

THE FASTING QUICK-START GUIDE

Your Science-Based Path to Safe,
Effective Fasting

Author: Mario J. Rejouis

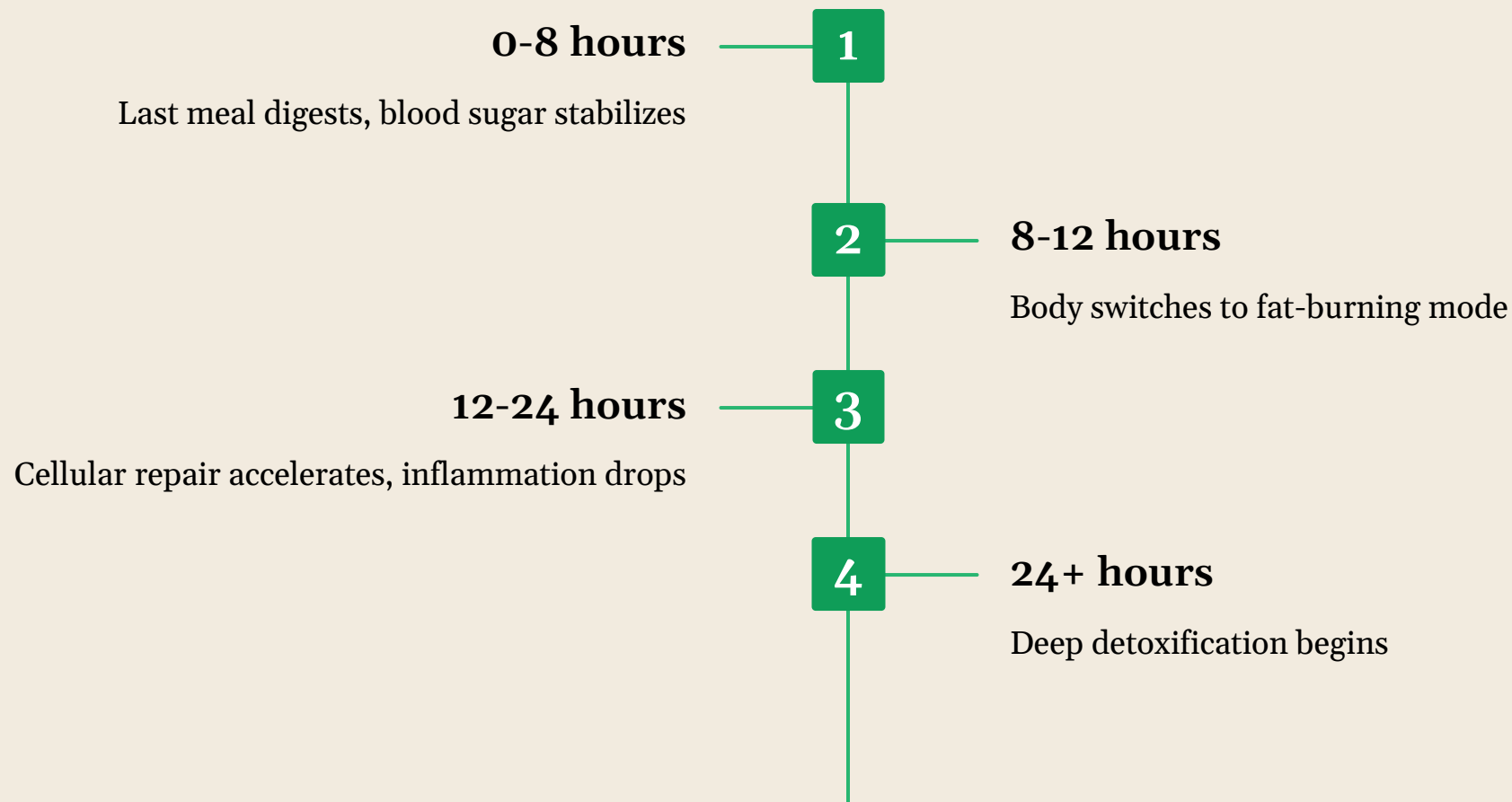
Biochemist and Biomedical-Chemical Engineer

*Transform your health through nature's most powerful
healing tool.*



What Really Happens When You Fast

When you pause eating, your body initiates a remarkable cleansing process. Within hours, digestion rests and your cells begin clearing stored waste through autophagy.



What to Expect: Many feel amazing initially, then experience a "healing crisis" as toxins mobilize (headaches, fatigue). This is temporary and signals deep cleansing. Your kidneys filter cellular waste—darker, sediment-rich urine proves detoxification is working.

⊗ ⚠ **Safety First:** Stop immediately if you experience chest pain, severe dizziness, or irregular heartbeat.

