

Your In-Depth Guide to a 3-Day Fast:

A Workbook for Reset and Renewal

Welcome to your gentle guide for undertaking a 3-day water fast. This workbook is designed to support your journey of reset and renewal, offering a structured approach to this profound act of self-care. Through conscious fasting, you are giving yourself the invaluable gifts of time and health.

Fasting, as outlined in this guide, is not about punishment or deprivation. Instead, it's a practice that encourages you to strip back life to its essentials, fostering an environment in which your consciousness can expand and your body can re-establish its natural balance.

Purpose and Goals of the Fast

This guided fast is grounded in a holistic approach to well-being, with three main objectives:

- **To Achieve Balance:** In a world driven by abundance, fasting serves as a natural and necessary counterpoint to daily nourishment. It provides an opportunity to restore balance within your system.
- **To Enhance Consciousness:** The fasting journey is a chance for your conscious mind to lead, overriding bodily cravings. This not only supports spiritual growth but also reinforces the principle that your conscious choices shape your material reality.
- **To Promote Health:** The benefits of fasting extend beyond philosophy. More than 300 scientific studies underline the positive impact fasting has on health and well-being.

Mindset for Success

The key to a rewarding fast is a mindset of conscious, voluntary choice. By approaching fasting as a positive action you are choosing for your own benefit, you transform the experience from one of potential stress into a process of empowerment and self-respect.

What Is a 3-Day Water Fast?

A short-term water fast is a simple yet powerful practice: it is the conscious act of abstaining from all food and consuming only high-quality water for a set period. It is a controlled, intentional process undertaken for health and clarity, not an emergency situation.

It's essential to understand the difference between this therapeutic practice and the state of starvation.

Fasting is the voluntary, controlled process of abstaining from food for a specific duration to achieve a health or spiritual benefit. It is a conscious choice made from a place of empowerment.

Starvation on the other hand is an involuntary, life-threatening situation where the body is deprived of necessary nutrients for a prolonged, uncontrolled period. It is a state of severe deficiency and distress.

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Because it fits, some of the benefits and processes upfront:

During a fast, your body intelligently shifts its energy source to old fat storages and most importantly to old, damaged body cells.

This process, known as Autophagy (from the Greek for "self-eating"), was detailed by the Nobel laureate and cell biologist Yoshinori Ohsumi. Autophagy is your body's internal recycling program. When new food energy isn't available, the body begins to break down and reuse its own old and damaged components. It starts with unnecessary proteins from "poorly repaired construction sites," like scar tissue, and then shifts to burning its own fat reserves for fuel.

This cellular "housekeeping" is why even a short fast can be a potent tool for renewal. According to Professor Valter Longo, just four days of fasting can regenerate approximately 40% of the immune system, illustrating the body's remarkable capacity for self-healing.

Now that you understand the "what" and "why" of fasting, let's move on to the practical steps of preparing your body and mind for this experience.

Who shouldn't go for a water fast

To make sure that you should be fasting, always consider contacting a doctor first. Here are some examples of people, who should not fast or at least get a doctors opinion first:

- People who are very overweight
- People with diagnosed depression
- People with type 1 or 2 diabetes mellitus or hepatitis
- People who have recently recovered from a serious illness
- People with duodenal or stomach ulcers
- Pregnant and lactating women
- People with certain heart, liver or kidney diseases
- People with Cancer
- Children
- Individuals with eating disorders
- People with an overactive thyroid
- People with addictions

Women in their premenstrual phase should avoid fasting too. Also the first days of the period are not a good time for a fast.

These times are marked by lower energy, higher stress/cortisol sensitivity, and increased nutritional needs, making fasting more likely to cause hormonal imbalances, mood swings, and fatigue.

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Setting Your Intention

Welcome yourself to this journey of reset and renewal. Going for a fasting process is a profound act of self-care, a gift of time and health that you are giving to yourself. This practice is not about punishment or deprivation; rather, its purpose is to bring focus to life's essentials, allowing your consciousness to expand and your body to find its natural equilibrium.

The primary goals of this guided fast are rooted in a holistic understanding of well-being

The ideal mindset for this experience is one of conscious, voluntary choice. When you approach this fast as something you are consciously choosing to do for yourself, the experience transforms from a stressful situation into one of empowerment and deep self-respect.

Let's now explore what this specific practice entails and how it can support your journey toward renewal.

The Preparation Phase (3–7 Days Before Your Fast)

Think of the week leading up to your fast as a gentle "Detox Week." The goal is to ease your body and mind into the experience, making the transition as smooth and comfortable as possible.

