

Types of Fast



Complete Fast

In this fast, you drink only liquids, typically water, with light juices as an option.

Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast

This fast is sometimes called the "Jewish fast" and involves abstaining from eating any food in the morning and afternoon. This can correlate to specific times of the day, such as 6:00 am to 3:00 pm or from sunup to sundown.

Juice Fasting

In this fast, many people notice that drinking fruit juice will decrease their hunger pains and give them natural sugar energy. The taste and lift will motivate and strengthen you to continue. The best juices are 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. Avoid chewing gum or mints, even if your breath is terrible. They stimulate digestive action in your stomach.

Soul Fasting

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or streaming services for the fast and then carefully bring that element back into your life in healthy doses after the fast.