

# **Fasting Made Easy**

**Physical, Mental & Spiritual**

Practical Fasting Tips for a broad spectrum of  
health goals and lifestyle environments

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## About the Author

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Dr. Sharps is a dynamic lecturer, author, educator and practitioner. Recognized Nutritional as an authority and leading advocate of preventive health, he is convinced after treating thousands of clients whose lives have been devastated by the "Diseases of Lifestyle", that people need to be taught the principles of a "healthy lifestyle" if they are going to increase their longevity and eliminate a number of preventable diseases.

Dr. Sharps holds three doctorates: one in Naturopathy, one in Herbology and one in Science. He also holds an undergraduate degree in Economics, an MBA , and worked for over twenty years in the information technology field for both Fortune 500 and smaller companies. His health training and practice, combined with his corporate, business and marketing background, offers unique perspectives for a wide variety of audiences.

Dr. Sharps currently has a private practice in Columbia, Maryland, specializing in corrective nutrition and natural health education,. He is also involved in several natural health initiatives including President of The International Institute of Original Medicine, a distance learning, natural health institute of higher learning, offering certifications and degreed diplomas from the bachelor's to the doctorate level. His book, Basic Principles of Total Health, outlines his philosophy and strategy for attaining optimum health through the harmonious integration of body, mind and spirit.

Dr. Sharps participated in a 3-month supervised fasting program at the Center for Conservative Therapy in Pengrove, California in 1994. This valuable experience played a pivotal role in his development of the concepts and implementation of his subsequent cleansing programs.

Dr. Sharps has lectured and taught thousands of audiences in the United States and abroad. His current emphasis is on educating individuals on the spiritual and emotional aspects of health as he works primarily with churches and community groups.

## A Personal Message to the Reader

*If you are like most Americans, your system has become accustomed to a rich diet of fat, protein, sugar, and other refined foods. You probably allow your taste buds to play the major role in determining what foods you will eat. The results to your health can be devastating. Fasting can help correct this problem. As your system is cleansed, your taste buds are re-educated. You begin the process of unlearning bad nutritional habits and establishing new ones. In time, your health will be restored.*

*A total fast means not eating any food and drinking only water. A partial fast may include drinking fruit and vegetable juices and herbal teas as well as water. A restrictive fast eliminates certain categories of food, e.g. all flesh products for the duration of the fast. We recommend a partial fast over a total fast to overcome an acute illness, to lose weight, and to rejuvenate your body. For the purposes of this booklet our Cleansing Program will focus on both the partial and restrictive fasts to broaden the spectrum of participants in the fasting experience.*

*A total fast may be used occasionally for short periods of time. Total fasting for more than two to three days or frequent total fasting can damage your health. Medical personnel experienced in the art of fasting should always supervise a total fast.*

*Before you attempt to fast, you need to understand that you are what you think. "For as he thinketh in his heart, so is he." Proverbs 23:7 In order for you to be successful during this fast, you must want to make some life-restoring changes. You must believe that you are capable of doing whatever is necessary to accomplish your goal of restored health. There will be times during the fast when you will want to quit, especially during the first one to two days. Eating is something that most of us have grown accustomed to doing and to abruptly stop eating will*

*require that you use your willpower to continue those first couple of days. It is important to note that this feeling has little to do with hunger, weakness or other negative feelings that you might expect, but it is simply due to the mental association with eating. Actually you will note that you have more energy, not less, and if you normally have nasal congestion associated with chronic sinusitis, that too tends to decrease, and frequently abates.*

**Those with diabetes, high blood pressure and most chronic conditions may be surprised to know that they too can successfully participate in the Cleansing Program. It is important to work with a qualified health practitioner skilled in the use of fasting and corrective nutrition for best results.**

*I recommend that in addition to starting the 10 to 40 days Cleansing Program, you get a copy of my hierarchy of nutrients paper or one of my books, Nutrition, Food & the Ideal Diet or Basic Principles of Total Health to help enhance your fasting and transformational experience.. I am excited about this program! And I am confident that you will find this to be an empowering and transformational step toward renewed health.*

*The Cleansing Program is the foundation of the nutrition principles used in my books, lectures and private practice. Our success in treating people with diabetes, hypertension, asthma, sinusitis, obesity, heart disease, cancer and many other conditions is greatly enhanced when the patients participate in the Cleansing Program.*

*For further information and/or appointments, please feel free to contact our office at (410) 884-9319 from 9:30 A.M. to 4:30 P.M., Monday through Thursday.*

**Jim Sharps, N.D., H.D., Dr.NSc., PhD.**

## **WHY FASTING IS SO EFFECTIV**

After the first three days of a prolonged fast, your body will live on its own substance. When the body is deprived of needed nutrients, particularly of proteins and fats, it will burn and digest its own tissues. But your body will not do this randomly. Here lies the secret of the Cleansing Program: Your body feeds itself on the most impure and inferior materials, such as dead cells, tumors, abscesses, and fat deposits. The essential tissues, vital organs (such as the brain and heart), glands, and the nervous system are not damaged during this program.