Choose Your Perfect Fasting Schedule

Start where you are. Progress at your pace.

Foundation Levels:

12:12 Window

(8am-8pm eating): Perfect for beginners

14:10 Window

(9am-7pm eating): Easy progression

16:8 Window

(12pm-8pm eating): The sweet spot for most

Advanced Levels:

OMAD

(One Meal A Day): 23-hour daily fast

24-Hour Fast

Dinner to dinner, weekly

Extended Fasts

3-5 days quarterly

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Your First 24 Hours: Navigation Guide



Hour 0-8: The Transition

- Finishing digestion, blood sugar stabilizing
- Hunger waves last 15-20 minutes (always pass)
- Stay busy, sip water



Hour 8-12: The Shift

- Body preparing stored fuel
- Lighter belly, clearer mind
- Energy may temporarily dip



Hour 12-24: The Breakthrough

- True fasting activated
- Mental clarity improves
- Walk gently, hydrate consistently
- If shaky: break fast with vegetable broth

Key Insight: Hunger is not an emergency. It's a wave. Ride it out.

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Hydration & Fasting Drinks

Core Protocol:

Minimum

1 oz water per 2 lbs body weight

Optimal

1-3 gallons daily

Method

Sip steadily throughout

Approved Beverages:

1

Water:

Plain, distilled, or spring

2

Enhanced Water:

Fresh lemon + pink salt

3

Diluted Options:

Vegetable juice (3:1 water ratio)

4



Stimulants:

Black coffee, green tea (nothing added)



Progressive Hydration:

Days 1-3:
Distilled

Days 4-5:
Spring

Days 6-7:
Add trace
minerals

Herbal Support System

Rotate these allies. Never depend on one.

Detox & Cleansing:

- Red Clover
- Burdock Root
- Dandelion
- Pau D'Arco
- Milk Thistle

Appetite Control:

- Chickweed
- Gymnema
- Sylvestre
- Bitter Melon

Calm & Sleep:



- Chamomile
- Passionflower
- Valerian
- Kava

Kidney Support (3 days max):

- Juniper Berry
- Uva Ursi
- Gravel Root

Protocol:

- Use 6 days, rest 1.
- Rotate weekly.
- Check medication interactions.



Transform Faster With Expert Guidance

You've learned the fundamentals. But here's what we both know: Generic advice fails 73% of people.

Your body has a unique history. Your lifestyle has specific demands. Your goals require a custom approach.

Two Paths to Success:

ESSENTIAL - \$500

- ✓ Custom fasting protocol
- ✓ Personalized guide
- ✓ Safe refeeding strategies
- ✓ **Common challenges & solutions**
- ✓ **Email support**

Concierge - \$2000

- ✓ Everything in Foundation Reset
- ✓ Weekly coaching calls (45 min)
- ✓ Protocol Adjustments
- ✓ Personalized meal planning
- ✓ **Troubleshooting together**

Both delivered in 72 hours.

[Design My Protocol →](#)

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Breaking Your Fast - Critical

First Rule: Your break-fast meal should eliminate, not nourish.

1

Short Fasts (Under 24h)

- Warm lemon water
- Water-rich fruits
- Light cucumber salad

2

Medium Fasts (24-72h)

- Day 1: Diluted juice → steamed vegetables
- Day 2: Raw vegetables → cooked vegetables

3

Extended Fasts (3+ days)

- Hour 1: 4 oz diluted juice
- Hour 3: 8 oz vegetable broth
- Hour 6: Small steamed vegetables
- Next day: Gradual increases



Critical: No bowel movement within 24 hours = seek medical attention.

Your 30-Day Transformation

Week 1: Foundation

- Days 1-3: 12:12 window
- Days 4-7: 14:10 window
- Master hunger waves

Week 2: Momentum

- 16:8 most days
- Add electrolytes
- Optional 20-hour fast

Week 3: Breakthrough

- Daily 16:8
- Optional 24-hour fast
- Implement food combining

Week 4: Mastery

- Find your rhythm
- Trust your signals
- Celebrate progress

Troubleshooting Toolkit

Morning Hunger

→ 16 oz water + pink salt + 5-minute walk

3pm Crash

→ Electrolytes + 10 deep breaths + power nap

Can't Sleep

→ Stop eating 3 hours before bed + magnesium

Constipation

→ More water + movement + magnesium citrate

Headaches

→ Extra hydration + salt + peppermint oil

Weakness

→ Toxins circulating. Consider: enema, activated charcoal, or break fast



Never Fast If:

Pregnant • Breastfeeding • Underweight • Eating disorder history • Type 1 diabetes • Without medical supervision if on medications

The difference between those who transform and those who struggle isn't willpower. It's having the right tools and support.

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