

How to prepare for a fast

Getting started or getting back to fasting can feel a bit overwhelming. Here are some tips:

1. HAVE A HOME COOKED MEAL THE NIGHT BEFORE YOU FAST

Sample foods to eat before your fast:

- A ribeye cooked in beef tallow or other natural fat
- Kale and mushrooms sautéed in olive oil
- Brussel sprouts and bacon
- Grilled salmon
- Asparagus cooked in grass-fed butter
- Un-breaded chicken wings pan friend in coconut oil
- Egg frittata with a side of bacon and avocado

Foods to avoid before your fast:

- Bread, pasta, and other items made from flour (except coconut and almond flour)
- Dessert
- Junk food



2. TAKE AN EPSOM SALT BATH

Epsom salts (magnesium sulfate) dissolve in water and the magnesium is absorbed directly through your skin. It helps improve your sleep and prevents leg cramps. Add one cup of Epsom salts to a bath of warm water and soak for 15 minutes. If you don't have a tub, you can substitute with a bucket and do a foot soak instead.

To unwind and relax while soaking in Epsom salts:

- Listen to a motivational podcast about fasting
- Practice deep breathing exercises
- Read a book or listen to the audio version of it
- Play your favourite music



3. SET A TIMER TO REMIND YOURSELF TO STAY HYDRATED

Hydration is more than just drinking water, because you may need some electrolytes too.

Try drinking:

- Bone broth
- Low-carb vegetable broth
- A glass of water with a pinch of salt
- Some sugar-free pickle juice