While the old cells and diseased tissues are decomposed and burned, the building of new healthy cells speeds up. Proteins play a very important role in this building process. Proteins, which have been called the building blocks of the cells, are in a dynamic or active state. They are constantly being decomposed, re-synthesized, and reused for various needs within the body. When old or diseased cells are decomposed, the amino acids (which make up proteins) are not wasted, but released and used again in the process of building new cells.

During a juice fast, the cleansing capacity of the eliminative organs (intestines, lungs, liver, kidneys, and skin) is greatly increased. Masses of accumulated metabolic wastes and toxins are quickly expelled. For example, during fasting, the concentration of toxins in the urine can be ten times higher than normal. This is because the alimentary canal, the passage extending from the mouth to the anus which receives, conveys and digests the food, the liver and the kidneys, are relieved from the usual burden of digesting foods and eliminating the resultant wastes. The body can concentrate on the cleansing of old accumulated wastes and toxins from the tissues. Due to this process, while on the Cleansing Program, you may experience

the following: offensive breath, dark urine, and large, frequent bowel movements the morning after taking an herbal laxative.

Fasting detoxifies the body, gives organs a rest, and brings natural healing by cleansing the body of toxins. It can even help reverse the aging process. By fasting three days a month, you can help rebuild the immune system and help fight off illness and degenerative diseases. Illness may simply reflect an overloaded immune system—one burdened by exposures to toxins of various kinds and origins.

Finally, after the Cleansing Program you are usually less depressed, your mind is sharper, your skin clearer, you sleep better, and you have more energy. The Cleansing Program exerts a normalizing, stabilizing and rejuvenating effect on all the vital functions of the body and your body tends to digest food and use nutrients more efficiently.

The Cleansing Program has proven to be an effective health-restoring and rejuvenating process.

## **THE SPIRITUAL BENEFITS OF FASTING**

One receives many physical benefits from fasting, but there are also many spiritual bonuses you can derive from becoming involved in a consistent fasting program like the one which you are about to begin. The Scriptures are replete with examples of fasting. Jesus started His ministry with a period of total fasting and prayer which lasted for forty days (Matt. 4:2). Daniel sought the Lord through prayer and supplication utilizing fasting, sackcloth, and ashes. (Daniel 9:3).

Throughout Biblical history men and women have fasted to

develop:

1. A stronger walk
2. A deeper commitment
3. Forgiveness of sins
4. Renewal of their relationships with God and man.

There is something more to fasting than the mere physical act. Spiritual fasting seems to be “magical” in its transformative effect. Individuals who engage in a mere two week spiritual fast can accomplish things that have eluded them for years. To conduct a “spiritual” fast, it is necessary to maintain a constant prayerful attitude. “Be still and know that I AM God.” Seek an answer to the questions and problems that haunt your life.

Fasting allows you to achieve a deeper and more profound spiritual level than seekers who are not fasting. This is because fasting aids the body in cleansing itself of impurities. These impurities clog up your system physically, dull your mental power and decrease spiritual alertness. Let’s examine the impact of fasting on the mind and spirit.

The effect which fasting has on the mind has been scientifically documented. People who are involved in or are just completing a fasting program have a noticeable decrease in depression. A person depressed may feel estranged from God because he or she may feel that true spirituality and depression are incompatible. Depression could denote a lack of faith and a broken relationship. During a spiritual fast, the broken relationship with God can be restored and the depression is decreased.

Let’s take a deeper look at how fasting affects the spirit of an

individual. We have heard it said, “Cleanliness is next to Godliness.” We widely assume that this statement is referring to physical cleanliness. It is true that we should keep our body, mind and physical environment clean. We can apply these principles equally to our inner state of mind, heart and spirit.

The mere presence of a clean heart, mind, and spirit, calls forth the Holy Spirit to dwell within the holy, clean temple, which is you. As you allow God to cleanse your inner world, you will attract to yourself, angels, “*Ministering spirits, sent forth to minister for them who shall be heirs of salvation.*” *Hebrews 1:14*

As you go through this cleansing program we recommend that you use the medium of prayer and meditation for a number of reasons.

- 1) We need it. There are many problems and situations that we face that seem at first glance to be impossible, but when we begin to see as God sees, the big problems often become insignificant.
- 2) It works. Most of you have had prayers answered just in the nick of time. Yet all too often, we forget. Now there are numerous scientific studies that have shown prayer to be efficacious.
- 3) Finally it is expansive. As we seek our God, He finds us and He never leaves us in the same place that He finds us. He expands our life and extends our territory. He elevates our horizons.

You may ask why we are doing prayer and meditation in this cleansing program. Studies have shown that prayer is an effective adjunct to healing. In fact there have been more than 250 studies showing that religious people are generally healthier than those who are not. And more than 130 studies support the fact that prayer is effective – it works!

A number of studies have shown that distant prayer works as well as prayer in the recipient's presence. One of the classic biblical stories showing effect of distant prayer was Jesus praying for the Centurion's servant.

