

Chapter 5 Part 2:

How to Start Fasting

(Step-by-Step

Guide)

Step 3: Manage Hunger and Cravings

Your body will take a few days to adjust to fasting. Here's how to make it easier:

Ignore "fake" hunger: The first hunger wave passes in 10-15 minutes. Drink water and stay busy.

Stay occupied: Most hunger is psychological. Distract yourself with work, exercise, or hobbies.

Use salt and electrolytes: If you feel weak, add a pinch of salt to your water.

Step 4: Break Your Fast the Right Way

How you end your fast is just as important as the fast itself. Breaking it wrong can cause bloating, discomfort, or a spike in blood sugar.

The best foods to break a fast:

- ☐ Bone broth (gentle on digestion)
- ☐ Cooked vegetables (zucchini, spinach, carrots)
- ☐ Healthy fats (avocados, nuts, olive oil)
- ☐ Lean protein (eggs, fish, chicken)

Foods to avoid after fasting:

- ☐ Processed junk food (causes bloating)
- ☐ Large meals (can overwhelm digestion)
- ☐ Sugary foods (spikes blood sugar)