



Fasting Diet: Should You Try It Out?

It's Humpday Hustle! Time to take care of our body, our true temple. We're here again with Dr. Jo-Anne Mina to bring your health and wellness to another level! Today's topic is all about fasting. What is it all about? Should you try it out? If you or anyone you know is considering fasting, I recommend you to check this out; share it with your friends.

<u>FASTING</u>	
<p><u>Who should fast?</u></p> <p>An individual experiencing:</p> <ul style="list-style-type: none"> ⤵ signs of toxicity ⤵ food sensitivities ⤵ digestive problem ⤵ skin issues 	<p><u>Types of fasting?</u></p> <ul style="list-style-type: none"> ⤵ Dry ⤵ Wet ⤵ Juice ⤵ Master <p><u>Contraindication:</u></p> <ul style="list-style-type: none"> ⤵ Pregnant women ⤵ Nursing women ⤵ kids ⤵ liver and kidney disease
<p><u>Length</u></p> <ul style="list-style-type: none"> ⤵ Beginner: start with 24 hours ⤵ 3 days ⤵ 7 days ⤵ 28 days ⤵ Intermittent (men: 16 hours fast, 8 hours eating; women: 14 hours fast, 10 hours eating). 	<p><u>Benefits</u></p> <ul style="list-style-type: none"> ⤵ Digestive rest ⤵ detox body ⤵ break eating patterns ⤵ greater mental clarity ⤵ increase energy ⤵ heal stuck emotion ⤵ enhance spiritual connection

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www.tchpp.com and www.journeytopersonalgreatness.com