



## The Action Points

### 1. Try a 36-hour fast

Now that you're a pro at the 24-hour fast, test your body's limits by going up to a 36-hour fast. By eliminating that one meal, you increase your fasting time by 50% because you get 8 hours of 'free' fasting time while you sleep. You may notice faster weight loss and decreased hunger, too. The 36-hour fast is a great tool in your weight loss belt.

### 2. Eat more salt

Fasting lowers insulin levels signaling the kidneys to release excess water. Along with the water you lose electrolytes, like sodium, too. Replenishing the lost electrolytes can help with headaches and cramping.

### 3. Join the Community Forum

This area is for you, the members to interact and help each other out. Share stories. Share tips. Share some laughs. Share some tears. Get some help and give help to others. Make the community yours.