

Fasting Day 1: Liquid Encouragement for Your Fast

Today is the big day! Are you excited? How did it feel to wake up today knowing that the only thing you would be 'eating' is clear liquids? It's a little weird, right?

While it seems unheard of in our society to 'not eat', the benefits of fasting have been known for thousands of years. Bluntly put, we have been stuffing our bodies with too much food, not too little. Your body can use a break!

What to Expect

If you are reading this around lunch time, you probably starting to experience sensations of hunger. Those sensations can be powerful. Hang tight, it is probably going to get a little more intense in the next few hours, but they WILL diminish!

Here are some sensations you may be experiencing:

- Hunger
- Lightheaded
- Headache
- By the clock hunger pangs
- Nausea
- Weakness
- Fatigue
- Emotionally sensitive
- Emotionally sensitive

These are all normal! The best way to deal with these sensations is to take care of yourself in the next few days.

Think of it as a Mini Spa Holiday

In Benjamin Franklin's words, "the best of all medicine is fasting and rest." Fasting is not a good time to engage in strenuous routines or activities. It is a time to rest your digestive system, body and mind.

Think of this time as one of those expensive spa cleanses that Hollywood stars like to do. The great news is that you don't need to spend \$10,000! Use this time to do some self-care. Take a bath, read a book, do some gentle yoga, get caught up on your favorite relaxing hobby-- take time just for you. Even if you are fasting on a work day, you can use your breaks to get some fresh air outside, meditate or simply connect with a co-worker over a shared joke.

Are You Dying of Starvation?

You might be thinking it, but NO, you are not starving to death right now!

You might feel like you need food right now, but your body has plenty of reserve fuel to burn, especially as it starts to transition from burning sugar to burning fat in the coming days. Remember this: fasting is NOT starvation! Fasting is when the body draws on its own reserves in a beneficial manner to improve your health. Starvation ends in death.

Furthermore, human beings have not evolved with three meals a day every day. As hunter-gatherers, our bodies are actually geared to have days where we do not eat food.

Tips to Get the Most from Your Fast

1. Sip on your clear liquids throughout the day, and especially if you start to feel hungry.
2. Check out the herbal teas in your store, there are many wonderful flavors that can help to satisfy cravings.
3. Caffeine is ok in moderation, it can help you overcome fatigue, and especially if you have to work or get a few things done while you are fasting.
4. If you have a headache from the detoxification process, go ahead and take something for it.

Some of Our Favorite Fasting Beverages

We all love fasting here at PTF. On any day of the week, you will find someone sipping on their clear liquids.

Here are some of our favorites:

- Flavored coffees make a lovely and aromatic treat.
- Tazo makes a line of Chai tea blends that are rich in flavor. Our favorite is Pumpkin Spice.
- Not all teas have to be sweet. Try Numi's Savory Teas which come in hearty flavors like 'Carrot Curry' and 'Spinach Chive' --they are very satisfying!
- Sparkling waters, especially infused with flavors. We love black cherry flavored sparkling water, it tastes a little bit naughty, but it's all good!
- Diet sodas are readily available and a great go-to in social situations, especially if people are drinking alcohol around you.
- Steep fresh ginger in hot water for 5 minutes. Add a pinch of cayenne if you like it hot.

How did it go today? Let us know! Write down any questions you have and feel free to reach out to us.

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