

## Hello Friend!

I have put this document together on my fasting research and my own personal fasting experience because many people have asked me for this information after hearing that I did a 30-day water fast. Below is research that I did independently through the internet and results I got from my personal water fast. I am not affiliated with nor receive anything from any persons, companies, or products I mention. I am a firm believer in the healing results of water fasting, but I am not a doctor and cannot advise you on what is best for your specific health. Please use this information, do further research, and consult a physician prior to starting any fasts.

I hope that you can find healing for your own personal health journey through this!

Much love,  
Krystal

---

## Why do a long-term water fast?

Have you ever gotten sick and notice that you don't feel hungry at all, you just want to hydrate and sleep? This is because our bodies were created to heal when it's not working properly.

When your body has something not operating the way it's supposed to, whether that be a flu bug or disease, it can heal itself but it needs to be given the opportunity through fasting. When you fast, your body will utilize your glucose reserves first (which is only a day or two worth) before switching into ketosis and begin consuming your body's fat stores for energy.

Once your body has depleted your glucose reserves, it goes into a process called [autophagy](#), which is your body's way of cleaning out damaged cells and replenishing them with new, healthy cells. Your body is literally eating itself, but in a non-destructive way, it's actually devouring the bad stuff and rapidly replacing it with healthier cells. This process removes toxins, especially in conjunction to those that cause neurodegenerative diseases (neurological diseases/disorders). When you fast, autophagy is in overdrive and rapidly goes through the process of detox and regeneration.

Ultimately, there are thousands of case studies of patients who have undergone long-term fasting (generally between 30-40 days) and have found partial to complete healing of diseases such as diabetes, fatty liver, cancerous tumors, high blood pressure, neurological diseases, and schizophrenia.

---

## Is long-term water fasting safe?

In short, yes. But to dig in a little deeper, the length of time a person can water fast for is specific to each individual because it's based on the amount of stored fat cells they have when beginning the fast. When you begin a water fast, your body will use the remaining glucose stored up and then make the switch to your fat storage. If you're already relatively thin, you may not be able to do a super long fast. If you're average to overweight, you should typically have enough fat storage to last a full 30-42 day water fast.

*\*Disclaimer: The information contained in this document is intended for informational and educational purposes only. Any statements, information, or products discussed are not intended to diagnose, cure, treat or prevent any disease or illness. Please consult a qualified healthcare professional before making changes to your diet or lifestyle that may interfere with medications you're taking or your overall health.*

We have seen people in history, such as Jesus, who successfully fasted for 40 days. Of course, we don't know Jesus' body measurements but based on what we do know, He had a diet consistent mostly of wheat, oils, and fish, and walked everywhere for transportation. Based on that, He was likely pretty average weight, likely not having as much fat storage as we do in today's average populations.

There was a case study of an obese man who fasted for 382 days under direct supervision of his physician (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2495396/> - you'll have to download the full article to get the details on the case study). Ultimately, his fasting healed diabetes, put him into a healthy weight range, and he was able to maintain a healthy weight even years following his fast completion.

Most primary care physicians will not agree that long-term water fasting is safe. However, this is likely be due to their ignorance on fasting in general. The average doctor doesn't know the research and facts on long-term fasting because it's not a treatment method that's widely used. However, there are renowned doctors who specialize in helping their patients through the fasting process (sometimes recurring fasts over years) and find healing through it. There are also fasting care facilities in which you can go to during a long-term fast, basically it's a like a fasting retreat center (but they are pricey). There is a [documentary called Fasting on Amazon Prime Video](#) that has a lot of research and both doctor and patient testimonials of how various types of fasting has had healing results. Definitely worth watching!

The common consensus among physicians who oversee thousands of fasts, is that 42 days is the maximum amount of time a person should fast. In links on the phases of fasting, they indicate that fasts between 28-42 days are ideal for optimal healing.

---

## How do you prepare for a long-term water fast?

When you set out to embark on a long-term water fast, you definitely don't want to just flippantly start. It's absolutely best and wise to prepare in advance.

### Heavy Metal Testing:

I personally did a hair sample test to check for higher levels of contaminants such as heavy metals. The test was ordered by my doctor (the lab sent him the test), and I mailed my hair sample with a check payment because my insurance didn't cover it. I did this because my doctor recommended it and there are some instances in which a patient's levels are high enough that they'd need to take a prescription medication that binds to heavy metal toxins to safely detox. Thankfully, I didn't need to do an Rx detox, but I wanted to make mention because going straight into a fast with heavy metal levels can be potentially dangerous.