Finally studies have shown that if you as an individual pray and meditate quietly every day for a period of time (such as twice a day for 15 minutes), you will increase your own health. The reason for this appears to be that prayer causes a "Relaxation Response" (popularized by Dr. Herbert Benson of Harvard). This relaxation response results in lower blood pressure, fewer strokes, and fewer heart attacks.

# THE FAST

## TYPES OF FASTS

- **TOTAL FAST.** Drinking only water for the duration of the fast. Some consider a total fast to include no food or drink of any kind. (Not recommended.)
- **PARTIAL FAST.** Drinking liquids only including fruit and vegetable juices, herb teas, broth and water.
- **RESTRICTIVE FAST.** Restricting certain foods from the diet for the duration of the fast, e.g., meat, dairy products, caffeine, processed foods, cooked foods, etc.
- **ROTATIONAL FAST.** Eating certain foods on a rotational basis only, e.g., eating bread or meat once every 3 or 4 days only.

There are variations of the above fasts used in various cleansing programs like juicing programs, which is technically a restrictive fast excluding all solid foods, and allows drinking water, fruit and vegetable juices only for the duration of the program. This book will focus on the both the partial and restrictive fasts to encourage a larger range of participants in the fasting and cleansing experience.

## LENGTH OF FAST

In general, three to ten day fasts are recommended for health and longevity. It is a scientific fact that partial fasting of three days a month, you heal faster and can extend your life several years. A three day partial fast helps rid the body of toxins, a five day fast starts the healing process, and a ten day fast should take care of most problems before they arise.

**Restrictive fasts which can include aspects of the partial fast** are generally safe and effective for longer periods of 40 days or more, based on the health, activity level and goals of the fast. The programs offered in this book are designed to provide options for both a short term 3 to 14 day juicing fast to a very practical 40-day transformational fast. The following are four restrictive fast programs. The full set of regimens can be used in various combinations for the 40-day period, e.g.:

- 10 days of three-meal-a-day restricting diet
- 10 days of two-meal-a-day restricting diet
- 10 days of one-meal-a-day restricting diet
- 10 days of juicing or liquids-only restricting diet to eating raw food only
- 40 days of either or any combination of the above regimens, e.g. up to 40 days of juicing only to 40 days of a three-meal-a-day restrictive fast of primarily

raw foods.

The intent here is to provide a practical way of safely pursuing a 40-day fast while gaining many of the benefits of a conventional water fast of shorter duration.

## RECOMMENDED FASTING PERIOD

**It is recommended that you consider fasting:**

- a) **one day weekly, and/or**
- b) **three days monthly or quarterly, and/or**
- c) **ten to 14 days annually or semi-annually, and/or**
- d) **40 days for a major empowering and transformational experience**
- e) **based on the personal goals and the guidance of your health practitioner in implementing the sample fasting regimens.**

“Behold I have given you every herb bearing seed, which is upon the face of the earth... to you it shall be for thy meat.”  
Genesis 1:29

## RECOMMENDED PRODUCTS FOR THE FAST

You will need the following items to start the Cleansing Program:

- I. CLEANSING PRODUCTS** – The cleansing products needed for the fast depend on the type of fast, duration, your state of health and health/spiritual goals. The following are the general category of products recommended for the fast.
1. **Probiotics and Digestive Enzymes** – Take one to two before meals, as noted or as directed by your fasting coach.
  2. **Colon/liver Cleansing Herbs** - Take as directed for duration of the cleansing program. Herbs include cascara sagrada, dandelion root, slippery elm, bayberry bark, garlic, licorice, ginger, fenugreek, fennel, psyllium, milk thistle, etc.
  3. **Kidney Flush Herbs** – Herbs include uva ursi, buchu root, juniper berries, hydrangea and gravel root.
  4. **Parasite Elimination Herbs** – Take as directed. Herbs include wormwood, cloves and black walnut hulls.
  5. **Heavy Metal Detox** – This may include cilantro, garlic, onions and cruciferous vegetables.
  6. **Other Herbs** – Include herbs for personal health conditions, as required

**Warning:** If you have high blood pressure, heart disease, diabetes, thyroid disease, any other condition, or if you are pregnant or nursing a baby, consult a qualified health practitioner familiar with the cleansing program before starting the program.

We recommend Renew Life products which has an excellent lineup of commercially-available products. We also carry their brand and other high quality, integrous herbs.

**II. Vegetable Broth:** I recommend home-made vegetable broth (see ingredients later in this book). *Morga* vegetable broth because of it's sea salt content is one of the better commercially-available broths. Can be purchased at health food store.

**III. Herbal Teas:** Bulk, Celestial Seasonings or any other comparable brand. (Use a variety, based on requirements and goals.)

**Sweeteners:** Stevia, Agave Nectar, Maple Syrup or Raw Honey: You may use one third to one half teaspoon of a sweetener with each cup of herbal tea. Note: Diabetics should not take the honey. Stevia is best option.

**IV. Fruit and Vegetable Juices:** We recommend freshly prepared juices from organically grown fruits and vegetables. See sample recipes provided in this book.

