



PRAYER AND FASTING RESOURCES & NUTRITION GUIDE

HOW TO PREPARE

- Please consult your physician if you are taking any medications prior to committing to 21 days of Prayer and Fasting.
- Modify the fast to support your health goals. You can also fast from devices, social media, social drinking, or anything that you typically rely on in your daily life during this fast.
- Concentrate on prayer. Every half hour, take a break from your activity and pray. During this season of Prayer and Fasting, be sure to spend daily time in The Word of God! Remember, **fasting without prayer is starvation.**



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BEVERAGES

- **Distilled Water**
 - Draws toxic wastes out of the body.
 - Water should be tepid, not hot or cold.
 - Add a small portion of Apple Cider vinegar to warm water, like tea.
 - Drink 8 oz. glasses of water every 30 minutes to an hour.
- **Herbal Teas:**
 - Chamomile Tea: excellent for digestive system and gastric discomfort.
 - Peppermint Tea: great tea to help the liver with its digestive and detoxification functions
 - Rose Hip Tea- For women, rose hip tea is rich in the natural vitamin E and is essential in the metabolism of females.
- **Non Concentrated Juices:**
 - Unfiltered Apple Juice: contains a bit of fiber along with vitamin C.
 - Aloe Vera Juice: high in antioxidants and has potent healing capabilities.
 - Cold-pressed Mosambi Juice: contains vital nutrients, minerals, fibre, antioxidants, and water. It also contains citric acid, which keeps you full for a long time.
 - Read all juice labels. You do NOT want to anything labeled, "Concentrated".
 - Check out this resource "10 Hydrating Drinks to Stay Hydrated While Fasting"



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FRUITS AND VEGETABLES

- Use raw vegetables and fruits rather than cooked ones. Raw vegetables and fruits have live enzymes and nutrients, which are good for your body.
- If you have a juicer, take advantage of it!

DAIRY

- If you must have a dairy product, use diluted plain yogurt, which is good for cleaning the lining of the colon. Other dairy products contain an indigestible enzyme.

FOODS

- No canned foods.
- If you must have bread, opt for whole grain bread, and that only sparingly. Omit all white-floured bread, as it becomes like glue in your colon.
- Avoid fried foods.
- Avoid sugar and salt.