**WF = Water Fast IF = Intermittent Fast W5 = whole foods only**

|  |  |  |  |
| --- | --- | --- | --- |
| **What’s true for YOU?** | WF | IF | Whole 5 |
| I eat poorly. | **NO** | **MAYBE** | **Yes** |
| I am not in great health. | **NO** | **MAYBE** | **Yes** |
| I have a pretty “standard” diet – I eat packaged/ processed food regularly. | **NO** | **MAYBE** | **Yes** |
| I have/have had an eating disorder. | **NO** | **MAYBE** | **MAYBE** |
| I am pregnant or nursing. | **NO** | **NO** | **Yes** |
| I am under extreme stress right now. | **NO** | **NO** | **MAYBE** |
| I am not sleeping well right now or I am not getting enough sleep. | **NO** | **MAYBE** | **MAYBE** |
| I have a whole food diet 90-100% of the time | **MAYBE** | **Yes** | **Yes** |
| I have a pretty good diet, but I binge and/or have digestive/bloating issues. | **MAYBE** | **Yes** | **Yes** |
| I am in good health, but I need a “reboot.” | **MAYBE** | **Yes** | **Yes** |
| I am in good health and eat pretty well in general, but I am not always in control of my cravings. | **MAYBE** | **Yes** | **Yes** |
| I have been learning about fasting for healing for some time. | **MAYBE** | **MAYBE** | **Yes** |
| I have experimented with intermittent fasting. | **MAYBE** | **Yes** | **Yes** |
| I have never *not* eaten 3x a day. | **NO** | **MAYBE** | **Yes** |
| I am not dealing with extreme stress right now | **MAYBE** | **MAYBE** | **Yes** |
| I am training and not willing to take a break. | **NO** | **MAYBE** | **Yes** |
| I am wiling to take it easy for a fasting period. | **MAYBE** | **Yes** | **Yes** |
| I am able to slow down for the fasting period. | **MAYBE** | **Yes** | **Yes** |
| I do not want to lose weight. | **NO** | **MAYBE** | **Yes** |

**Baby Steps! START WHERE YOU ARE.**

You should definitely not water fast if you:

ARE: Pregnant, nursing, under 18 years old, exercising hard, not supervised

HAVE: gout, acid reflux, disease, regular medications, an eating disorder

Disclaimer: Medical supervision is recommended for any fast over 24 hours. Fasting is not recommended for pregnant/lactating women, diabetics, active athletes and those following a structured training program, individuals under 18, persons with an eating disorder or a BMI under 18.5, and anyone with an illness, a medical condition, or following a medical treatment. Neither Ella nor Elizabeth is not a doctor or a health practitioner. All information provided by either is purely anecdotal and based on personal experience. It is not medical advice and shouldn’t be treated as such. Educate yourself before engaging in any self-experimentation. Learn more: <https://thehealthsciencesacademy.org>