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THE ULTIMATE HUMAN
GUIDE TO WATER FASTING

@ULTIMATEHUMANPOD

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Because there are no specific guidelines to 3-day water fasting, I wanted to consolidate the generally accepted evidence based guidelines for a safe, effective 3-day water fast so that we can safely derive all of the benefits from this incredible health hack.

So as my wife "Safety Sage" would say....."Safety First".

There are several groups of people should not water fast without medical supervision. Since our upcoming water fast will not be medically supervised, I would encourage those of you that fit any of the below categories, seek the advice of a licensed medical professional before beginning this 3 day journey with us.

Here is a quick list of conditions that would require additional medical supervision.

1. Gout

2. Diabetes (both types 1 and 2)

3. Eating Disorders

4, Older Adults (over age 65)

5. Pregnancy

6. Children or Minors under 18

The water fast lasts for 24–72 hours. You should not water fast for longer than this without medical supervision regardless of your current health status because of health risks. Some people may feel weak or dizzy during a water fast and may want to avoid operating heavy machinery and driving to avoid causing an accident.
If you have never water fasted before, it's a good idea to spend 2-3 days preparing your body for being without food.

You can do this by eating smaller portions at each meal or by fasting for part of the day. A good way to start is 2-3 days out from your water fast, cut out 1 meal per day (if you are eating 3 meals per day), and don't eat within 2 hrs of bedtime.

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OK...NOW LET'S PREPARE TO GET THIS PARTY STARTED:

Here is what I use to prepare for my water fast:

1. Spring Water: Have 3 liters of spring water for each day of the fast so purchase 9 liters of spring water and have it on hand to start your fast. NOTE: Day 1, we will only drink 2 liters of spring water because we are also consuming 32 oz of bone broth.

My preference is Mountain Valley Spring water (Still) which you can get at most grocery stores. If you can't find mountain valley purchase a "spring water" and not distilled water (as this will actually strip valuable minerals and electrolytes from your system).
Buy your Spring Water HERE

2. Organic Bone Broths: Have two cartons of 16.9 oz. Bone broth for day 1 of the fast. My preference is Organic Kettle & Fire which you can purchase at most grocery stores or though this link.
Buy your Organic Bone Broth HERE

3. Electrolytes/Amino Acids: We are going to take 1 scoop of Perfect Amino's with Electrolytes first thing in the morning with water. This will keep us from becoming electrolyte deficient. You can get the best form of electrolyte's and Amino Acid combination here: Use code, **ULTIMATE10** for a discount.
Buy your Electrolytes/Amino Acids HERE

4. On days two and three you'll want to put a pinch of Baja sea salt in each glass of your water.
Buy Your Salt HERE
Use code **ULTIMATE10**

5. Hydrogen water is arguably the best water you can put into the human body. It helps with the absorption of electrolytes and nutrients, including our supplements. It better hydrates the body and has been linked to an entire array of health benefits, including reducing inflammation, improved hydration, improved absorption of nutrients, and even providing the ions necessary for healthy gut bacteria.
Buy Your Echo Water Bottle HERE

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DAY 1:

Today we are going to ease our way into the water fast. We are NOT going to eat any solid food or anything that is not on this list. Today we will drink 2 liters of water because we are also consuming 32 oz of bone broth. Days 2 and 3 we will ONLY drink spring water and will consume 3 liters of spring water on those days.

During the course of the entire day, drink as much water as you want, trying to evenly spread out the 2 liters of spring water through the entire day. I divide the day into halves to make this easy.

Make sure that you drink 1 liter every 8 hours so that over the course of a 16 hour day you have consumed 2 liters of spring water in addition to the two bowls of bone broth.

1. In the morning upon waking, take 1 scoop of Perfect Amino's with Electrolytes in 8 oz of spring water

2. Consume 1 liter of water every 8 hours. (You can spread this throughout the day)

3. At noon consume 1 bowl of bone broth (16.9 oz)

4. At 6:00pm consume 1 bowl of bone broth (16.9 oz)

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DAY 2:

Today we are going deeper into the water fast and will ONLY consume 3 liters of spring water.

1. In the morning upon waking consume your first 8oz glass of spring water

2. Divide the day into three 5-6 hour portions and consume 1 liter of spring water every 5-6 hours. Don't stress about evenly consuming the water, just make sure that you get 1 liter down every 5-6 hours. Sip it, drink it in 8 oz portions or whatever portion suits you. The point is to just consume 3 liters over the course of the day between waking and going to bed.

DAY 3:

Today we are going to repeat the same process we did on day 2.

1. In the morning upon waking consume your first 8oz glass of spring water

2. Divide the day into three 5-6 hour portions and consume 1 liter of spring water every 5-6 hours. Don't stress about evenly consuming the water, just make sure that you get 1 liter down every 5-6 hours. Sip it, drink it in 8 oz portions or whatever portion suits you. The point is to just consume 3 liters over the course of the day between waking and going to bed.

