



# Kickstart Your Health Transformation with a DANIEL FAST

Sept 30-Oct 20, 2022

**What is the Daniel Fast?** The Daniel Fast is a *spiritual fast* that incorporates a lifestyle change (restricting certain foods). Its origins come from the Old Testament prophet, Daniel, 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 focusing on positivity, not procrastinating, not complaining, gratitude or other spiritual/psychological goals.

Foods to Avoid on the Fast	Foods to Have on the Fast
Animal products (pork, beef, seafood, eggs, poultry, dairy incl. milk, cheese, creams)	Legumes (beans, lentils, chickpeas, soy)
Added sweeteners (honey, sugar, corn syrup, artificial sweeteners)	Fruit and Vegetables (canned and frozen ok, but check for added sugar/preservatives)
Processed foods (white rice, white flour, refined grains, artificial preservatives/colors), yeast (breads)	Whole grains (brown/red rice, quinoa, oats, whole wheat, etc.)
Alcoholic and caffeinated beverages	Water, unsweetened plant-based milks
Deep-fried foods	Nuts and seeds

### **What are some health benefits?**

**This could be used as a way to use spiritual strength to break unhealthy eating patterns or to jump-start a healthier lifestyle!**

*Note:* While everyone may have a different response to the fast, frequently-discussed and/or actually-studied benefits include improvements in blood sugar, blood pressure, cholesterol, weight, energy, constipation, back pain, reflux and inflammation!

### **What are some health considerations?**

**Check with your health provider before beginning the fast, especially if you have pre-existing health conditions and are on meds and also if you don't exercise routinely or get chest pain or short of breath!**

Good resource/more details on foods/beverages allowed or other questions:

[www.ultimatedanielfast.com](http://www.ultimatedanielfast.com).