

How to Break Your Fast

Some useful tips for avoiding post-fast complications

Fasting for 24 hours or less does not usually cause any problems, but some people can develop some issues on longer fasts. The most common time these occur is when people start to eat again, or the re-feeding period. During fasting, production of digestive enzymes slows, which may cause some gastrointestinal distress when you start to eat again. For example, you may experience:

- Diarrhea or loose stools
- Gas pains and bloating
- Nausea and vomiting (rare)

It usually takes your digestive system two to four weeks to adapt to fasting. Until then, you might want to avoid eating these foods during your break-fast meal. These foods include:

- Nuts and nut butters
- Seeds and seed butters
- Raw vegetables (cooked are fine)
- Eggs
- Dairy products
- Alcohol
- Red meats

You can resume eating these foods during your second post-fast meal.

THE BREAK-FAST PROTOCOL

1. Add one tablespoon of psyllium husk to one cup of water, and let sit 5-10 minutes. It will get very thick and jelly-like. Drink 15 to 30 minutes prior to eating. This insoluble fibre helps the gut get working again.
2. Start your meal off with a cup of tomato and cucumber salad with some chopped parsley. You can add a tablespoon of extra virgin olive oil if you like.
3. To play it safe and keep your protein sources to poultry or fish. They can be cooked in fat and poultry skin can be consumed. Try to limit your protein intake to the size and thickness of the palm of your hand.
4. Fill the rest of your plate with non-starchy, above-ground vegetables that have been cooked in healthy fats, like avocado or coconut oil, butter or ghee.
5. Finish your meal off with an avocado if you're still feeling hungry.

If you follow this protocol and still experience problems, try to take another tablespoon of psyllium husk in a cup of water. The next time you are fasting and are about to resume eating, you may want to try the above protocol but add in two tablespoons of psyllium in water at the start.

