

5 STAGES OF Extended Water-Only Fasting

01

Stage 1. Days 1 - 2

Power saving on, hunger pangs, drained out energy.



02

Stage 2. Days 3 - 7

Hunger subsides, autophagy begins, possible healing crisis.



03

Stage 3. Days 8 - 15

Body begins to adapt, healing mode on, "fasting high" experienced!



04

Stage 4. Days 16 and Beyond

Body finds its equilibrium, no major shifts from stage 3, more time & opportunity to cleanse.



05

Stage 5. Re-feeding

Extremely important to re-feed the right way, follow 3:1 rule. go slow.



Water Drinking During A Fast

Michael Rajnik



Water Drinking During A Fast:

Water Drinking During a Fast Hereward Carrington,2005-12-01 This scarce antiquarian book is a facsimile reprint of the original Due to its age it may contain imperfections such as marks notations marginalia and flawed pages Because we believe this work is culturally important we have made it available as part of our commitment for protecting preserving and promoting the world s literature in affordable high quality modern editions that are true to the original work **The Science and Fine Art of Fasting** Herbert M. Shelton,2024-03-13T00:00:00Z Herbert Shelton wrote 40 books over his 60 year career in health education and natural hygiene He supervised over 30 000 fasts of chronically ill and terminal patients losing only three Shelton s teachings on fasting inspired Ghandi Harvey and Marilyn Diamond said of Shelton A man of astounding intelligence and understanding Dr Herbert Shelton was the greatest health oracle of the 20th century

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