

WATER FAST

BY THE NAVEN TWINS



3 DAY WATER FAST PROTOCOL

Here's our 24–72 hour suggested water fast protocol. You should not water fast for longer than this without medical supervision even if you're in good health. Some people may feel weak or dizzy during a water fast and may want to avoid operating heavy machinery and driving.

Prep your body for 2-3 days prior if you're new to water fasting.

You can do this by eating smaller portions and fasting for part of the day. Cut out one meal a day and don't eat 2hrs before bed.

If you have any of these conditions additional medical supervision would be required to partake in the water fast

1. Gout
2. Diabetes (both types 1 and 2)
3. Eating Disorders
4. Older Adults (over age 65)
5. Pregnancy
6. Children or Minors under 18

Day 1:

For your first day you'll ease your way into your fast. Only consume what is on this list. No food.

Today we will drink

2 liters of water because we are also consuming 32 oz of bone broth. You may consume the 2 liters of spring water throughout the entire day. Divide your day into two parts to make it easy. Make sure that you drink 1 liter every 8 hours

1. In the morning upon waking, take 1 scoop of Perfect Amino's with Electrolytes
in 8 oz of spring water

2. Consume 1 liter of water every 8 hours. (You can spread this throughout the day)

3. At noon consume 1 bowl of bone broth (16.9 oz)

4. At 6:00pm consume 1 bowl of bone broth (16.9 oz)

3 DAY WATER FAST PROTOCOL

Day 2:

Today you will consume 3 liters of spring water only.

1) In the morning when you wake up consume your first 8oz glass of spring water

2) Your day will consist of three 5-6 hour portions. Drink 1 liter of spring water every 5-6 hours. Consume 3 liters over the course of the day between waking and going to bed.

DAY 3:

Repeat day 2

DAY 4:

Congrats! You made it. Ease back into your regular meal plan with soft foods like bone broth, protein smoothie, coconut yogurt, and soups in the morning. Resume to your normal meal plan in the afternoon.



BENEFITS OF WATER FASTING

Promotes Autophagy: Fasting triggers a process called autophagy, where the body removes and recycles old or damaged cells. This process may help improve cellular health, repair DNA, and support longevity.

Enhances Insulin Sensitivity: Fasting can improve insulin sensitivity, which may help regulate blood sugar levels and reduce the risk of insulin resistance and type 2 diabetes.

Supports Weight Loss: Fasting promotes fat burning and can lead to weight loss, particularly during longer fasts like a 3-day water fast. However, it's essential to maintain a healthy diet and lifestyle after the fast to prevent weight regain.

Reduces Inflammation: Fasting may help reduce inflammation in the body, which is associated with various chronic diseases, including heart disease, arthritis, and autoimmune conditions.

Boosts Brain Health: Fasting has been shown to stimulate the production of brain-derived neurotrophic factor (BDNF), a protein that supports brain health, cognitive function, and mood regulation.

Improves Digestive Health: Giving the digestive system a break from food intake during a water fast can help promote gut rest and may improve digestive health by reducing inflammation and promoting the growth of beneficial gut bacteria.

Enhances Detoxification: Fasting allows the body to focus on detoxification and elimination processes, helping to remove toxins and waste products from the body.

Promotes Spiritual and Mental Clarity: Fasting has been used for centuries in various spiritual and religious traditions as a way to promote mental clarity, focus, and spiritual connection.

Supports Immune Function: Some research suggests that fasting may have immune-boosting effects by promoting the regeneration of immune cells and reducing inflammation.

May Extend Lifespan: Studies in animals have shown that fasting can extend lifespan and improve overall healthspan by reducing the risk of age-related diseases and promoting cellular repair and regeneration.

DISCLAIMER

It's important to note that while a 3-day water fast can offer potential health benefits, it may not be suitable for everyone, especially those with certain medical conditions or nutritional deficiencies.

It's essential to consult with a healthcare professional before attempting a water fast, particularly if you have any underlying health concerns or are taking medications. Additionally, it's crucial to listen to your body during the fast and break the fast gently with nutritious foods afterward.

Conditions that may be negatively affected by water fasting:

Although a water fast is relatively short, there are a few conditions that may be aggravated by water fasting.

People with the following medical conditions should not water fast without first seeking advice from a healthcare professional:

- **Gout:** Water fasting may increase uric acid production, a risk factor for gout attacks.
- **Eating disorders:** There is evidence that fasting may encourage eating disorders and eating behaviors for some people.