



# 24 HOURS FASTING

*The Beginner's Guide Towards  
Fascinating Result.*

BY MARCEY!

[Lookbeyondbeauty.com](http://Lookbeyondbeauty.com)

## The beginners guide towards fascinating result.

Welcome to 23 hours fasting program. The best way to learn is to practice it. Today, we will practice 23 hours of fasting together. But why should we do it? What are the alternatives to it? And what is best for you? There are many more questions like these in your mind. Today, I hope to answer your mind questions. We will learn the art of fasting and experience its incredible benefits.

Digestion is a complex & monotonous process for the human body. Relief from it allows our systems to focus on other tasks to maintain better health. And fasting is an effective way to help our bodies do other things besides digestion. Fasting has been an old practice in many cultures and religions for centuries. However, the recent scientific proof of the incredible benefits of fasting has brought it to the spotlight.

After months of research, this course is prepared to help and guide beginners to fast for 24 hours. It starts with the top five benefits of 24 hours of fasting. Then it teaches the beginners to do it properly. Also, as a bonus, I add three of my favorite recipes. There is no doubt that you will be very excited to learn more. Let's get started.

## 24 Hours Fasting - Five Incredible Benefits

Many incredible and powerful benefits of 24 hours fasting have been discovered through scientific research. And there is no doubt that many more are yet to come. The more you study the positive impact of fasting, the more interested you become. However, the top 5 most fascinating benefits are:

1. It is a better way to lose weight and cholesterols,
2. Fasting has a fantastic influence increasing on growth hormone production,
3. Fasting is the natural anti-aging potion,
4. It resets the immunity system and strengthens it and
5. It makes us more productive.

There are many more mind-blowing benefits of fasting. Although it has been an ancient practice in many cultures and religions, the benefits of fasting recently drew the scientific community's attention. Let's quickly look at the scientific fact about the benefits of 24 hours fasting.

## A Better Way to Lose Weight.

A [study](#) published in Nutrition Review of OXFORD Academic Journal proves that 24 hours fast cycle for around three weeks can reduce the body weight by 3% to 9%. Another surprising fact reveals by this research is that 24 hours fast reduces cholesterols by up to 20%. If you want to give your dream of having a perfect body a chance, try it.

## Boosts Growth Hormone Production

Fasting and other lightweight exercises such as walking, weight lifting, shoulder stretching, etc., boost the growth hormone production regardless of age. The more we age, the less the growth hormone our bodies produce. And thus, we experience muscle loss and bone density reduction. The 24 hours of fasting can prevent it.

## It Helps You with Anti-Aging

The 24 hours of fasting is the true anti-aging potion. The natural anti-aging process called autophagy replaces damaged cells with healthier cells yielding youth. However, our eating habit suppresses autophagy and accelerates the aging process. The 24 hours of fasting push the body to consume damaged cells to produce energy. It opens the scope for autophagy to regenerate healthier cells faster. And thus, the aging process starts reversing itself, which is called true anti-aging.

## Strengthen the Immunity

During the 24 hours fasting period, the body naturally consumes damaged and unused cells as alternative energy sources. In this process, millions of damaged immune cells are destroyed, and new healthier immune cells are reproduced. As a result, the body's immunity system becomes much more vital.

## It Provides Enhanced Productivity

There are the natural characteristics of any mammal. A full and satisfied stomach reduces the alacrity instantly. When we fast for 24 hours, the body consumes existing glucose and burns the fat to supply energy. This process generates a chemical substance called ketone. The ketones improve the concentration level and boost productivity.

Who doesn't want a lightweight body with strong immunity and a natural anti-aging mechanism? It is everybody's dream, a heavenly wish. The 24 hours of fasting can fulfill this dream. Doesn't it worth the slight pain it costs to gain these incredible benefits? Well, we all know the answer. Let's help you with the procedure to fast for 24 hours.

## Different types of fasting

There are different types of intermittent fasting for different kinds of people. Every form of it is not suitable for everyone.

