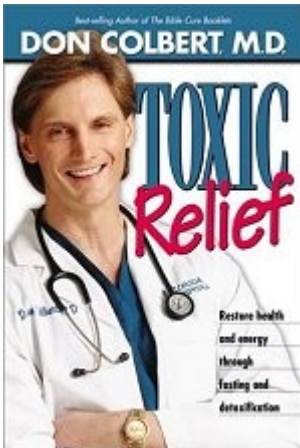


Fasting Tips

Body

This is the book highly recommended by LouAnn Pressell for medical advice in preparation for fasting!



Description:

Dr. Don Colbert provides an easy-to-understand and comprehensive explanation of the toxic battle you're in. He also exposes risk factors and provides alternative solutions for living free from cancer, heart disease, liver disease, diabetes and more. You may be an average American who is overfed and undernourished, which means you are probably toxic, but there is hope. Detoxify your body with Dr. Colbert's medically sound and proven program of juice fasting.

Deep cleansing your body right down to the cellular level will renew your vitality, restore your energy, reclaim your health, shed toxic fat, lengthen your life and give you a healthy glow you haven't had in years. Let Dr. Colbert escort you to healthier living—body, mind and spirit, and experience toxic relief today!

1. Physical preparation BEFORE & AFTER the fast.

Please view the physical preparation for a fast as similar to preparing to run a marathon. If you make preparations for your physical health both BEFORE & AFTER the fast, then this fast can have wonderful added health benefits. If you don't make these preparations, then you will probably weigh 15-20 pounds more one year after the fast as you did before you started the fast.

Fasting **wrecks havoc on your metabolism.** The **best way to restart your metabolism is through exercise** and consistent eating habits.

Thus, for the next five months, I ask each of you to please work as hard as you have ever worked in your life to have a consistent exercise time 3-5 times a week. It is NOT important that you exercise fanatically. It IS VERY IMPORTANT that you ENJOY this exercise to the

place where you will do it for at least five months AFTER the fast. The BEST of all exercises is simply **WALKING!**

Also, for the next five months, I ask that you work very hard to **ELIMINATE BINGEING** from your eating habits. Sweets in moderation is much more effective than trying to avoid all sweets and then bingeing.

If you are on any type of modified Atkins diet, or want to be, please be aware that the time of the day when it is most important to eat meats and vegetables and avoid starches is in the evening hours.

Your **GOAL** is to have such an **enjoyable and consistent** eating patterns that you are able to return right to them after your fast and stick to them for about five months **after** the fast.

If you are doing this correctly, you may lose 5-10 pounds in the next five months before the fast. Your main goal is to develop **HABITS** that will help to **RESTART** your metabolism after the fast.

Moderate exercise during the fast is acceptable if you are healthy and careful. If you have any health issues, please be sure to be under a doctor's care before undertaking this fast. Please note also that this is a completely voluntary fast. If you have any medical concerns at all, please see a doctor and follow his advice.

2. Add Bran (Oat or Wheat) to your drink.

Having a solid stool every day is essential to a healthy fast. It is appropriate and healthy to have a solid stool every day of your fast, even on a forty day fast. Bowel movements are the main way your body get's rid of poisons. When you fast, your body takes its nutrients from your stored fat cells. Your fat cells have as much as 10 times more poisons stored in them than the normal food you eat. When your body cannot get rid of all the preservatives & poisons in regular food, it stores all of them in your fat cells. Thus, when you fast, your body winds up dealing with much more poisons than normal because you are getting your nutrients from your fat cells. This poison dump is the main reason people have headaches and feel woozy on a fast.

Diarrhea is almost worse than no bowel movements at all. Diarrhea messes up your entire electrolyte system. Bran keeps you from having diarrhea.

Because of the poison dump during the first couple days of a fast, I load up on ibuprofen for the first day or two. Starting a fast is hard enough without adding headaches to it.

3. What types of Juices to drink ?

1. Acidic or Citric juices like Orange or Grapefruit are very hard on the stomach.
2. Grape juice personally causes me to have diarrhea.
3. I personally drink a lot of Green Tea.
4. Coffee is fine to drink.
5. V-8 juices are good but watch the high salt content. I think that the V-8 Strawberry Kiwi drink is delicious.

6. Slim Fast drinks are excellent.

7. Many are planning on making smoothies or vegetable drinks. They are also excellent.

Soul

1. TV and Movies are like Poison.

On a fast you are tons more sensitive to garbage. I have never met anyone who can successfully fast and watch TV or movies. If you are the only one fasting in your family you may ask the rest of your family to leave the TV off while you are in the house to support you in your fast. I highly recommend this. It allows for much more pleasant family time together. Please do not make the very dangerous mistake of thinking you are strong enough to fast while the TV is on in your presence. This may be Satan's greatest weapon and it is more powerful than we are, simply because the Lord does not want us in the presence of TV.

