

The Pre-Fasting Diet

Fasting brings you closer to God. It is the biblical way to humble yourself. In addition, there are physical benefits to fasting, such as weight loss. Although, fasting is not to be confused with dieting. Here is a pre-fasting diet that will help you prepare your body for a long fast. It not only cleanses the body from toxins, but it also stimulates the metabolism of your body. You will probably lose seven to twelve pounds in one week, depending on your present body weight.



Day 1

All fruits except bananas. Your first day consists of all the fruit you want, except bananas. Cantaloupes and watermelons are lower in calories than most fruits. Eat only the cabbage soup and fruits the first day. For drinks; un-sweet tea, cranberry juice, or water.

Day 2

All vegetables. Eat until you are stuffed with all the fresh, raw or cooked vegetables of your choice. Try to eat green, leafy vegetables and stay away from dry beans, peas and corn. Eat all the vegetables you want along with your cabbage soup. At dinnertime on this day, reward yourself with a big baked potato and butter. Eat all the soup you want this day, but don't eat fruits.

Day 3

Mix day one and day two. Eat all the soup, fruit and vegetables you want. You can't have a baked potato this day. If you have eaten as above for three days and have not cheated, you will find that you have lost five to seven pounds.

At the end of the seventh day, if you have not cheated on the diet, you will find that you have lost ten to seventeen pounds. If you have lost more than fifteen pounds, stay off the diet for two days before resuming.

Day 4

Bananas and skim milk. Eat as many as eight bananas and drink as many glasses of skim milk as you can on this day along with your soup. Bananas are high in calories and so is milk, but on this particular day of your diet, your body will need the potassium and the carbohydrates, proteins, and calcium to lessen your craving for sweets.

Day 5

Beef and tomatoes or salad. Try to drink as many as six to eight glasses of water this day to wash away the uric acid in your body. Eat your soup at least once this day.

Day 6

Beef and veggies. Eat to your heart's content of beef and vegetables this day. You can even have two or three steaks if you like with green, leafy vegetables but no baked potatoes. Be sure to eat soup at least once this day.

Day 7

Brown rice, unsweetened fruit juices and vegetables. Again, stuff, stuff, and stuff yourself. Be sure to eat soup at least once today.