## The 16/8 Method

The 16/8 method prevents type 2 diabetes, improves the heart condition, and prevents some cancers. It also saves us from neurodegenerative diseases. A surprising fact discovered in the research published in '[Mechanisms of Ageing and Development](#)' proves that a 16/8 fasting plan improves life expectancy. And, of course, it comes with the benefits of weight and fat loss.

In the 16/8 intermittent fasting, we fast for 16 hours with an eating window of 8 hours daily. The best way to start it is after dinner means before you go to bed. And break the fast after the next day around noon. It is easier because you will spend 7 or 8 hours of sleep. It's like having a late breakfast or brunch while breaking the 16/8 fast.

Who is it for?

It is for the people trying to fight obesity-associated conditions. This is for you if you are looking for a suitable way to reduce weight and prevent type 2 diabetes.

And prevent type 2 diabetes, this is for you.

Health Benefits

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## The 5:2 Method

Another popular intermittent fasting method is the 5:2 plan. It is like the traditional diet plan but comes with exclusive health benefits. We take food the way we do five days a week in this Method. Method, we control the calorie limit for the rest of the two days.

Who is it for?

If you are looking for an intermittent fasting plan close to the traditional diet but more effective and straightforward, this 5:2 Method is a method.

Health Benefits

The most prominent benefit of the 5:2 fasting plan is reducing insulin resistance. Our food habits accelerate the insulin-resistivities nature of the body. It has been observed that 5:2 fasting practice reverses it. It also helps reduce inflammation easing the muscle pain caused by aging.

## The Eat-Stop-Eat Plan.

Perhaps something simpler will attract you more. There is a simple yet very effective type of intermittent fasting. That is the Eat-Stop-Eat plan. You will hear people calling it ESE simple straight, forward – fast for 24 hours once or twice a day. That's it!

Who is it for?

It is incredibly challenging even for veteran fasters. That means it is not for beginners. If you want to do it, don't jump right into it. Prepare your body to take this challenge gradually. And do it once you are ready.

Health benefits

[Research](#) shows that the Eat-Stop-Eat fast practice protects brain functionality and helps fight Alzheimer's disease. It decreases LDL cholesterol and triglycerides levels. Another [study](#) proves that this fasting practice is an effective way anti-aging factor. And of course, it comes with the expected benefits of any type of fasting, such as weight loss, fat loss, better immunity system, etc.

So, now you know the different types of intermittent fasting and their benefits. Confucius says knowledge without practice is useless. Practice without learning is dangerous." We've gained the knowledge; it is time to practice it. In the next 24 hours, we will practice the 23 hours of fasting together. Perhaps we are embarking on a journey to make it a lifetime habit. What you will take away today will guide you to fast weekly or monthly for the rest of your life. And will bring you incredible benefits. Let's start together.

## Detoxification and fasting.

Most of us take food loaded with white flour, refined sugar, artificial oils, genetically engineered proteins, chemical preservatives, and food with artificial colors. It causes our bodies to waste disposal ripe for the growth of bacteria, viruses, fungi, and cancer cells. These toxic wastes are stored primarily in the liver and fat cells. Removing them from our bodies is called detoxification.

So, how to do it? How do you detoxify the chemicals building up in your body, making you vulnerable to diseases? The most straightforward answer to this question is fasting. It is a great way to detoxify your body. When you fast, you give the organs involved in digestion a break. It gives them the scope to clean the toxins naturally. Surprisingly, fasting three days a month can reset your immune system, making it stronger and more active to help fight off infectious illnesses and degenerative diseases.

Fasting not only helps your immune system to fight off diseases, but it is also recommended for better health and longer life expectancies. Scientific research proves that fasting three days a month, you will heal faster and may extend your life by several years.

