

Q & A ABOUT FASTING

1. **What is Fasting?** Fasting is a duty Jesus commanded for every Christ follower (Matthew 6:16-18, Mark 2:18-20). Fasting is not abstaining from watching television, not reading the newspaper, or not smoking cigarettes. That is abstinence. To fast is to abstain from food.
2. **Should I Fast If I Am On Medication?** If you are on medication, you should follow this rule: Participate as much as you can while following the directives of your physician. Be very careful if you are a diabetic or have other medical conditions which require specific diets. For diabetics, a complete fast could cause a severe sugar reaction. Yet, many people fast who are on medication.
3. **Will Fasting Harm My Body?** Absolutely not. You can go many days without food. You must, however, have water. Often we eat simply out of habit. Fasting has never harmed any person. Overeating, on the other hand, has killed hundreds of thousands of people.
4. **Why Do I Seem To Get Sick When I Fast?** Usually feeling sick during a fast is a sign that the fast is working. During a fast, your body eats up the poisons and toxins within you. You may get headaches because your body is disposing of the pollutants. After approximately three days the headaches, discomfort and some hunger will leave and you will begin to feel better and have your energy quickened.
5. **What Kind Of Activities Should I Do While Fasting?** You can carry on most of your activities at work. If you work outside and it is cold, drink juices. The carbohydrates will keep you warm. Also, get plenty of sleep. As you rest, your “battery recharges” and you are able to go on with renewed strength.

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