

Is Fasting Right for Me? QUICK GUIDE

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

What's tre 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 <i>not</i> 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>



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