\*Note: Diabetics should combine four ounces of water to four ounces of fruit juice. Adding celery, lettuce or cucumber also will help offset the sugar.

**V. Distilled Water:** It is important to drink plenty of pure water during your cleansing period. The purest and best water that you can drink, in my opinion, is steamed distilled water. Steamed distilled water is water that has been boiled in a container that allows the vapor of pure H<sub>2</sub>O to travel through a coiled system. Because of its light

weight, the molecules of water travel faster and leave the heavier, slower impurities behind. There are a variety of viewpoints on this topic, but the most importantpoint I want to emphasize is that water is very important for any kind of cleansing program. So if for some reason you believe that you can only drink spring or other purified water, drink on.

**\*For our purposes, one cup or glass is equal to eight ounces.**

**VI. Loofah Sponge, Mitt or Vegetable Brush:** For a dry brush massage.

## HOW TO DO A DRY BRUSH MASSAGE

The administering of the dry brush massage while on the fast speeds up the process of the elimination of waste products and the rejuvenation of the body. You will need a suitable brush. The best brush for the massage is a Loofah mitt or sponge the size of your hand or larger. You may also use a brush with a long handle so you can reach all parts of your body.

Brush vigorously making rotary motions. Press the brush against your body as much as you can comfortably stand. Sensitivity of the skin varies, of course, with every individual. Some can stand much harder brushing than others. Also, the various parts of the body vary in sensitivity. The face, the inner part of the thighs, the abdomen, and the chest are the most sensitive parts.

Massage every part of your body, in this order: Start with the soles

of your feet, then massage your legs, hands and arms, back, abdomen, and chest and neck.

Brush until your skin becomes warm and glowing. Five to ten minutes is the average time although some people like to brush longer. Do not try to scrub off all your skin! Everything is best done in moderation, including your dry brush massage.

The best time for the dry brush massage is upon arising in the morning and again before going to bed. Brushing loosens up layers of dead skin that you can see as dust on your body. After the dry brush massage, take a shower to wash away dead skin particles.

If you can stand it, you may want to do an alternating hot-and-cold shower after the dry brush massage.

Take a hot shower for two to three minutes or, until you feel warmed up. Then take a cold shower for about fifteen to thirty seconds. Repeat the process at least three times, finishing with the water as cold as you can stand it.

## **EXERCISE**

Exercise is a very important part of the total health picture and contributes to the success of this program. You should select an exercise that you like, such as walking. Program it into your schedule and stick with it.

A daily exercise program is essential to toning and firming up the body. I recommend that you exercise at least 20 minutes a day, 3 to 5 times a week.

## **REST**

Rest is another very important part of the total health picture that contributes to the success of this program. You should be in as relaxing an environment as practical enjoying physical, mental, emotional and spiritual rest during your fasting and cleansing experience.

## **PRAYER**

This is the most powerful enabler for a successful and transformational fasting and cleansing experience. He can do everything and when you pray to Him He enables you to do everything He can do.

His counsel advises fasting so that every area of your life will be free. Your spirit, mind, and body are included so that no disease will come upon you! Fasting, God said, facilitates this Divine freedom. "Your light will break forth like morning . . ." and your "healing shall spring forth speedily." Your fast, God declared, will even right your relationship with Him! So that He can go before you, and the glory, His goodness, will be your guardian.

*"Not by might, nor by power but by my Spirit, says the Lord Almighty" Zechariah 4:6*

*"I can do all things through Him who strengthens me" Phil 4:13*

*"Trust in the Lord with all your heart and lean not to your own understanding. In all your ways acknowledge Him and He will make your paths straight." Pr 3:5,6*

## THE DAILY JUICING FAST

The program outlined below should be followed each day of the fast:

SAMPLE SCHEDULE	ACTUAL SCHEDULE	ACTIVITIES TO BE DONE
<b>5:00 - 7:00 AM</b>	<b>Your Starting Time: _____</b>	Upon rising, drink one or more glasses of distilled water (add lemon, if available). You may have vegetable broth or herb tea during this time period. Take probiotics and/or colon/liver cleansing herbs during this time period. Do a dry brush massage.
<b>9:00 AM</b>		Drink fruit juice and distilled water.
<b>11:00 AM to 12 Noon</b>		Drink vegetable juice, herb tea and distilled water. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>2:00 PM</b>		You may drink juice, herbal tea, vegetable broth and/or distilled water based on health objectives, activity level and hunger. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>3:00 PM</b>		Drink distilled water.
<b>4:00 PM</b>		Drink herbal tea or distilled water.
<b>6:00 PM</b>		You may drink juice, herbal tea, vegetable broth and/or distilled water based on health objectives, activity level and hunger. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>8:00 PM</b>		You may drink juice, herbal tea, and/or distilled water based on health objectives, activity level and hunger. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>Bedtime</b>		No food or drink after 8 PM. You may also add an enema or colonic to your nightly regiment. Do a dry brush massage.

