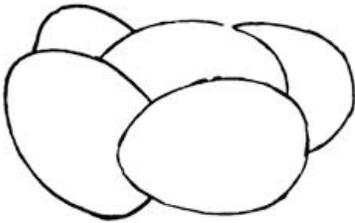


A Traditional Day-Fast

The day-fast, well known in both Jewish and Muslim traditions, means that you eat breakfast before dawn, then eat nothing all day, drink nothing but water, and finally eat supper after dark.

During Lent, the days are still short enough so that it isn't so difficult (as compared with June or July!) One note of caution: Eating a huge breakfast to "carry you through" is probably not a good idea. You may just be all the hungrier by one or two o'clock. It is a good idea to include a fair amount of protein that morning, such as eggs or cheese.



General Instructions on Fasting

1. Do not fast if you have any kind of serious medical condition — especially diabetes — without conferring with your doctor.
2. A very good brand of broth to try is Knorr's. It comes in a little box of dry cubes, mixes well with hot water in a cup, is comparatively low in sodium, and tastes very rich. The vegetable broth is surprisingly good. Available at many grocery stores.
3. It is important and helpful to use a devotional guide during the week. One of the points of fasting is to "make more room for God." Fasting helps focus the mind on the ultimate goal, which is to gain control of that which we have in the past considered uncontrollable so that prayer and meditation become more important during the week.

Two Kinds of Fasts

There are two kinds of fasts. The day-fast (see above) is the older one, but some people find the juice-and-broth fast more appealing.

Monday (the entry day)	Tuesday	Wednesday	Thursday	Friday (the exit day)
Drink lots of liquids.	Drink lots of liquids, including water, coffee or tea, and fruit juices.	Drink lots of liquids, including water, coffee or tea, and fruit juices.	Drink lots of liquids, including water, coffee or tea, and fruit juices.	Drink lots of liquids.
Eat soup, cottage cheese, fruit, baked potatoes.	Eat beef broth, chicken broth, and vegetable broth.	Eat beef broth, chicken broth, and vegetable broth.	Eat beef broth, chicken broth, and vegetable broth.	Eat soup, cottage cheese, fruit, baked potatoes.
Eat light, not heavy. Don't try to "store up" for the fast. It actually makes things worse.				Eat light, not heavy. Don't try to "recover" from the fast. It actually makes things worse.

A Simple 3-Day Juice & Broth Fast