



THE FASTING PODCAST **WOW**: EPISODE 101 – Daniel Fast with Time-Restricted Eating

EPISODE 101: DANIEL FAST WITH TIME-RESTRICTED EATING

The Fasting Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



Daniel Fast



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Daniel Fast

The Daniel Fast

- Biblical fast as documented in the Bible – book of Daniel
- Daniel did it for spiritual reasons, as well as the mind and the body
- Daniel did it initially for 21 days, reportedly later for 3 years, both Jesus and Moses did it for 40 days
- Many people in current times do it for 21 days, some only 10, some 3
- Excellent as a first experience (or later experience) with fasting
- Can become a lifestyle, heeding sufficient protein intake long term
- What is it? simple, whole foods eating from the earth plant-based diet
- Water, vegetables, fruit, seeds, nuts, ancient grains, no meat/dairy or any animal products, no processed foods (didn't exist then)
- In modern day, choices would be organic, fruits lower glycemic, seeds/nuts sprouted, grains avoid gluten, if coffee required only organic and very little – avoid processed foods that are labeled “natural” - simple

• [Daniel 1:12](#), which states, “Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink.”

• [Daniel 10: 2-3](#), which says, “In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were



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Aspects to Consider



- Before starting, consider weaning off caffeine and processed foods while consuming more pure water – check numbers on body composition scale
- Plan to include probiotics in food or supplement form
- Plan for 3 times/day spending spiritual time (e.g. 5 minutes in prayer, 5+ minutes reading the Bible, 5 minutes praise and worship)
- If not sure you can do 21 days (or more), start with 3 days & may feel great
- Consume plentiful pure water (e.g. $\frac{1}{2}$ body weight or 8-10 glasses/day) avoiding small plastic bottled waters (very toxic) – purified tap water and if you use R/O or distilled water, a few shakes pink sea salt can remineralize
- May combine time-restricted eating during the Daniel Fast – e.g. 16:8 perhaps 11am-7pm to give system a chance to burn off toxin-laden fat
- May even consider periodic 24-hour or 28-hour fasts (e.g. noon – 4pm)



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More Considerations



- Daniel Fast is for us to learn more about and better ourselves and our relationship with God
- We are encouraged to strive for excellence in our skills, accomplishments and goals, so writing goals down is encouraged
- Thin people (sometimes referred to as “cold” types) may like more cooked foods and soups, while overweight (“hot” types) may like raw fruits/veggies
- Beans/legumes and other proteins are important to preserve muscle mass
- Check body composition numbers half way and end (preserve muscle)
- When done with the fast, ease back into additional foods slowly with less volume and adding only 1 new food per day to see how you feel – don’t overwhelm the system
- When done, microbiome/gut/digestion may be much better, may help with breaking bad habits including addictions, skin/hormones/nearly everything may improve including absorption, allergies, weight, mood – great program!



Possible Next Steps

- ✓ For questions or suggestions contact Julie@JPWOWPrograms.com
- ✓ **PLEASE Refer others** & check out our website that includes the slides for each episode, our favorite WOW natural products, a blog & the new WOW Lifeboat Freedom video system for income from the WOW natural products www.JPWOWPrograms.com



Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