Here are the most important steps to prepare your body:

1. **Gradually Reduce Stimulants and Heavy Foods:** In the days before your fast, begin to slowly decrease your intake of caffeine, sugar, alcohol, nicotine, gluten, milk, and meat. This gradual reduction prevents a shock to your system and makes the entry into the fast much easier.
2. **Connect with the Water Element:** Begin increasing your water intake before the fast starts. The ideal water comes from an artesian (ripe) source, is bottled in glass, and is consumed at a rate of two to four litres per day. Remember to drink plenty of water, even before you feel thirsty.
3. **Choose Your Last Meal Wisely:** To solidify your conscious decision, consider the symbolic ritual of eating a "last apple." The apple represents change and transformation. As you eat it, hold the intention that for your chosen period, you will abstain from food, consciously giving your body this time to rest and heal.

Your Fasting Toolkit

Gathering a few key items will make your journey smoother and more comfortable. If you have significant dependencies on things like caffeine, sugar, or nicotine, consider a preparatory "detox week" of short-term fasting to gently wean your body off them before you begin your full fast.

What You'll Need:

- **High-quality water:** Choose water from an artesian source, preferably in glass bottles. The quality of your water is paramount.
- **Herbal teas:** Select your favorite herbal teas. Ginger and fennel are excellent choices as they provide a sense of warmth.

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• **Umeboshi (chinese apricots/ prunes):** It is helpful to have these on hand, as they are primarily used to support the cleansing of your colon. If you cannot find it, you can also use other methods like a colon irrigator.

Preparing Your Mind and Space

Preparing your inner and outer environment is just as crucial as preparing your body.

Make a clear, firm decision to complete this fast. This inner commitment helps you overcome the “old self” - that part of us that clings to old habits and resists change. A firm decision eliminates the need for "emergency reserves" of willpower. To support this, consider gifting away any tempting foods in your home to create a clear and supportive space.

If you are a smoker, you can use the "ritual cigarette" technique to mindfully break the habit. Find a quiet place, light the cigarette, and focus your entire attention on the act of smoking. Extinguish the cigarette immediately if you notice you are thinking of something else. This ritual of intense focus often reveals that the act itself is not as enjoyable as the habit suggests, making it easier to let go.

With your body, mind, and space prepared, you are ready to begin the fast itself.

4. The Fasting Journey: Day by Day

Day 1: The Beginning

The first day is often a day of amazement. The primary experience is the simple, yet profound, realization that you can, in fact, be without food. Your body is beginning its transition, and your mind is observing this new state of being. Your digestive system gets a much-needed rest, which frees up a significant amount of energy for your body to begin its cleanup and healing processes.

Your body is now starting to shift its metabolic processes. It's common to experience feelings of dizziness upon standing as your system adjusts. This is a normal part of the initial transition.

Gentle Guidance for Day 1

- **Hydration:** Drink plenty of high-quality water throughout the day. Remember the key is to drink before you feel thirsty to stay ahead of dehydration.
- **Mindful Movement:** Engage in light exercises like Yoga or Qigong. This gentle movement signals to your body that your muscles are still needed, encouraging it to burn fat for energy instead of breaking down valuable protein.
Avoid strenuous exercise. A gentle walk is perfect, especially in a forest. This practice, known as "forest bathing," allows you to breathe in fresh, clean air and connect with nature.
- Remember that rest is essential. Allow your body the downtime it needs. Starting your day with a morning meditation can set a calm and centred tone.

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- Ritualize Daily Actions: Turn a simple action like standing up into a conscious ritual. As you rise out of bed, take a moment to reflect on the feeling of "coming to your own feet" and what it means to stand on your own.
- Start your day with a Morning Meditation, which you can find [here](#).
This practice helps to set a secure, positive, and intentional frame for the day ahead.

Cleansing the colon

It's a good time for a gentle colon cleansing too.

A gentle way to release the "ballast" we still carry is the Umeboshi Prune known from TCM. Eat one of them first to check the effects and maybe add another one on day 2 if there is no defecation.

Another option is the use the colon irrigator.

Colon irrigation is **not required** for fasting and is **not suitable for everyone**.

For many people, fasting alone naturally supports bowel rest and elimination without additional interventions.

Colon irrigation is **not recommended** for individuals who:

- are pregnant or breastfeeding
- have a history of eating disorders
- suffer from inflammatory bowel disease (Crohn's, ulcerative colitis)
- have hemorrhoids, fissures, diverticulitis, or recent bowel surgery
- have kidney disease, heart conditions, or electrolyte imbalances

If unsure, **consult a healthcare professional first**.