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DAY 4:

YOU'RE DONE! CONGRATULATIONS ON DOING YOUR BODY SOME SERIOUS GOOD. BUT IT'S NOT QUITE OVER.

Let's ease back into solid food

1. Start today with 1 scoop of perfect amino's with electrolytes and pick one of the options below for your first meal of the day.

Before Noon:

- Bowl of Bone Broth
- Whole Fat Greek yogurt with organic berries
- Smoothie
- Organic, grass-fed Cottage Cheese
- Soup
- Cold-pressed juices
- Mix of nuts and berries (preferably macadamia or pistachio)

After Noon:

Resume normal solid whole-food diet.

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BENEFITS OF WATER FASTING:

The benefits of water fasting are well documented in both animal and human studies. You can find links to several of those studies below.

Some of the well documented benefits of water fasting are below.

May promote autophagy

Cellular autophagy is a process in which old parts of your cells are broken down and recycled. These cells are sometimes called “zombie cells”.

Several animal studies suggest that autophagy may help protect against diseases like cancer, Alzheimer’s and Heart Disease.

Trusted SourceAnimal studies have consistently found that water fasting helps promote this process of autophagy. Certain animal studies also support the notion that autophagy may extend life span.

Indications on blood pressure

Research shows that longer, medically supervised water fasts may help people with high blood pressure lower their blood pressure

Trusted Source In the study below in 48 people categorized as overweight or obese the study found that water fasting for an average of 17 days under medical supervision led to reductions in systolic blood pressure.

It was also associated with improvements in levels of LDL (bad) cholesterol and inflammation.

The study below concluded that water fasting could significantly reduce blood pressure levels and body weight in people with high blood pressure.

Still, more research is needed to evaluate the link between short-term water fasts (24–72 hours) and blood pressure so I am by no means making that claim here.

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Indications for leptin and insulin sensitivity

Insulin and leptin are important hormones that affect the body's metabolism. Insulin helps the body store nutrients from the bloodstream, while leptin helps the body feel full.

Research shows that water fasting could make your body more sensitive to leptin and insulin. Greater sensitivity means these hormones more effective.

For example, being more insulin sensitive means your body is more efficient at reducing its blood sugar levels. Meanwhile, being more leptin sensitive could help your body process hunger signals more efficiently, and in turn, lower the risk of obesity.

May lower the risk of several chronic diseases

There is some evidence that water fasting may lower the risk factors of chronic diseasesTrusted Source like diabetes, cancer, and heart disease.

In one 2013 study, 30 healthy adults followed a water fast for 24 hours. After the fast, they had significantly lower blood levels of triglycerides, which is a measure of fat in the blood.

Some studies also suggests that water fasting may protect the heart against damage from free radicals.

Free radicals are unstable molecules that can damage parts of cells. They are known to play a role in many chronic diseases.

Further studies in animals and humans have found that water fasting may suppress genes that help cancer cells grow. It may also improve the effects of chemotherapy.

Keep in mind, only a handful of studies have analyzed the effects of water fasting in humans. More research in humans is needed before making recommendations.

Water fasting has many benefits but there are some risks. I've tried to outline the most notable of those below.

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May experience orthostatic hypotension

Dehydration caused by water fasting can lead to Orthostatic Hypotension which is blood pressure going too low. This is usually a sign of dehydration which is why it is so important to get 3 liters of water each day that you're fasting.

Orthostatic Hypotension is defined as a drop in blood pressure that happens when you suddenly stand up, and it can leave you dizzy, lightheaded, and at risk of fainting.

If you experience these symptoms during a water fast, this type of fasting may not be a good option for you. Break the water fast, eat a bowl of soup and increase your fluid intake.

Conditions that may be negatively affected by water fasting:

Although a water fast is relatively short, there are a few conditions that may be aggravated by water fasting.

People with the following medical conditions should not water fast without first seeking advice from a healthcare professional:

Gout: Water fasting may increase uric acid production, a risk factor for gout attacks.
Eating disorders: There is evidence that fasting may encourage disordered eating behaviors for some people.

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CLINICAL STUDIES:

The Effects of Prolonged Water-Only Fasting and Refeeding on Markers of Cardiometabolic Risk

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8951503/

Efficacy and safety of prolonged water fasting: a narrative review of human trials

https://academic.oup.com/nutritionreviews/advance-article-abstract/doi/10.1093/nutrit/nuad081/7209209?redirectedFrom=fulltext

A Pilot Study on the Effects of Medically Supervised, Water-Only Fasting and Refeeding on Cardiometabolic Risk.

https://www.medrxiv.org/content/10.1101/2020.08.07.20169680v1.full.pdf

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