegetables, miso, or different seasonings on the off chance that you need them.