



QUESTIONS ABOUT FASTING

“When we get a headache during a fast, should we take medicine to relieve it or should we avoid taking medicine during the fast?”

People usually experience a headache during a fast. One reason could be dehydration. It's important to drink 7-8 glasses of water on a normal day. When you are fasting your water intake should increase to 10-12 glasses, depending on your weight. This is a serious issue and one that shouldn't be taken lightly. When you fast drink plenty of water.

If caffeine is apart of your normal diet (coffee/soft drinks/chocolate) then you will definitely experience headaches. Caffeine is a drug. When you quit using, your body will go through withdrawals, which results in a headache. This is a painful but good thing.

Usually the headaches will go away after 1-2 days. If they are painful, take medicine. If it's tolerable, don't take anything.

If a headache doesn't go away, or causes severe pain, consult your physician.

“Is ranch allowed on salads if I do a fruit and veggies fast?”

This is totally your call and your rules. I suggest you Google...‘what's in ranch dressing’ before you decide. You might discover some things that will help you make your decision.

“I am a nursing mom and want to do the fast. What would be something that I could give up for the fast that is not going to hurt me nursing?”

The Daniel Fast is perfectly healthy and fine to do while nursing. Make sure you are drinking plenty of water and consult your Physician before you begin. You could also choose any food that you normally consume regularly and set it aside for the purpose of this fast. For instance if you have a sweet tooth, fast from sugar, things like soft drinks, deserts etc... Other ideas could be caffeine or bread. The cultural fast is also something we encourage you to do during the next 21 days.

