

REDEEMING LOVE FAMILY CHURCH



21 DAY Corporate Fast

It's
Day
9!

RLFC1.ORG



A Journey Through Physical
Transformation

21-Day Fast: Natural Changes in the Body



Introduction

- This presentation outlines the daily physical changes that occur during a 21-day fast.
- It highlights the natural detoxification, healing, and rejuvenation process the body undergoes during this transformative experience.



Days 1-2: Glucose & Glycogen Depletion



- . The body burns through stored glucose and glycogen.



- . Symptoms: Headaches, fatigue, low energy.



- . Benefits: The digestive system starts to rest, and detox begins.

Day 3: Transition to Ketosis



- The body shifts to burning fat for energy (ketosis).



- Symptoms: Hunger decreases, possible mental fog.




- Benefits: Ketones fuel the brain, promoting mental clarity.

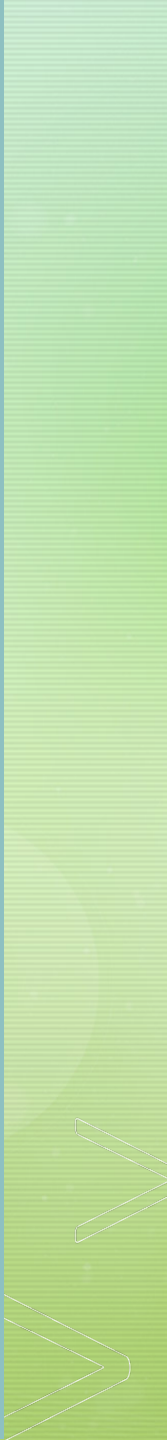
Days 4-5: Autophagy Begins

- Autophagy: The body breaks down and recycles damaged cells.
- Symptoms: Fatigue may lessen, cravings decrease.
- Benefits: Detoxification deepens, immune system begins repair.





Days 6-7: Fat Burning & Increased Ketosis

- • Fat-burning becomes more efficient as ketosis deepens.
 - • Symptoms: Increased energy, reduced hunger.
 - • Benefits: The body continues detoxing, and mental clarity improves.
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Days 8-10: Mental Clarity & Emotional Calm

- The body adapts to fasting with reduced hunger.
- Symptoms: Mood improves, energy stabilizes.
- Benefits: Clearer thinking, emotional balance, and reduced cravings.

Days 11-13: Healing & Cellular Repair

- Deep detoxification and repair continue.
- Symptoms: Enhanced energy and mood.
- Benefits: Tissue regeneration, emotional clarity, and peace.

Days 14-15: Maximized Autophagy & Hormone Balance

- The peak of autophagy, with old cells replaced and toxins removed.
- Symptoms: Little to no hunger, emotional stability.
- Benefits: Cellular repair, stabilized hormones, and improved insulin sensitivity.



Days 16-17: Boosted Immune System

- Immune cells regenerate as damaged cells are cleared.
- Symptoms: Increased energy, feeling of lightness.
- Benefits: Strengthened immunity, reduced inflammation, and better health.



Days 18-19: Enhanced Cognitive Function

- Brain function improves due to heightened BDNF production.
- Symptoms: Sharper mental focus, creativity, and memory.
- Benefits: Better cognitive function and emotional well-being.



Days 20-21: Deep Healing & Final Detox

- The body reaches full detox and repair mode.
- Symptoms: Feelings of lightness, mental sharpness.
- Benefits: Deep healing, boosted brain health, and a fully detoxified body.

