



## What can you do to prevent or limit the impact of fasting-related side effects?

Now there are several strategies you can implement to help prevent or even minimize the impact of any fasting-related side effects.

First, try to drink a cup of water for every cup of tea or coffee you consume throughout the day. And second, try to incorporate some salt into your day even before you start to feel unwell. You can place a pinch of salt into a cup of water or place the salt directly on your tongue every few hours to prevent any unwanted symptoms. You can also wake up and drink some broth or sugar-free pickle juice first thing in the morning and then again every few hours. Having these salty items spaced throughout the day can help prevent feelings of lethargy or headaches.

Third, try having Epsom salt baths or foot soaks. This can help you feel relaxed before bed and improve the quality of your sleep; and fourth, stay consistent. Fasting consistently can help your body adapt to being in a fasted state in a timely fashion. You may need to shorten the duration of your fast for a few weeks in order to be able to fast consistently. An example of this would be fasting for 24 hours instead of 36 hours for a few weeks to minimize the side effects and allow the body to adapt more slowly to its new fasting routine.

Now these side effects from fasting usually only lasts anywhere from one to four weeks, depending on how consistent you are with both your fasting and your diet. Now happy fasting and feasting everyone.