### For best results include the following guidelines:

- No cold Liquids. Water should be room temperature or warmer
- Light exercise 20 minutes a day, 3 to 5 days a week, complemented with lots of rest throughout the day
- Consider contrast showers for immune system enhancement
- No TV and as peaceful an overall environment as practical
- Prayer, meditation or Bible study 1 to 3 times a day.

**THE DAILY One-Meal-A-Day Cleansing FAST**  
**The program outlined below should be followed each day of the fast:**

SAMPLE SCHEDULE	ACTUAL SCHEDULE	ACTIVITIES TO BE DONE
<b>5:00 - 7:00 AM</b>	<b>Your Starting Time: _____</b>	Upon rising, drink one or more glasses of distilled water (add lemon, if available). You may have vegetable broth or herb tea during this time period. Take probiotics and/or colon/liver cleansing herbs during this time period.
<b>7:00 - 9:00 AM</b>		Drink fruit juice and distilled water.
<b>10:00 AM</b>		Drink vegetable juice, herb tea and distilled water. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>11:00 AM – 2:00 PM</b>		Eat your one full meal during this period of time, based on health objectives, activity level and hunger. See meal examples enclosed. Digestive enzymes can be taken before, during or after the meal, as required.
<b>2 hs after lunch (1 to 4 PM)</b>		Drink distilled or purified water.
<b>2 hours later (3 to 6 PM)</b>		You may drink vegetable broth, herbal tea, and/or distilled water based on health objectives, activity level and hunger.
<b>2 hours later (5 to 7 PM)</b>		You may drink vegetable broth, herbal tea, and/or distilled water based on health objectives, activity level and hunger. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>8:00 PM</b>		You may drink juice, herbal tea, and/or distilled water based on health objectives, activity level and hunger. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>Bedtime</b>		No food or drink after 8 PM. You may also add an enema or colonic to your nightly regiment.

**For best results include the following guidelines:**

- No liquids with meals. No cold Liquids. Water should be room temperature or warmer
- Properly combined, whole foods only consisting primarily of fruits, vegetables, nuts and seeds with as much raw food as practical.
- Eat and drink to satisfaction, not to satiation
- Chew food slowly and thoroughly
- Exercise minimum of 20 minutes a day, 3 to 5 days a week, complemented with 6 to 9 hours sleep per day
- Consider contrast showers for immune system enhancement
- Prayer, meditation or Bible study 1 to 3 times a day.

**THE DAILY Two-Meal-A-Day Cleansing FAST**  
**The program outlined below should be followed each day of the fast:**

<b>SAMPLE SCHEDULE</b>	<b>ACTUAL SCHEDULE</b>	<b>ACTIVITIES TO BE DONE</b>
<b>5:00 - 6:00 AM</b>	<b>Your Starting Time: _____</b>	Upon rising, drink one or more glasses of distilled water (add lemon, if available). You may have vegetable broth or herb tea during this time period. Take probiotics and/or colon/liver cleansing herbs during this time period.
<b>6:00 - 8:00 AM</b>		Drink vegetable juice, herb tea and distilled water. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>8:00 AM – 10:00 AM</b>		Eat your first full meal during this period of time, based on health objectives, activity level and hunger. See meal examples enclosed. Digestive enzymes can be taken before, during or after the meal, as required.
<b>2 hours after first meal (10 to 12 PM)</b>		Drink distilled or purified water. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>12 Noon - 2:00 PM</b>		You may drink juice, herbal tea, vegetable broth, and/or distilled water based on health objectives, activity level and hunger. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>2:00 - 4:00 PM</b>		Eat your second full meal during this period of time, based on health objectives, activity level and hunger. See meal examples enclosed. Digestive enzymes can be taken before, during or after the meal, as required.
<b>2 hours after second meal</b>		Drink distilled or purified water.
<b>6:00 - 8:00 PM</b>		You may drink juice, herbal tea, and/or distilled water based on health objectives, activity level and hunger. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>Bedtime</b>		No food or drink after 8 PM. You may also add an enema or colonic to your nightly regiment.

**For best results include the following guidelines:**

- No liquids with meals. No cold Liquids. Water should be room temperature or warmer
- Properly combined, whole foods only consisting primarily of fruits, vegetables, nuts and seeds ... 5 to 6 hours between meals
- Eat and drink to satisfaction, not to satiation. Chew food slowly and thoroughly
- Exercise minimum of 20 minutes a day, 3 to 5 days a week, complemented with 6 to 9 hours sleep per day
- Consider contrast showers for immune system enhancement
- Prayer, meditation or Bible study 1 to 3 times a day.