2. Your tolerance for People and Noise will be much lower.

The less interaction with people, phones and chatting you have the better you will feel. You are tuning OUT the world and opening your ears to hear the still soft voice of the Holy Spirit.

3. One of your biggest Battles may be with Boredom.

After you have had a couple hours of prayer time and feel all caught up in prayer, one of the biggest battles is often boredom. There are specific strategies we have planned to counter this sneaky attack.

A. We will have the top floor of the Youth Building set aside for those who are fasting every Sunday night through Friday night of the fast from 5 PM until 10 PM (Six nights a week) .

Just having a place to go where you are not assaulted with noise or media is a life saver. The "Upper Room" will be a place where we will keep quiet worship music going on a CD player. For the most part, space inside the room will be for prayer or reading. However, many of us will enjoy sitting outside chatting with others who are fasting.

B. We will create a temporary Christian Library.

We will ask everyone to bring their Christian fiction books as well as their Christian teaching books. Having a good book to read can make a huge difference in having a restful time going to sleep at night. If we all bring all of our already read books, we should have well over 1,000 books. We will work with Pastor Sheila to decide where the Library will be.

C. We will keep track of each other in our congregations for light fellowship times.

I am going to ask for coordinators from each congregation to help everyone in that congregation find a prayer partner.

In addition, I will ask these coordinators to be alert to the need to plan some fellowship activities among those who are fasting. A night of games, cards and sharing at the home of someone who is fasting with others who are fasting can bring welcome fellowship without food.

Being honest with your daily prayer partner and your congregational coordinators is essential to make it through the boredom times of the fast.

Spirit

Obviously the spiritual preparation is the MOST IMPORTANT. When we are Full of the Spirit, fasting is very easy. When we are spiritually dry, fasting can be extremely hard. As part of your spiritual preparation for this fast, I am asking you to work hard to develop three areas of your spiritual life.

1. Develop Consistency in your daily prayer and Bible times.

During a fast, CONSISTENCY is much more IMPORTANT than great breakthroughs and great experiences in prayer. Thus, I am asking you to work as hard as you ever have on your daily habit to find enjoyable ways to consistently spend at least an hour a day in prayer and Bible study for the next five months. Prayer is like digging wells. Once you have dug a well, it is much easier to draw water. Thus, I am asking you to dig the well of an hour a day with the Lord NOW, (BEFORE you face the trials of fasting) so that you can draw water easily during the fasting time.

2. Use ALL of the tools of God for Fascinating Times with God.

Having only a couple of tools of prayer is like trying to build a house with only a hammer. The more tools you have the more variety, flexibility and joy you will have in extended times in prayer.

1. **Reading the Word** - Having a regular reading plan helps a ton.
2. **Studying the Word** – Really in-depth studies with lots of homework are wonderful.
3. **Schedule times of Group Intercession** – Your congregational coordinators will work these out for your congregation. We will finalize them at our preparation meeting in August.
4. **Intercession through a Prayer Structure** – I taught a bit on this last fall
5. **Intercession through praying in Tongues** – If you are not extremely free in tongues, please make sure that you have heard this past weekend's sermon and the one in about a month on Tongues. I would be glad to meet with any of you with your Home Group leaders, Pastors or Elders to help you get very free in tongues. You almost have to have tongues to tap into the power of a fast.
6. **Extended Worship Times** – So sweet to our souls.
7. **Quoting and Memorizing the Word** - I have asked everyone to memorize all or part of three chapters for this fast. They are Isaiah 58 and II Corinthians 8 & 9. This particular weapon is my strongest area in intercession. It works when emotions overrule all other weapons. You may want to start memorizing now in preparation for this September.

3. Have clearly defined personal spiritual Goals for this fast.

When we gather in late August for our second preparation meeting, we will go over our church wide goals for this fast. Our church wide goals will be based on Isaiah 58 and II Corinthians 8 & 9.

Besides these church wide goals though, I highly recommend that you pray about some personal spiritual goals for your life. As you make these goals I have a few suggestions.

- A. I do NOT suggest that you flippantly or quickly choose miracle physical healings as a goal. People often run to this goal first in an extended fast. To be bluntly honest, this is the area where the body of Christ overall is very weak. At the same time though, if you feel strongly that the Lord has given you a goal of a miracle healing, then please go after it with all your heart.
- B. I DO suggest that you choose Salvation for lost loved ones as a terrific goal. While you are at it in prayer, you can also go after some backslidden ones whom you love.
- C. There are many other areas of goals such as asking the Lord for business or career direction, asking the Lord for a marriage partner, asking the Lord for ministry direction etc that are all terrific. Many times in a fast, you can enter into a King Solomon type anointing where the Lord will give you whatever you ask for. Therefore don't be shy about asking.

I am DEEPLY HONORED beyond description to have over one hundred people plan on joining me for this fasting time. For each one of us, there will be spiritual explosions. The power that will be released in our church is beyond our comprehension.

***Tons of Thanks, Love and Blessings,
PJ***