

Who Should NOT Fast?

Any type of fasting, whether juice fasting or water fasting, is contraindicated for children under 18 (because they're still forming bone and teeth); pregnant and nursing mothers (since their own detoxification would toxify their child, through their umbilicus or milk); insulin-dependent Type I diabetics (Type 2 diabetics may do our *Waiver Program*; those with laboratory tests revealing significant liver (eg., cirrhosis) or kidney disease (including renal failure patients--those who've been hospitalized with kidney failure and placed on dialysis, even if not currently on it); alcoholics (advanced stage), and those with hyperthyroidism and advanced thyroid malfunctions.

Likewise, fasting is contraindicated for those suffering irreversible diseases such as AIDS (advanced stage), tuberculosis, and other infectious diseases which must be reported such as advanced SARS and H5N1 Avian influenza or other lethal bird flus; extensive carcinomas and metastatic cancers (when fasting would contribute to their malnourished state, perhaps resulting in an earlier death); atrial fibrillation; cardiovascular diseases such as advanced old age, marked vascular diseases with poor circulation to various parts of the body (eg., smoker's leg), and cerebral degeneration due to arteriosclerosis (a.k.a. organic brain syndrome) or Alzheimer's disease; serious cardiac diseases including heart failure, severe cardiac rhythm disturbances, post-myocardial infarction, and severe cardiomyopathy and valvular heart defects.

Additionally, fasting is contraindicated for those who are severely weak and debilitated, or with diseases caused by undernourishment or malnutrition, severe anemia and porphyria (a hereditary defect of blood pigment metabolism); bleeding disorders of the stomach and intestines; FSGS (familial focal segmental glomerulosclerosis); psychiatric disorders including severe manic-depressive illness (a.k.a bipolar disorder) and/or taking Lithium, schizophrenia, severe neuroses, severe anorexia nervosa or severe bulimia, and finally, those with insufficient understanding of the fasting process leading to their perceived inability to do without solid food for a prolonged period (despite countless hundreds of millions having done so before us).

Similarly, those taking anti-convulsant or anti-epileptic drugs to control grand mal, psychomotor, myoclonic, and focal seizures, nor people on diuretics, or drugs for congestive heart failure.

Fasting from things other than food

Anything you can temporarily give up in order to better focus on God can be considered a fast ([1 Corinthians 7:1-5](#)). Fasting should be limited to a set time, especially when the fasting is from food.

Here are some examples:

Social Media

Chocolate or other indulgent foods

TV

Video Games

Cell phone

Negativity/Gossip

Anything that is super important in your life, but does not necessarily bring you closer to God, can be eliminated. The goal is to immerse yourself into prayer and allow yourself to get closer to God while eliminating things that may distract you or may be unhealthy.

Daniel Fast Juicing is a great way to take in a variety of Daniel Fast friendly foods that will nourish your body. Although water is the main beverage while on the Daniel Fast, you can have freshly extracted fruit and/or vegetable juice in place of a meal or as a meal supplement.

The benefits of juicing are incredible because it's pre-digested food and it goes right into your bloodstream and into assisting your cells almost immediately so your body literally sucks up all the nutrition like a gigantic sponge.

One idea to kick off your Daniel Fast is to do a three-day juice fast.

Tips on Juice Fasting

- Drinking fruit juice will decrease your hunger pains and give you some natural sugar energy. The taste and lift will motivate and strengthen you to continue.
- The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy a warm vegetable broth.
- Mix acidic juices (orange and tomato) with water for your stomach's sake.

Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive action in your stomach