**THE DAILY Three-Meal-A-Day Cleansing FAST**  
**The program outlined below should be followed each day of the fast:**

<b>SAMPLE SCHEDULE</b>	<b>ACTUAL SCHEDULE</b>	<b>ACTIVITIES TO BE DONE</b>
<b>5:00 - 6:00 AM</b>	<b>Your Starting Time: _____</b>	Upon rising, drink one or more glasses of distilled water (add lemon, if available). You may have vegetable broth or herb tea during this time period. Take probiotics and/or colon/liver cleansing herbs during this time period.
<b>6:00 - 8:00 AM</b>		Eat your first full meal during this period of time, based on health objectives, activity level and hunger. See meal examples enclosed. Digestive enzymes can be taken before, during or after the meal, as required.
<b>2 hours after first meal</b>		Drink distilled or purified water. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>11:00 AM – 1:00 PM</b>		Eat your second full meal during this period of time, based on health objectives, activity level and hunger. See meal examples enclosed. Digestive enzymes can be taken before, during or after the meal, as required.
<b>2 hours after second meal</b>		Drink distilled/purified water and or juice.
<b>4:00 – 6:00 PM</b>		Eat your third full meal during this period of time, based on health objectives, activity level and hunger. See meal examples enclosed. Digestive enzymes can be taken before, during or after the meal, as required.
<b>8:00 PM</b>		You may drink juice, herbal tea, and/or distilled water based on health objectives, activity level and hunger. Take parasite elimination, kidney flush or colon/liver cleansing herbs at this time.
<b>Bedtime</b>		No food or drink after 8 PM. You may also add an enema or colonic to your nightly regiment.

**For best results include the following guidelines:**

- No liquids with meals. No cold Liquids. Water should be room temperature or warmer
- Properly combined, whole foods only consisting primarily of fruits, vegetables, nuts and seeds with as much raw food as practical ... 4 to 6 hours between meals ... Third meal should generally be a light meal
- Eat and drink to satisfaction, not to satiation
- Chew food slowly and thoroughly
- Exercise minimum of 20 minutes a day, 3 to 5 days a week, complemented with 6 to 9 hours sleep per day
- Consider contrast showers for immune system enhancement
- Prayer, meditation or Bible study 1 to 3 times a day.

## **SAMPLE MENU FOR ONE-, TWO-, OR THREE-MEAL-A-DAY FAST**

The following are examples whole natural food meals for restrictive fasting. It contains all your daily requirements for the essential nutrients including protein, carbohydrate, essential oils, minerals and vitamins. Your diet during a restrictive fast should consist primarily of raw foods: fresh ripe fruit, raw vegetables, selected nuts, seeds, and their juices based on your needs, capacity and your overall energy level. **Add one or more of the following** in a properly combined manner.

- Organic fresh, ripe fruit with celery, cucumber or lettuce.
- Fruit smoothie, e.g. banana, figs and dates in almond or sunflower seed milk.
- Stalks of celery filled with almond butter and organic raisins.
- Any combination of steamed and raw vegetables.
- Fruit cereal with any combination of apples, bananas, peaches, dates, figs or almonds with almond or cashew milk.
- Raw tossed or pieced vegetable salad (e.g.: romaine lettuce, celery, cucumber, sprouts, green pepper, tomato, etc.) with a natural dressing (e.g. blended homemade combination of one or more of the following: tomato, cucumber, cilantro and carrot). Lemon and olive oil is also OK. No vinegar.
- A hearty vegetable soup or broth from carrots, broccoli, celery, potato, leek and other tasty raw, organic vegetables may be included. No dairy.
- Sprouted whole grain toast with raw peanut, almond or cashew butter and banana.
- Baked potato, yams, or brown rice w/ raw vegetables.
- A sprouted whole grain, spelt, or kamut (toasted) salad sandwich with any combination of lettuce, tomato, sprouts, some avocado, onions and peppers. No Mayonnaise. Use Nayoanise or Vegenaise instead of mayonnaise.
- Brown rice with peas and olives.
- Steamed potatoes and cabbage with a small salad.

**See our Ways to Wellness Natural Recipe Book for additional examples of properly combined, whole food examples.**

**No meat or dairy products**

**No refined or processed foods**

**No sugary foods**

**No fried foods**

**No canola oil, splenda, soy protein isolate or gluten by-products**

## RECIPE FOR VEGETABLE SOUP OR BROTH

1. Cut up at least 3 of any combination of the following vegetables: potatoes, carrots, celery, cabbage, beets, squash, zucchini, green or red peppers.
2. Add to water and heat until water simmers (do not boil); continue heating at least ½ hr.
3. You may add onions, garlic, pinch of sea salt and cayenne pepper, and organic pasta sauce or salsa for taste.

## RECIPE FOR NUT OR SEED MILKS (nutritious milk substitute ... add dates, bananas, figs or almond butter for richer smoothie)

1. Soak ¼ cup for 8 to 12 hours
2. Place contents in blender with approximately 4 ounces of water
3. Blend contents (chop or grind speed) until pasty
4. Add 2 to 3 glasses of distilled water and blend at high speed for 2 to 3 minutes
5. Pour through strainer into a glass receptacle to remove remaining chunks
6. Optional: add agave nectar, vanilla or stevia, if sweetener desired

## SELECTED JUICE COMBINATIONS

### FRUIT JUICES

Apple/Lemon  
Apple/Cucumber  
Apple/Grape  
Apple/Pineapple/Lemon  
Apple/strawberry/blueberry  
Banana/Fig/Date  
Orange/Grapefruit  
Melon

Add celery, parsley or cilantro to above

### VEGETABLE COMBINATIONS

Carrot  
Carrot with tomato, parsley, beets or cucumbers  
Carrot/Cabbage  
Carrot/Potato/Tomato  
Carrot/Apple  
Carrot combination with a small amount of broccoli, peppers (red, green or yellow), or zucchini, kale, chard  
Homemade V8

Add parsley, cilantro or garlic to any of above

## CLEANSING DIARY

During the cleansing program there are changes that will occur. Most of these changes will be very positive, but they vary in different people, depending on what problems are present in the body. There may be the loss of weight, or the decrease of joint swelling, or even the decrease of pain.