A step-by-step, at-home procedural instructions (volumes, insertion, pressure, technique) would not be responsible or legally safe for me to give at this point, so if you're interested please do your own research, at best with a doctor.

Day 2: Deepening the Process

On the second day, the body's internal cleaning processes begin to intensify. You are moving deeper into the state of renewal. Your body is now making a significant metabolic shift.

Autophagy is now more active. Your body is actively seeking out and breaking down old cellular material, such as proteins in scar tissue. Many people experience a noticeable increase in energy around this time. This happens for two reasons: a significant amount of energy is freed up from the work of digestion, and the body begins to release HGH (Human Growth Hormone), which contributes to vitality.

Gentle Guidance for Day 2

* Connect with the Air & Earth Elements: If possible, spend time in a forest. This practice of forest bathing connects you to the Air Element as you breathe fresh air and beneficial terpenes

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released by the trees. To connect with the Earth Element, try to walk barefoot on natural ground—earth, grass, or stone. This direct contact allows your body to absorb electrons, which act like powerful antioxidants.

* Connect with the Fire Element: If possible, spend about 30 minutes in the sun to connect with the Fire Element. This allows your skin to synthesize vital Vitamin D and absorb the sun's energy, which supports a balanced mood and the production of the feel-good hormone serotonin.

* Embrace Rest: A midday nap is highly encouraged. It is incredibly beneficial for your liver, your primary organ of detoxification, and can significantly reduce overall health risks.

* Address Dizziness: If you feel dizzy when you stand up, here is a practical and effective technique: firmly tense your gluteal (buttocks) muscles. This muscular contraction acts as a pump, helping to push blood from your lower body back up to your head.

Day 3: Clarity and Cleansing

Congratulations on reaching the third day. This is often a time when mental clarity sharpens and a deep emotional cleansing can occur. It's possible to still feel some weakness or have circulatory issues, which can be more common for women. The body may be calling your attention to the "female archetype" (Anima)—the part of you that governs intuition, rest, self-care, and receptivity. Honor this call for gentleness.

It is not uncommon for emotions to surface during this phase. Feelings of weakness or dizziness can be interpreted on a soul-level.

Gentle Guidance for Day 3

The Liver Wrap: This is a powerful self-care practice to support your body's main detoxification organ. It connects the healing power of the Fire Element (warmth) to a core organ.

1. Fill a hot water bottle with hot (not boiling) water, letting the air out before sealing it.
2. Pour a little of the remaining hot water over a small towel or washcloth.
3. Wrap the damp, hot towel around the hot water bottle.
4. Lie down comfortably and place the wrapped bottle on your right upper abdomen, near your rib cage.
5. Wrap a large, dry towel firmly around your entire upper abdomen to hold it in place.
6. Cover yourself with a cozy blanket and rest for 20-30 minutes. This is a perfect time for a meditation or a nap.

* Allowing Emotions: The liver is connected to stored emotions, especially sadness. It is very common for feelings of melancholy or even tears to arise after a liver wrap. If this happens, know that it is a normal and highly beneficial part of the cleansing process, connecting you to the flowing nature of the Water Element. On the soul-image level, the liver's task is to help us find our purpose in life. Allowing these feelings to flow freely is a deep purification of both body and soul, clearing the way for greater clarity about your path.

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As you complete this final day, you are ready to transition from the experience of fasting to the crucial phase of reintroducing food. Begin to think about how you will break your fast. This is a critical moment. The way you reintroduce food sets the course for your future eating habits. This is your opportunity to establish a new, healthier baseline.

Emotional & Psychological Aspects of Fasting

Fasting is a journey that involves the body, mind, and soul. It's important to understand that every "physical knot" often has a corresponding "emotional knot." When we address only the physical aspect—for example, through a diet—without resolving the underlying emotional pattern, the physical issue often returns. The well-known Jojo effect after weight loss is a perfect example of this.

During a fast, with less external input from food, your body and mind have the space and energy to process old, stored issues. Think of it this way: in daily life, we often keep stuffing trash into an overflowing bin and try to cover the smell with perfume. During a fast, you stop stuffing the bin, and what's inside finally has a chance to be taken out and dealt with.

When moments of discomfort or weakness arise, the key is to be especially loving with yourself. Frame symptoms like dizziness not as failures, but as messages from your body about deeper needs. Your body might be asking you to integrate more archetypally "female energy"—rest, intuition, and self-care—into your daily life.