### Supplements:

You'll need to take essential vitamins and minerals during any fast over 10 days. Keeping your electrolytes up and staying well hydrated is necessary to a successful long-term fast. Buy whichever products you're going to use prior to your fast and you can even start taking them in advance of starting. They'll need to be water soluble since you won't be accompanying them with any fats. I personally took the following:

*\*Disclaimer: The information contained in this document is intended for informational and educational purposes only. Any statements, information, or products discussed are not intended to diagnose, cure, treat or prevent any disease or illness. Please consult a qualified healthcare professional before making changes to your diet or lifestyle that may interfere with medications you're taking or your overall health.*

- [Electrolyte powder](#) (no sugar or additives) – contains calcium, magnesium, salt, potassium
- Vitamin C supplement
- Vitamin B complex supplement
- Probiotics (Align)
- Potassium & Magnesium supplement (I took this every other day starting about a week into my fast because I needed more than just the powder offered of it)

It's not absolutely necessary to change your diet ahead of time, but it is recommended to eat clean leading up to your fast. So start decreasing or cut out things like sugar, starches, and caffeine and then eat lean meats, fruits, and veggies to help start the detoxing process prior to starting the major detoxing with fasting.

### **Mental Preparation:**

You'll need to mentally prepare yourself as well. Not eating for an extended period of time takes a toll on your emotions, especially if you emotionally eat at all, and it really tests your will power and resolve to complete your fast. There were many times that I wanted to give up and figure however long I got to was good enough.

If you live with others, having their support and understanding is going to be extremely helpful. During my entire fast, my husband made food for himself and our kids and I didn't have to even have to open the refrigerator or pantry.

Also, plan to not fill your calendar while fasting. Plan your fast around a month that can be pretty open and not have social obligations (ie. not when you have weddings to attend or birthday, etc).

---

## **What will it be like during the fast?**

There are specific phases to long-term water fasting that most people experience. Here are a couple links on the phases:

<http://orthomolecular.org/library/jom/1974/pdf/1974-v03n04-p301.pdf>

<https://www.curezone.org/faq/q.asp?a=25%2C1787%2C2836&q=759>

<https://cristivlad.com/the-five-stages-of-fasting-dr-nikolayev-russian-case-studies/>

The last two links are blogs, but one references Dr. Nikolayev (Russian doctor who did thousands of case studies on fasting with his patients and personally practiced fasting) and the other follows along the similar phase patterns found in Dr. Nikolayev's case studies. I followed the similar phase patterns in my personal 30-day water fast as well. The chart below is an overview of my fast, highlighting my hydration, bowel movement patterns, and how I was feeling. I know bowel movements aren't exactly something people want to discuss, but I think it's important to know what to expect in every aspect because the beginning was like a major detox and then I didn't have any bowel movements for over a week (which is completely normal during long-term fasts).

*I couldn't find the link again, but I did do research on whether to use salt water to induce bowel movements and it is not recommended. It's best to give your digestive system the break it needs and allow your body to fully focus on the process of autophagy, not forcing bowel movements when you don't have anything for your bowels to move.*

*\*Disclaimer: The information contained in this document is intended for informational and educational purposes only. Any statements, information, or products discussed are not intended to diagnose, cure, treat or prevent any disease or illness. Please consult a qualified healthcare professional before making changes to your diet or lifestyle that may interfere with medications you're taking or your overall health.*

Day	Water (oz.)	Bowel Movements (BM)	Feeling
1	110	Regular BM	Some hunger, but not bad
2	96	Loose BMs all day long	Headache, low energy, hungry
3	104	Mild loose BMs	Headache, low energy, muscle soreness, moody, white film on tongue (film continued through fast)
4	96	Mild loose BMs	Headache, low energy, leg muscle soreness & pain, moody, irritable, mild lightheadedness
5	80	One loose BM	Very low energy, lightheadedness, mood swings, not hungry unless I smell food
6	118	NONE	Headache, lightheadedness, heart palpitations, mood swings, leg muscle cramps, no physical hunger – but definite psychological hunger
7	104	One loose BM	Headache, mild heart palpitations, leg muscle cramps, lightheadedness, moodiness decreased, psychological hunger
8	80	One loose BM	Mild headache, lightheadedness, mild heart palpitations, full body muscle soreness
9	90	One very mild loose BM	Increased energy, mild headache, lightheadedness, mild nausea, heart palpitations decreased, white film is getting thicker – feels super dry
10	102	One very mild loose BM	Increased energy, mild headache, lightheadedness decreased, mild nausea, heart palpitations gone
11	75	NONE	Pain in area of c-section scars, lightheadedness when standing/walking
12	72	NONE	Increased energy, lightheadedness when standing decreasing, pain in c-section scars
13	82	One loose BM	Increased energy, pain in c-section scars decreased, now pain in scar area from gallbladder removal
14	88	NONE	Increased energy, lightheadedness decreased
15	82	NONE	Acid reflux, pain in leg (CRPS area), pain in old scar continued
16	75	NONE	Congestion, sore throat, nausea, pain in clavicle(previous break area), having hard time with hydration
17	57	NONE	Extremely hard to hydrate because of sore throat and nausea, extreme pain in old injury areas, very low energy
18	87	NONE	Runny nose (clear), low energy, weak
19	75	NONE	Poor sleep, congestion, headache, nausea, depressed, want to give up
20	Lost track	NONE	Poor sleep, extreme pain in old injury areas, low energy, daytime naps, nausea
21	75	NONE	Congestion decreased, bloated/gassy, lightheadedness increasing, mild nausea
22	75	One constipated and one loose BM	Congestion decreased, mild nausea in PM, want to give up yet determined