The human body is incredible. Its capability is limitless. But the modern, comfortable lifestyle makes us tired, weak, and overweight. Fasting brings the body back to doing what it was designed to do. Do you want to feel lighter, better, and energetic? Do you want to feel the power the incredible capability of your body? If you do, fasting is the best option.

## Master Cleanse Recipe

The 23 hours of fasting does not mean not taking anything at all. We will take a master cleanse throughout the day. In this 23-hour fast program, we will take Stanly Burrough's "master cleanser." It alkalizes the body and raises the temperature to help resolve infections and flu illnesses. Let's prepare it together.

- Take a gallon jug and fill it  $\frac{3}{4}$  full with steam distilled or pure water.
- Next, squeeze the juice of 4-6 fresh lemons and add it to your gallon jug.
- Third, add grade B or C maple syrup (available from your health food store.) The lower the grade, the less refined and more packed with trace minerals and other nutrients.
- At this point, you should have delicious 100% natural lemonade.
- Finally, add cayenne pepper – the hottest cayenne pepper you can get.

Most cayenne is around 30,000 to 40,000 heat units (H.U.) Try to get at least 90,000 H.U. If you can find it, get African Bird cayenne pepper, which is as high as 180,000 H.U.! Add as much cayenne as tastes good to you, and then add a pinch more. In other words, add as much cayenne as you can stand. Typically, we use about 1 tbsp of African Bird cayenne.

## Starting the Day - 23 Hours Fast

Now it is time to start today's 23 hours fast. That means fasting for an entire day. We've already seen the benefits of fasting. And the most out it comes when we do three days fasting. However, as beginners, we should start with a simple and easier one. And that is 23 hours fast. This is precisely what we will practice today. Through this 23-hours fast practice, your body will be prepared for the recommended three days of fasting.

For the ease of your understanding, let's divide the process into three sections:

1. Before fasting,
2. During fasting and
3. After fasting.

Let's start with the before-fasting section.

## Before Fasting



Fasting requires some preparation, especially for beginners. The preparation starts with drinking an adequate amount of water. You should also take suitable fibers with chia seeds, flax seeds, proteins, and healthy fat. Salmon and avocado are good sources of healthy fat.

## What to do Before Fasting

1. Prepare yourself mentally. Fasting is not easy at the beginning. So, prepare yourself to accept and beat the challenge.
2. Keep yourself motivated and mentally strong by thinking about the incredible benefits of fasting.
3. Get yourself ready to experience the side effects. The common side effects:
  1. Headache
  2. Drowsiness
  3. Irritability
  4. Mood swings
  5. Brain fog
  6. Fatigue
  7. A tendency to overeat and feel bloated when you break your fast in the beginning
  8. Constipation
  9. Obsessing about food
  10. Hunger pangs

## What to Avoid Before Fasting

1. Do not take a massive amount of food thinking that it will help to fast for the rest of the day,
2. Avoid doing heavy exercise before fasting,
3. Do not avoid taking proper rest before fasting,

So, now you know the type of food you should take before fasting, what to do and what to avoid. Now we are ready to start the 23-hours fast.

## During Fasting

Think about the reason for fasting and keep yourself mentally strong during fasting. This is the first thing to do. You must be psychologically ready to deal with the side effects earlier. Let's see what to do while fasting -

### What to do During Fasting

1. Drink an adequate amount of water during fasting.
2. Take steamed distilled water to curb your appetite.
3. To remain hydrated, drink an adequate amount of alkaline water.
4. You can drink fresh lemon, cabbage, beets, carrots, celery, grape, apple, and green drink made from leafy green vegetables. These are excellent detoxifiers.
5. You can also choose the master cleanser we prepared earlier.
6. Try to relax and engage yourself with light exercise or activities.

Now we know what to do during fasting. Let's see what to avoid.

### What to Avoid During Fasting

1. Do not drink orange or tomato juice.
2. Do not expose yourself to high humidity, or the environment will cause you to sweat a lot.
3. Avoid engaging in heavy physical exercise.
4. Do not overthink the fasting and keep checking the remaining time.