Your Inner Doctor vs. Your Inner Saboteur

Throughout this process, you will become more aware of two distinct inner voices:

- The Inner Doctor: This is your intuitive voice of wisdom. It knows what is truly best for your health and well-being. It is the voice of your body's innate intelligence.
- The Inner Saboteur: This is the "old self," the voice of old, ingrained habits. It resists change, prefers the familiar, and will offer you plenty of excuses to quit.

Your practice is to learn to distinguish between the two. The inner doctor's guidance feels true and supportive, while the inner saboteur's voice often stems from old habits and resistance.

Understanding these internal dynamics is key to navigating the fast with wisdom and moving toward the practical considerations of safety.

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Fasting Stages and what goes on in your body

Here you'll find a more detailed description of the processes happening while we are in the process of the fast.

Stage 1 Fasting (8-12 Hours): Stable Blood Sugar

Fasting begins about eight hours after your last meal, and during this stage, your blood sugar levels undergo changes. Initially, you may experience symptoms like hunger, fatigue, food cravings, and difficulty concentrating. However, if you push through this initial phase, these symptoms will quickly subside. At around the 12-hour mark, your body starts tapping into glycogen stores and stabilizes blood glucose levels. Additionally, you begin transitioning into the early stages of ketosis, where your body burns fat stores for energy instead of relying on carbohydrates.

Stage 2 Fasting (12-18 Hours): Ketosis, Fat Burning, and Mental Clarity

After fasting for 16 to 18 hours, your body should be in full ketosis. This stage offers several benefits, including appetite suppression, making fasting easier as time goes on. It becomes an ideal phase for weight loss, as your body efficiently burns fat and reduces the hormone ghrelin, which triggers food cravings. Moreover, you'll experience mental clarity and improved mood as brain-derived neurotrophic factor (BDNF) increases, supporting brain health.

Stage 3 Fasting (24 Hours): Autophagy and Anti-Aging

Once you reach the 24-hour fasting mark, your body enters repair mode, initiating autophagy—a process where cells recycle damaged components and improve efficiency. Autophagy has been associated with various benefits, such as clearing out harmful proteins linked to Alzheimer's disease, combating age-related decline, and potentially aiding in the elimination of cancer cells. Additionally, fasting during this stage reduces bodywide inflammation, contributing to overall well-being.

Stage 4 Fasting (36-48 Hours): Growth Hormone and Recovery

As you progress into longer fasting periods, around 36 to 48 hours, your growth hormone levels start to shift. This leads to increased muscle growth and faster muscle repair, making fasting surprisingly beneficial for maintaining and building muscle mass.

Stage 5 Fasting (72+ Hours): Stem Cells and Immune Function

The final fasting stage occurs after a full three days without food. A 72-hour fast triggers the production of stem cells, revitalizing the immune system. Studies have shown that fasting during chemotherapy can help protect the immune system in cancer patients.

Safety & Listening to Your Body

The most important safety tool you possess during this fast is your own self-responsibility and the ability to listen deeply to your body's signals. Your body is intelligent; your role is to respond to its messages with kindness and awareness, not with fear or resistance.

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When to Be Gentle

The following sensations are common, normal parts of the fasting process. They do not require you to stop, but rather to respond with compassionate attention.

- **Dizziness or Weakness:** This is your body's clear signal for more rest. Lie or sit down, rise very slowly, and interpret this as a call for more profound self-care.
- **Emotional Waves:** The surfacing of sadness, frustration, or other emotions is a positive sign of deep emotional and psychological cleansing.
- **Fasting "Crises":** Sometimes, you may experience a temporary worsening of old symptoms. This is often a critical part of the healing process, indicating that your body is actively clearing out deep-seated issues. It is best not to break the fast immediately during a crisis, but to rest and allow the purification process to complete itself.

The core message is to trust your body. It knows exactly what it is doing. Your job is to support it with rest, water, and a compassionate mindset. This same principle of mindful safety applies as you prepare to reintroduce food.

Breaking the Fast: A Critical Step

Be aware that the rebuilding phase, or "Aufbau," is often more challenging than the fast itself. This is a critical opportunity to set a new, healthier direction for your well-being. How you break your fast can determine the long-term benefits you receive.

The most uncomplicated approach is to adopt "Peace Food," a philosophy that goes beyond a simple diet to create peace on multiple levels:

1. **Peace with your Body:** By strengthening the immune system and reducing your body's inflammatory load with a plant-based, whole-food diet.
2. **Peace with the Animal World:** By ending complicity in the suffering of animals in mass production.
3. **Peace with the Environment:** By drastically reducing your ecological footprint, as animal agriculture is a leading cause of environmental damage.

