



Kickstart Your Health Transformation with a **DANIEL FAST**

• What is a Daniel Fast?

- It originates from the prophet Daniel in the Bible, who underwent a 21 day fast from meat and pleasant foods (Daniel 10:2-3). For the spiritual part of the fast, some people choose to focus on prayer and meditation, or other things like positivity, not procrastinating, not complaining, gratitude or other spiritual/psychological goals.
- In modern times, **The Daniel Fast is a *spiritual fast* that incorporates a lifestyle change (restricting certain foods).** The nutrition part is essentially 3 weeks of a whole-food, plant-based lifestyle.

• Benefits of the fast with Lifestyle Med Revolution?

- Applying spiritual strength to make lifestyle changes
- Experience less bloating, reflux and joint pain, easy stooling, weight loss, more mental clarity, improved exercise ability and improved mood
- Become more mindful about what you eat
- Expertise in the field of lifestyle medicine and health coaching for success
- Amazing group support!

• After the fast:

- **We won't leave you hanging! This is not a diet, but a lifestyle change!**
- Continued group support, prayer, events, book clubs and more with a subscription or 1-on-1 consultation or health coaching with Lifestyle Med Revolution

Interested? Get registered at the link below:

<https://linktr.ee/lifestylemedrevolution>

Remember to check with your health care provider before beginning this or any fast, especially if you have pre-existing health conditions and are on medication and if you don't exercise routinely or get chest pain or short of breath!