*\*Disclaimer: The information contained in this document is intended for informational and educational purposes only. Any statements, information, or products discussed are not intended to diagnose, cure, treat or prevent any disease or illness. Please consult a qualified healthcare professional before making changes to your diet or lifestyle that may interfere with medications you're taking or your overall health.*

23	90	One loose BM	Low energy, nausea in AM
24	65	NONE	Extremely low energy, muscle spasms – extremely painful, bloated/gassy
25	84	NONE	Bloated/gassy, menstruation
26	90	NONE	Slept long but poor sleep, extremely lightheaded, bloated/crampy, muscle soreness
27	84	NONE	Insomnia, nausea
28	84	One regular BM	Extremely nauseous, increased saliva production – foamy, low energy, want to eat, want to give up
29	42	NONE	Low energy, extremely lightheaded, increased foamy saliva production, slept throughout day (only awake ~5 hours total – naps in between)
30	74	NONE	Poor sleep, nausea, want to eat

## How to Break Your Fast – **THIS IS EXTREMELY IMPORTANT!**

When you break your fast, you CANNOT go back to eating normally right away! This can cause what is called [refeeding syndrome](#) and can be fatal. **To safely reintroduce food, you must take it SLOW.** Below is the process that I used, which followed a 2 week food reintroduction process in 3 phases.

Here is a link to a guide on breaking a fast: <https://www.allaboutfasting.com/breaking-a-fast.html>

Phase 1 (5 days)	Phase 2 (5 days)	Phase 3 (5 days)
<ul style="list-style-type: none"> <li>• Orange slices</li> <li>• Bone broth</li> <li>• Roasted veggies</li> </ul> <p><i>*small portions, then working up to normal portions.</i></p>	<ul style="list-style-type: none"> <li>• Food from phase 1</li> <li>• Other fruit</li> <li>• Vegetable soup (non-can)</li> <li>• Lettuce</li> <li>• Avocado</li> <li>• Beans (refried &amp; hummus)</li> <li>• Brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• Foods from other phases</li> <li>• Eggs</li> <li>• Milk/dairy</li> <li>• Meats (fish and chicken first, then pork and beef towards end)</li> </ul>

### Phase 1:

The first day, I only had orange slices. The second day, I introduced bone broth. Then the third day, I introduced roasted veggies (cooked until very soft). The rest of that phase I had all three foods.

### Phase 2:

I then started adding in other foods from the phase 2 list, in order from the top of the list. I ended up creating a staple food of a romaine lettuce leaf with about a teaspoon of hummus and avocado slices (1/4 avocado), drizzled with mustard. Oddly enough, between that and roasted veggies, I was satisfied and didn't even crave other foods, other than meats.

### Phase 3:

I continued by adding in eggs, yogurt, and then meats last. By the last few days of phase 3, I was pretty well back to normal.

### **What I learned about my body during reintroduction:**

1. I noticed that over the course of my 30-day fast, my body had fully detoxed all processed foods. Once it came time to reintroduce food, I didn't reintroduce sugary and processed foods and my body didn't crave them at all. It was actually the opposite, the thought of eating sugary, processed, greasy foods sounded awful and made me feel a little nauseous.
  2. My stomach had shrunk during the fast so now I was satisfied with much less food. In the beginning, I noticed that eating slow and chewing really well felt good and allowed me to better know when I was satiated before being really full. I was eating smaller, more frequent snack-sized meals that eventually got back to regular sized portioned meals (healthy portions, not gigantic emotional eating portions). The first week of reintroduction was like being a baby, I was eating maybe half a piece of fruit sized portions, every few hours during the day. About a week and half into the food reintroduction, my body slipped back into an intermittent fasting routine (fast 16-18 hours, eat during a 6-8 hour window).
  3. My mindset on food had changed. I was no longer eating because I was bored or just liked the taste of the food. I was eating only when I was hungry and using good, clean food to fuel my body for energy. After I had fully reintroduced and got back into my normal life routines again, I did start to notice that emotional eating desires have crept back in. Because I don't want to deprive myself completely, eventually resulting in binge eating, I have resorted to finding foods that I can snack on in the evening without just sabotaging myself. These are snacks like, olives, lettuce with hummus spread (it really has become a staple snack!), handful of sunflower seeds, or a piece of fruit.
  4. When I let my body guide the foods and amount I eat, my digestive track feels great!
- 

### **The Ultimate Results**

For me, God guided me to and used my fasting process to heal the majority of the neurological conditions I was dealing with on a daily basis. The symptoms that were healed, which were the most plaguing for me, were symptoms such as migraines, extreme pain flares, tremors, muscle weakness – causing intermittent paralysis, sensory overload, cognitive impairments such as brain fog and short term memory issues, trouble talking and breathing and swallowing, and seizures. As of now, my only remaining symptoms are from tinnitus, POTS (tachycardia syndrome), and mild pain from CRPS (pain syndrome).

I believe that God will eventually heal me completely of the remaining symptoms and I will continue to do intermittent fasting and some short term fasts once to twice a year because of the healing effects it has.

---

**I hope and pray you find healing too!**