## After Fasting

After 23 hours fast, it is customary to be crazy for food. However, you must remember that you are doing it for a cause. So do not ruin it for some temporary pleasure. Let's see what to do and what to avoid after fasting.

### What to Avoid After Fasting

# Welcome

You are doing 23 hours fast for a purpose. Do not rush to make up for the lost calories by eating as much as possible. Take a moderate amount of food to suppress your hunger, and then stop. And remember, it is not the time to experiment with new food. Sometimes trying new food after fasting causes digestive problems. So, be cautious. I prefer taking foods your body agrees with. Remember, what works for one person may not for the other. So, you want slowly welcome new foods in and be patient with your experimentations.

It is time to start the 23 hours fast—the fast begins with taking the first recipe - a quart of salt water. Slowly drink a glass of water in the morning. Don't rush, and don't overdrink. (I usually skip the sea salt. Some people just place some Himalayan pink sea salt under the tongue once or twice) All you need is to maintain hydration for your body for 23 hours.

Continue with the water only for a few hours. Then take the master to cleanse lemonade. This lemonade is to clean the harmful chemicals and toxins in your body. So, do not overdrink.

One of the purposes of the master cleanse is detoxification. Do you want to remove toxic substances from your body? It is a great way to reduce inflammation, purify your blood, and lose weight. If you cannot sleep well, detoxification can help. The master cleanses lemonade for detoxification. So, the question is, when should we take the master to cleanse lemonade? During this 23-hour fast, whenever you feel hungry, take this lemonade. At least six times a day. But don't overdrink it. Let your body absorb it. Relax and give it the time to detoxify your body.

If you feel thirsty, take a little water and continue till evening. Then it is time to take alkaline water. From the evening till you go to bed, alkaline water is the only thing you should take.

## COMMON QUESTIONS DURING FAST

### How do I do 24 Hours Fast if I need to Take Medicine Every 8 Hours or 12 Hours?

Let's start with the first question. It is more challenging for people who depends on the medication. If it is a short-term medication for some temporary medical condition, we recommend starting the journey to 24 hours fast after recovering from it. However, there are many long-term medical conditions, and the patient must take medicine to stay well. If the medication cycle is 24 hours, the patient needs to take medicine once in 24 hours; things become simple. The drug should be taken while taking the food. However, if the medication cycle is 8 or 12 hours, it is a different scenario. In this case, physician consultation is required to adjust the dose. Do not worry if you have a condition where you need to take medicine every 8 or 12 hours. Your physicians can change the quantity and help you with a 24 hours medication cycle.

## What type of food should I take to start 24 hours fast?

You cannot take food or drink in the next 24 hours – sounds scary? Do you think you should fill every inch of your stomach with food and drink to get ready for it? This is a common mistake almost everyone makes while preparing for 24 hours fast. Overeating is the first thing you should avoid to prepare your body it. And here is the food habit you should maintain:

1. First, you must ensure the calories you need during fasting. And thus, add calorie-enriched food to your menu before starting fasting. Some nutrient-enriched suggested food items are beans, lentils, eggs, fish, nuts, and avocado. However, you can choose your menu as long as it is nutrient-dense, protein-rich food.
2. Secondly, you have to maintain hydration. Before starting the 24 hours fast, drink an adequate amount of water. Make sure you drink calorie-free drinks.
3. Finally, include low-calorie foods enriched in fibers like popcorn, raw vegetables, and fruits with high water content, such as grapes and melon. This type of food will suppress hunger and will help you remain hydrated.

Now that you know what you should take before starting the fast, let's move on to the next big question.

## What is the best way to break the fast?

After 24 hours fast, it is customary to be crazy for food. However, you must remember that you are doing it for a cause. So do not ruin it for some temporary pleasure. Here is how you should break the fast:

1. Start with the water. Drink enough water but slowly.
2. Then take fruits and vegetables in small amounts.
3. After that, take some easy-to-digest foods such as steamed vegetables and lean meat.
4. Take your time and eat slowly. A study published in Taylor & Francis Online recommends chewing 30 times for each bite.

