



How long can you fast for?

First, it is important to speak with your doctor and let them know you want to start fasting. You can give them our letter to doctors so they can learn more about the program. Now, if you both decide that fasting is suitable for you, then listen to your doctor's recommendation for just how long you should be fasting for. Most people do best when they start off slowly and incorporate fasting into their lifestyle gradually. They will go back to the basics and just eat three meals a day without snacking just like our grandparents and great grandparents did.

Now, when you're comfortable, you may start to slowly increase the duration of your fast. For those of you who choose to follow a 16/8 or an 18/6 fasting protocol, we find that you need to do it daily. Individuals who follow intermittent fasting protocols such as the 24, 36 or 42 hour fast, should try to do them two to three times per week. For individuals looking to fast for extended periods of time and have permission to do so from their doctor, then we don't recommend that you do more than two 48 hour fasts a week, one 72 hour fast a week, one five day fast per month, and we don't recommend that you do a seven day fast or a longer more than one to four times per year.