



the Fasting  
Method

# The Forum

Extended Fasting Masterclass

**Step 1:** Access the [Forum](#) through your [Menu](#).

**Step 2:** Choose [Categories](#).

**Step 3:** Scroll down and select the [Extended Fasting Masterclass July 2024](#)

**Step 4:** Click where it says “[CLICK HERE](#)”

**Step 5:** To type a comment in the thread, scroll down to the bottom and select [Reply](#). Note that [ALL new posts go to the bottom of the thread](#)

# Troubleshooting:

Please contact  
[support@thefastingmethod.com](mailto:support@thefastingmethod.com) if  
you have any issues accessing the  
forum.