



The 24 Hour Water Fast Guide

Medical Disclaimer

This guide, including any experimental results presented, is for informational purposes only and does not constitute medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease.

Individuals seeking medical advice should consult with a licensed physician.

BIOLOGICAL AGE MEASUREMENTS

Any claims regarding the measurement or reversal of biological age are preliminary and can be influenced by various statistical errors, including statistical variation, reference range relevancy, and clinical outcome significance. Ongoing, formal peer-reviewed studies are essential for validating these biological age tests for FDA approval (or its international equivalent) and confirming any clinically relevant changes in biological age. The data presented reflect our team's rigorous efforts to adhere to current scientific and biostatistical standards, while formal peer-reviewed validation studies are underway. Please note: These tests are experimental and intended solely for research purposes. They should not replace or supplement any clinical tests recommended by licensed medical professionals.”

CONTEXT

These protocols have been developed for my unique biology. The protocol encompasses a mix of on-label, off-label, and unlicensed therapies, as well as research-use-only tests. Some of these tests and therapies are still under scientific investigation and have not yet received on-label licensing for specific health conditions. All tests and therapies, regardless of their licensing status, carry risks. These risks have been assessed for my personal use by a specialized team of clinicians and scientists. This protocol represents an experimental clinical research project.

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BENEFITS OF WATER FASTING

THE BENEFITS OF WATER FASTING ARE WELL DOCUMENTED IN BOTH ANIMAL AND HUMAN STUDIES. YOU CAN FIND LINKS TO SEVERAL OF THOSE STUDIES AT THE END OF THIS GUIDE. SOME OF THE WELL DOCUMENTED BENEFITS OF WATER FASTING:

MAY PROMOTE AUTOPHAGY

Cellular Autophagy is a vital process whereby old components of your cells are dismantled and recycled. These aging cells are often referred to as “zombie cells.” Various animal studies indicate that autophagy may offer protection against diseases such as cancer, Alzheimer’s, and heart disease.

Trusted Source:* Research has repeatedly demonstrated that water fasting can effectively promote this autophagic process. Additionally, some animal studies suggest that autophagy might contribute to an extended lifespan.

MAY LOWER THE RISK OF SEVERAL CHRONIC DISEASES

There is some evidence that water fasting may lower the risk factors of chronic disease **TRUSTED** Source like diabetes, cancer, and heart disease. In one 2013 study, 30 healthy adults followed a water fast for 24 hours. After the fast, they had significantly lower blood levels of triglycerides, which is a measure of fat in the blood. Some studies also suggest that water fasting may protect the heart against damage from free radicals. Free radicals are unstable molecules that can damage parts of cells. They are known to play a role in many chronic diseases. Further studies in animals and humans have found that water fasting may suppress genes that help cancer cells grow. It may also improve the effects of chemotherapy.

INDICATIONS ON BLOOD PRESSURE

Research shows that longer, medically supervised water fasts may help people with high blood pressure lower their blood pressure **Trusted Source** In the study below in 48 people categorized as overweight or obese the study found that water fasting for an average of 17 days under medical supervision led to reductions in systolic blood pressure. It was also associated with improvements in levels of LDL (bad) cholesterol and inflammation. The study below concluded that water fasting could significantly reduce blood pressure levels and body weight in people with high blood pressure. Still, more research is needed to evaluate the link between short-term water fasts (24–72 hours) and blood pressure so I am by no means making that claim here.

INDICATIONS FOR LEPTIN AND INSULIN SENSITIVITY

Insulin and leptin are important hormones that affect the body’s metabolism. Insulin helps the body store nutrients from the bloodstream, while leptin helps the body feel full. Research shows that water fasting could make your body more sensitive to leptin and insulin. Greater sensitivity means these hormones more effective. For example, being more insulin sensitive means your body is more efficient at reducing its blood sugar levels. Meanwhile, being more leptin sensitive Could help your body process hunger signals more efficiently, and in turn, lower the risk of obesity.

INTRODUCTION

WELCOME TO THE 24 HOUR WATER FAST CHALLENGE!

THERE ARE SEVERAL GROUPS OF PEOPLE WHO SHOULD NOT WATER FAST WITHOUT MEDICAL SUPERVISION. SINCE OUR UPCOMING WATER FAST WILL NOT BE MEDICALLY SUPERVISED, I WOULD ENCOURAGE THOSE OF YOU THAT FIT ANY OF THE BELOW CATEGORIES, SEEK THE ADVICE OF A LICENSED MEDICAL PROFESSIONAL BEFORE BEGINNING THIS THREE DAY JOURNEY WITH US. HERE IS A LIST OF CONDITIONS THAT WOULD REQUIRE ADDITIONAL MEDICAL SUPERVISION:

1. GOUT
2. DIABETES (TYPES 1 AND 2)
3. EATING DISORDERS
4. OLDER ADULTS (OVER AGE 65)
5. PREGNANCY
6. CHILDREN OR MINORS UNDER 18

Let's Get This Fast Started

HERE ARE THE PRODUCTS I USE WHEN GETTING READY FOR MY WATER FAST:



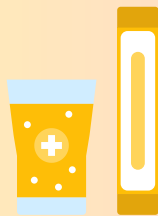
SPRING WATER

You will need 3 Liters of still Spring Water. I like Mountain Valley but you can use any brand.



COFFEE OR TEA

You can have 1 cup of black coffee or tea in the morning (no sugar or cream).



ELECTROLYTES

We are going to take 1 scoop of Electrolytes first thing in the morning with water.

THE CHALLENGE

TODAY WE ARE DOING THE 24 HOUR WATER FAST AND WILL CONSUME 3 LITERS OF SPRING WATER.

1. IN THE MORNING UPON WAKING CONSUME YOUR FIRST 8OZ GLASS OF SPRING WATER WITH A SCOOP OF ELECTROLYTES.

2. DIVIDE THE DAY INTO THREE 5-6 HOUR PORTIONS AND CONSUME 1 LITER OF SPRING WATER EVERY 5-6 HOURS.

DON'T STRESS ABOUT EVENLY CONSUMING THE WATER, JUST MAKE SURE THAT YOU GET 1 LITER DOWN EVERY 5-6 HOURS. SIP IT, DRINK IT IN 8 OZ PORTIONS OR WHATEVER PORTION SUITS YOU. THE POINT IS TO JUST CONSUME 3 LITERS OVER THE COURSE OF THE DAY BETWEEN WAKING AND GOING TO BED.

CLINICAL STUDIES

THE EFFECTS OF PROLONGED WATER-ONLY FASTING AND
REFEEDING ON MARKERS OF
CARDIOMETABOLIC RISK

[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC8951503/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8951503/)

EFFICACY AND SAFETY OF PROLONGED WATER FASTING: A
NARRATIVE REVIEW OF HUMAN TRIALS

[HTTPS://ACADEMIC.OUP.COM/NUTRITIONREVIEWS/ADVANCE-ARTICLE-ABSTRACT/DOI/10.1093/NUTRIT/](https://academic.oup.com/nutritionreviews/advance-article-abstract/doi/10.1093/nutrit/)

A PILOT STUDY ON THE EFFECTS OF MEDICALLY
SUPERVISED, WATER-ONLY FASTING AND
REFEEDING ON CARDIOMETABOLIC RISK.

[HTTPS://WWW.MEDRXIV.ORG/CONTENT/10.1101/2020.08.07.20169680V1.FULL.PDF](https://www.medrxiv.org/content/10.1101/2020.08.07.20169680v1.full.pdf)

**YOU'RE DONE!
CONGRATULATIONS ON
DOING YOUR BODY
SOME
SERIOUS GOOD.**

