



With the fast less than a week away, please take the time to review these fasting tips that I have compiled. They have helped me in the past and I hope that they will help you as well. I have not consulted with any rabbis, but I have discussed fasting with my nutritionist. Obviously, those with any health issues need to consult their own doctors (and possibly rabbis) before fasting. I wish you all a meaningful and easy fast. Best, GZB

#### **One Week Before**

- Taper off your consumption of caffeinated beverages, chocolate, sugar, and tobacco. (Be careful! Total deprivation can cause withdrawal symptoms that could make fasting more difficult). If you don't taper your caffeine addiction, speak to me about swallowing caffeine pills on the fast.
- Drink plenty of water (not soda) so that you do not risk becoming dehydrated. For most people, 8 cups of water each day is a good rule. If you are athletic, then you should probably be drinking even more.

#### **One Day Before**

- Hydrate zealously.
- Avoid athletic activity, or any activity that would cause you to expel water.
- Avoid drinks or foods that cause your body to expel water, e.g., alcohol, tea, coffee (even decaf), protein drinks, and foods with increased fiber.
- Avoid drinks or foods that are salty. While salt doesn't deprive the body of water (in fact, salt causes the retention of water), salt will cause you to feel thirsty. Salt can be found in some surprising places, certainly in chips, processed foods, but also in canned foods (even sauces), cheese, and Kosher meat /chicken.
- Eat a larger than usual breakfast (including complex carbohydrates, fruit, and protein) so that you may both stretch your stomach and provide nourishment for the rest of the day.
- Skip lunch, but keep drinking.

#### **One Hour Before**

- Do not start the pre-fast meal on a full stomach. (It is best to skip lunch).
- Do not over-eat at the pre-fast meal. It's difficult to gauge, but eat until the point right before you feel full. (Err on the side of hungry).
- Avoid foods that will sit in your stomach or give you heartburn.
- Eat more bread and pasta (without sauce!) than usual. These complex carbohydrates will provide fuel to take you through the fast.
- Eat protein, but stay away from foods that will cause dehydration. (I eat eggs).
- It is very important to eat foods that slow digestion, effectively prolonging your meal. This includes foods that are high in oils and fats.
- Fruit, especially pineapple, is a must, since it carries water that releases over time.

#### **During the Fast**

- Avoid places and activities that will further dehydrate you.
- Be self-aware as to how you are feeling, but do not think or speak about how hungry you are.

#### **One Minute After**

- Begin the break-fast meal with juice. (For many, orange juice is too acidic, especially on an empty stomach, and so apple juice is a better option. Water is ok too).
- Be sure not to eat/drink too quickly.
- Be sure not to over-eat.
- Avoid caffeine.
- Avoid salty foods since you will still be dehydrated and will need to drink a lot of fluids to avoid waking up thirsty during the night.