Here is a clear guide for the first 24-48 hours:

1. **Start with Raw and Light Foods:** Your very first meal should be something gentle and easily digestible. Choose raw, light-rich fruits or vegetables that you can either make liquid (like a smoothie) or chew into a complete mush. Soups can be the perfect option here too.
2. **Chew Thoroughly:** This is paramount. Your digestive system is reawakening, and you must support it by chewing every single bite extremely well. Digestion begins in the mouth.

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3. Avoid heavy salting (Day 1): Do not add too much salt to your food on the first day of re-feeding. This is crucial for preventing water retention. You can reintroduce it very slowly over the next few days.

4. Listen to Satiety Cues: You will feel full on much smaller quantities of food than you are used to. Honor these signals immediately. Do not overeat.

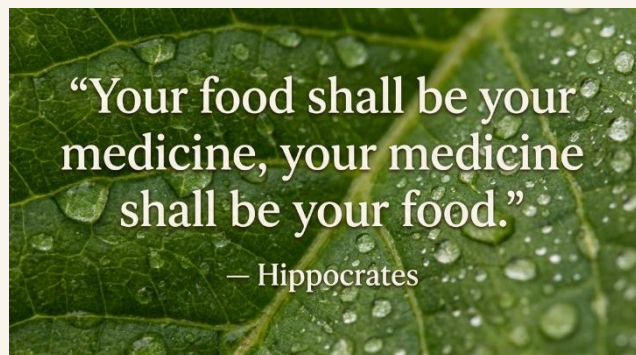
5. Gradually Increase Volume: After two to three days of this gentle reintroduction, you can begin to eat more normally, slowly increasing the quantity of food at each meal.

The long-term benefits of this dietary approach are profound. Studies like Caldwell Esselstyn's ("Forks Over Knives") have shown that a whole-food, plant-based diet can reverse severe heart disease. Similarly, Dr. Dale Bredesen's research has demonstrated that this approach can heal Alzheimer's disease. This is not just a diet; it's a proven path to lasting health.

It's all about not returning to old unsupportive habits.

Use this opportunity as a way to establish a healthier lifestyle – in tune with your body's needs.

Now that you have safely broken your fast, let's explore how to integrate the lessons and clarity you've gained into your everyday life.



Integration & Aftercare

The mental and physical clarity you gain from fasting offers a unique window of opportunity to reset habits and create a more conscious way of living.

Turning Routines into Rituals

Our brains develop routines to save energy, which is why we can drive a car or brush our teeth without much thought. While efficient, this can lead to a lack of presence, passion, and vitality in our lives. A powerful way to integrate your fasting experience is to consciously break old, unconscious habits and replace them with meaningful rituals. By turning everyday actions into moments of presence and intention, you bring more liveliness and joy back into your life.

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Supporting Digestion Long-Term

A healthy gut microbiome is the foundation of long-term health. To support the trillions of beneficial organisms in your gut, it is best to continue with a plant-based, whole-food diet rich in fiber. For additional support, you can consider supplementing with pro/prebiotic fiber capsules in the first week after the fast.

To help you reflect on and integrate your journey, consider these questions:

What did this experience teach me about my body's intelligence?
Which habits no longer serve me?
What new, supportive rituals can I create?
How can I carry this sense of clarity and self-awareness into my daily life?

This period of integration is about carrying the wisdom of the fast forward. To conclude, let's review the core mindsets that will support you now and in any future practice.

Core Mindset Reminders

As you move forward, keep these essential principles at heart. They are the foundation of a successful, compassionate, and transformative fasting journey.

- * A Gift, Not a Performance: Fasting is a gift of health and time you give to yourself. It is not a test of willpower or an achievement to be perfected.
- * Consciousness is Key: Remember that your conscious intention is the guiding force. This is an opportunity for your consciousness to lead your body, not for your body's cravings to lead you.
- * Trust Your Body's Wisdom: Your body is profoundly intelligent. Listen to its signals, trust your "inner doctor," and respond with care.
- * Embrace the Cleansing: Understand that challenging moments or "crises"—be they physical or emotional—are often a powerful sign of deep healing and purification.
- * Self-Compassion is Essential: Be especially loving and kind to yourself throughout this entire process, particularly when you feel vulnerable, weak, or emotional.

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Disclaimer!

This workbook is intended for educational and informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Please consult with a qualified healthcare provider before beginning this or any other fasting program, especially if you have pre-existing health conditions or are taking medication. Your health and safety are of the utmost importance.