You are doing 24 hours fast for a purpose. Do not rush to make up for the lost calories by eating as much as possible. Take a moderate amount of food to suppress your hunger, and then stop. And remember, it is not the time to experiment with new food. Sometimes trying new food after fasting causes digestive problems. So, be cautious. I prefer taking foods your body agrees with.

Anything is complicated at the beginning. Also, the 24 hours fast. It is wise to start with 12 hours. Then extend it to 16 hours. Finally, push your limit to 24 hours. Remember, you cannot get the benefits of 24 hours fast by pushing your body if it is not ready for it. And thus, prepare yourself for it first. Once you are ready, maintain a cycle of doing 24 hours fast once or twice a week for the best results.

Now, let's talk about the meal soup. You can take any low-calorie protein-enriched soup. It is optional. After FASTING, you can start drinking, taking smoothies, green drinks, and soups. These are easy ways for your body to get the nutrients and minerals it needs. However, you can take a light meal soup as long it does not contain many calories.

Anything is complicated at the beginning, also is the 23 hours fast. It is wise to start with 12 hours. Then extend it to 16 hours. Finally, push your limit to 23 hours. Remember, you cannot get the benefits of 24 hours fast by pushing your body if it is not ready for it. And thus, prepare yourself for it first. Once you are ready, maintain a cycle of doing 23 hours fast once or twice a week for the best results.

## Recipe to Break the Fast

Now let's talk about what you should take after the fast and what the recipe is. A smoothie should be the first step after breaking the fast because your body can process it quickly. After that, grab a green drink or a meal soup. Let's see how we can make the smoothie.

## The Smoothie Recipe

There are different types of smoothies you can take after breaking the fast. Let's see how to prepare a Keto Cinnamon smoothie.

1. First, take a cup of almond milk or coconut milk
2. Then add one tablespoon of MCT oil powder
3. You use 2-3 ice cubes. It is totally optional
4. Then add half a tablespoon of cinnamon

Now combine all ingredients and blend until it becomes smooth enough to drink. Very simple and straightforward, right? Now, let's see how to prepare the green drink.

## Green Drink Recipe

Preparing the green drink recipe is also easy. Here is how to prepare the green drink -

- Start with two cups of clean spinach. Make sure you clean them properly.
- Then take one bunch of parsley
- After that, quarter two medium apples
- Add 2 or 3 celery stalks
- After that, include a peeled-off cucumber
- Take a few slices of lemon
- Finally, a piece of ginger root not more than an inch long

Before juicing everything together, ensure each ingredient is properly washed and cleaned. Finally, you can enjoy the green drink with a few ice cubes.

Now, let's talk about the meal soup. You can take any low-calorie protein-enriched soup. It is optional. After taking the smoothie and the green drink, your body will get the nutrients and minerals it needs. However, you can take a light meal soup as long it does not contain many calories.

## Carrot Soup (serves 4)

One tablespoon of olive oil

One large onion diced

Three cloves of garlic minced

Four large carrots sliced

Three sweet potatoes diced

2 cups vegetable broth

Two teaspoons of grated fresh ginger

One teaspoon of curry powder

Heat oil in a soup pot over medium heat. Add onion and garlic, and cook, often stirring, until onion is translucent. Add carrots and potatoes, and cook for just a few minutes. Pour the vegetable broth into the pot and season with ginger and curry powder. Bring to a boil, then reduce heat to low. Simmer for 15 minutes until carrots are tender. Puree soup in small batches using a food processor or blender. However, I prefer having it as. Reheat soup if necessary, and serve.

## Disclaimer

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Marcey@LOOKBEYONDBEAUTY

Marcey@LOOKBEYONDHAIR

Marcey@ABEAUTYLICIOUSLIFE

