

72-Hour Water Fasting Prep Checklist

- **Consult Your Doctor** - Confirm fasting is safe for your health status.
- **Plan Your Schedule** - Clear 3-4 days for rest; avoid intense exercise or stressful tasks.
- **Ease Into Fasting (2-3 Days Before)**
 - Reduce caffeine, sugar, and processed foods.
 - Eat light meals: focus on vegetables, fruits, and lean proteins.
 - Hydrate with 2-3 liters of water daily.
- **Gather Supplies**
 - 2-3 liters of clean water daily (add a pinch of Himalayan salt for electrolytes if approved by your doctor).
 - Journal for tracking feelings and hunger cues.
 - Comfort items: warm blanket, herbal tea for post-fast (e.g., chamomile).
- **Mental Prep**
 - Set an intention (e.g., “reset my energy”).
 - Plan gentle activities: meditation, light stretching, or nature walks.
- **Know When to Stop** - Watch for dizziness, extreme fatigue, or heart palpitations; break the fast if these occur.

Post-Fast Tips

- Break your fast gently with small portions of bone broth, steamed veggies, or a nettle-parsley soup.
- Rehydrate with herbal teas like ginger or chamomile.
- Avoid heavy meals for 1-2 days to support digestion.