Occasionally there may be a negative response such as a mild headache or weakness. Regardless of the type of changes that occur, I would like you to write them down. Many of the positive changes will be subtle so let's not miss them, monitor yourself and write what you are feeling and what impresses you!

**Start Day #1** \_\_\_\_\_ (Date)

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**Day #2** \_\_\_\_\_

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**Day #3** \_\_\_\_\_

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**Day #4** \_\_\_\_\_

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**Day #5** \_\_\_\_\_

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**Day #6** \_\_\_\_\_

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**Day #7** \_\_\_\_\_

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**Cleansing Diary: (make copies, as required)**

**Week** \_\_\_\_\_

**Day #** \_\_\_\_\_

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**Day #** \_\_\_\_\_

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**D Day #** \_\_\_\_\_

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**Day #** \_\_\_\_\_

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## HOW TO BREAK THE FAST

Breaking the fast is as important as the fast itself. The digestive organs have been at rest and should be introduced to food in a graduated manner. The refeeding should generally be about half the time as the fasting period and a minimum of three to five days for best results. Continue to drink juice and eat only raw fruits and vegetables until you achieve regular eliminations. The timing should be adjusted according to length of fast, individual capacities, and personal health objectives.

The main rules for breaking the fast are:

1. Do not overeat!
2. You should eat your food slowly and chew it extremely well.
3. Take several days of gradual transition to the normal diet. During the transition, eliminate all salts and use herbal or vegetable seasonings such as garlic and onion .

**First Day:** Eat a small portion of fresh fruit in the morning and a very small bowl of fresh vegetable soup at lunch, in addition to the usual juices, water and broth.

**Second Day:** Eat a few soaked prunes or figs (with soaking water) for breakfast. For lunches eat a fresh vegetable salad. Eat vegetable soup for dinner.

**Third Day:** Eat the same things as on the second day but an increase the portions. Add a small amount of nuts or seeds and a slice or two of **toasted** multi grain bread.

**Fourth Day:** Eat regular meals based on the recommendations of your qualified health practitioner.

## AN ALTERNATE WAY OF BREAKING THE FAST

You may wish to break the fast for a day or so after a prolonged period (three or more days) on the fast. This can be done by drinking several glasses of juice and eating a small portion of raw organically grown fruit for breakfast, lunch, and dinner. After two days, you may continue the fast by returning to the fasting schedule outlined.

After the fast is a perfect opportunity to pursue proper eating habits, eg.:

- whole, plant food based diet
- simple, well combined meals
- chewing food slowly and thoroughly
- no liquids with meals
- avoid processed and refined foods
- eating in a calm and relaxed environment
- allowing 4 to 6 hours between meals
- temperance and moderation

This is also a good time to incorporate other positive lifestyle habits into your day to day routine. Review your personalized health plan, the personal health evaluation checklist, foods that heal and foods to eliminate, the things to avoid checklist, and ask us about other available resources to assist you in making desired changes.

## 40 Day Restrictive-Fasting Cleansing Program

For those individuals who are unable or unwilling at this time to attempt a juicing-only cleansing fast, we have an alternative approach. This program allows you to use a restrictive diet of one, two or three meals a day while restricting all meat, dairy and processed foods. It requires that you use herbal blends with this special dietary program to cleanse your system. Many of the benefits of fasting will still be obtained, but at a slower rate. Instead of 10 to 14 days of liquid fasting, you will be following a 40 day diet of fresh fruit and vegetables. It is important on this program that most, if not all of the foods, be taken in the raw form. Therefore you will be consuming a lot of salads and fresh juices, both fruit and vegetable. Make sure that during this 40-day period that you drink sufficient water, in addition to following the dietary recommendations.

### Suggestions:

If Practical, drink one of the selected mixtures listed below for thirst or hunger during the program.

**Mixture #1:** 2 cups lemon juice and 3 quarts distilled or Pure Water and Maple Syrup, or

**Mixture #2:** Juice of three lemons and three cups grapefruit juice, 1 quart orange juice and 2 quarts distilled or pure water.

Add a pinch of cayenne pepper to either mixture.

Give yourself a daily dry-brush massage using a loofah or natural bristle brush. Brush from the extremities to the heart. (I.e. wrist to elbow, ankles to knees, etc.) Taking a daily warm bath with 2 cups of Epsom Salt and 1 cup of Sea or Table Salt is highly recommended. Avoid alcohol, tobacco and other drugs during the Cleansing Period.

