

Preparing to Fast by Kerri Weems

For me personally, the physical preparation phase is how I ease my body into the more intense phases of the fast. If you don't prepare your body to fast, you could end up getting sick. I start doing the prep phase one week before the start date of the fast.

My preparation phase is basically my version of the Daniel fast, but I may add legumes, or corn, or even a sprinkling of cheese onto a salad. I also start to wean myself from caffeine during the prep phase and begin to increase my water intake. I add supplements at this point to help support the detoxification process. They are:

1. Drink about 100 oz. of water per day. Why? To support liver function. The liver is the filter for the body. When you don't intake enough water, your liver doesn't function at it's highest capacity.
2. To my first cup of water (20 oz) I mix 1 tsp of apple cider vinegar and the juice of one whole lemon. This combination has antiseptic qualities and really helps clean your digestive system. It can be harsh on the stomach, so I always make sure have a banana or a smoothie first.
3. In my next cup of water I mix in 1 tablespoon of liquid chlorophyll with mint flavoring. This is another form of disinfectant for the body. You can take chlorophyll in a pill, I just personally don't like pills. I try to do both the chlorophyll and the apple cider combo before noon because in the morning your body is in the elimination phase, getting rid of yesterday's waste.
4. In the afternoon, around 2 PM (when I would normally have another 2 cups of coffee) I take 2 tablespoons of a liquid multi-vitamin complete B complex. You talk about taste BAD! But it gives you a lot of energy. Again, you could take this in pill form, but some studies show that liquids are assimilated more quickly into the body, and since I hate pills, this works for me.
5. I also take flax seed oil at the time I take the B vitamins.

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