If you experience stomach cramps, drink a cup of peppermint, catnip/chamomile or ginger tea. Headaches, foul smelling stool, skin eruptions or rash, vertigo, nausea or fever is a function of the poisons being eliminated from your system. If you get hungry or weak and wish to continue, eat watermelon, drink herbal teas, or take a tablespoon of black strap molasses in warm distilled water.

*The end of the Cleansing program is an important period.* You can now return to some of your regular foods, but continue to avoid fried and greasy foods. Your daily diet should consist of large amounts of dark leafy-green vegetables, plus yellow-orange and red-purple fruits and vegetables. A daily exercise program is essential to toning and firming up the body. Sit-ups and brisk, but progressive walking program or light anaerobic exercise program is strongly recommended.

### Directions:

The one, two and/or three-day restrictive fasting diets should be supplemented with the cleansing herbs that are used with the juicing-only program. Other herbs can be used during this period based on your personal health and spiritual goals. An excellent 40-day program can include 10 days of juicing, 10 days of one meal a day, 10 days of two meals a day and 10 days of three meals a day. We would be happy to work with you to develop a personalized program using the alternative restrictive fasting options to optimize your fasting experience.

**Discontinue Herbal Blends if you feel uncomfortable.** Your body did not get in its current shape in just forty days and it will take longer than forty days to get you out of your current shape so let's be patient with yourself.

## Health Status Survey

Name \_\_\_\_\_ Age \_\_\_\_\_ Today's Date \_\_\_\_\_

Church \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

Grade your level of involvement with any of the following medical problems.  
 Circle the appropriate response. Grade 0 to 5, with 0 = absent and 5 = extremely severe

							Review & Re-Evaluate Health Status After:		
	0	1	2	3	4	5	30 Days	60 Days	90 Days
Cancer	0	1	2	3	4	5	_____	_____	_____
Arthritis / Pain	0	1	2	3	4	5	_____	_____	_____
Heart Disease (Chest pain, SOB)	0	1	2	3	4	5	_____	_____	_____
Poor Circulation	0	1	2	3	4	5	_____	_____	_____
High Cholesterol	0	1	2	3	4	5	_____	_____	_____
Last measurement _____									
Hypertension (High Blood Pressure)	0	1	2	3	4	5	_____	_____	_____
Last measurement _____									
Obesity	0	1	2	3	4	5	_____	_____	_____
Last measurement _____									
Diabetes Mellitus (Sugar Diabetes)	0	1	2	3	4	5	_____	_____	_____
Last measurement _____									
Constipation #Bowel Movement/Day	0	1	2	3	4	5	_____	_____	_____
Sinusitis	0	1	2	3	4	5	_____	_____	_____
Headaches	0	1	2	3	4	5	_____	_____	_____
Impotence/ Prostate Disorders	0	1	2	3	4	5	_____	_____	_____
Severe Cramping or Irreg. Bleeding	0	1	2	3	4	5	_____	_____	_____
Peri & Menopausal	0	1	2	3	4	5	_____	_____	_____
Exercise (Minutes per Week)	0	60	120	180	240	300	_____	_____	_____
% of Diet Raw	0	20	40	60	80	100	_____	_____	_____
Nutrition (# Fresh Fruits / Day)	0	1	2	3	4	5	_____	_____	_____
Nutrition (# Fresh Veg. / Day)	0	1	2	3	4	5	_____	_____	_____
Other _____	0	1	2	3	4	5	_____	_____	_____
Other _____	0	1	2	3	4	5	_____	_____	_____
Other _____	0	1	2	3	4	5	_____	_____	_____

List current medications:

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

Change in medication    Date chg

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\_\_\_\_\_

Chg. In:    Wt.    Chol.    B.S    B.P.

Date \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

## **FOLLOW-UP PROGRAM**

### **RECOMMENDED SCHEDULE FOR CLEANSING AND OTHER IMPORTANT LIFESTYLE MODIFICATIONS**

#### **The Cleansing Program**

- 10 to 14 days one to two times a year
- 3 days once a quarter
- 1 day per week
- Up to 40 days for long fast

#### **Daily Meditation & Prayer Session**

#### **The Parasite Cleanse**

- 6 to 12 weeks initially, then
- 2 to 3 weeks semi-annually

#### **Heavy Metal Detox Cleanse**

- 3 to 4 weeks initially, then
- 1 to 2 weeks annually

#### **Start Nutrition Program**

#### **Start Fitness Program**

#### **Fill out Health Status Survey**

#### **Re-evaluate Health Status & Chart Progress Monthly**

## **WARNING**

If you have high blood pressure, heart disease, diabetes, thyroid disease, any other illness, or if you are pregnant or nursing a baby, you may want to consult a physician familiar with the cleansing program before pursuing your cleansing program and using **the various cleansing and other recommended herbs and products.**

**NO MEAT, DAIRY or PROCESSED FOOD PRODUCTS  
DURING THIS 40 DAY PERIOD!**

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