

REDEEMING LOVE FAMILY CHURCH

# FASTING

*Effectively*

THE NATURAL  
DAY BY DAY  
EFFECTS OF  
FASTING ON  
THE BODY

21 DAY FAST

S 4:4  
5 Ye have lived in pleasure on the earth, and  
been wanton; ye have nourished your hearts, as  
in a day of slaughter.  
6 Ye have condemned and killed the just; and  
he doth not resist you.  
**Be Patient**  
7 Be patient therefore, brethren, unto the  
coming of the Lord. Behold, the husbandman  
waiteth for the precious fruit of the earth, and  
early and latter rain.  
8 Be ye also patient; stablish your hearts for  
the coming of the Lord draweth nigh.  
9 Grudge not one against another, brethren,  
lest ye be condemned: behold, the judge stand-  
eth before the door.  
10 Take, my brethren, the prophets, who have  
spoken in the name of the Lord, for an exam-  
ple of affliction, and of patience.  
Behold, we count them happy which have  
endured the trial of affliction: ye have heard of the Lord's  
mercy to the fathers, because they were patient  
under trial, that they might receive the promise of  
eternal life.  
11 Now when the Gentiles, who are without the law,  
do by nature the things which the law require, they  
shall be justified, though they have not the law.  
12 For when they have done these things, they shall  
be justified without the law, as the law is written:  
The just shall live by faith.  
13 But the law is our tutor to bring us to Christ, that  
we might be justified by faith.  
14 But now that the faith is come, we are no longer  
under a tutor.  
15 For ye are all sons of God by faith in Jesus Christ,  
ye have received the grace of God, and shall be justified  
by his blood, and shall inherit the kingdom of God,  
if ye suffer with me, and be patient, as the church  
suffereth, which hath received the same word of  
the Son of God.  
16 And ye have heard of the patience of Job, ye  
have seen the end of the Lord's trial, because ye  
have heard of his mercy to the fathers, because they  
were patient under trial, that they might receive the  
promise of eternal life.  
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do by nature the things which the law require, they  
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if ye suffer with me, and be patient, as the church  
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the Son of God.

**God's Many Mercies**  
1 Peter, an apostle  
strangers scattered  
Galatia, Cappadocia,  
2 Elect the Father  
God the Father  
Spirit, unto  
blood  
peace



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### FASTING EFFECTIVELY

#### THE NATURAL EFFECTS OF FASTING ON THE BODY

*This is a breakdown of the natural, physical changes that occur in the body over a 21-day fast. This assumes a water-based or limited caloric intake fast. It's important to note that the exact experience may vary for different individuals.*

#### **Days 1-2: Glucose and Glycogen Depletion**

- The body begins to burn through its stored glucose and glycogen, which is the primary energy source. You may feel tired, light-headed, or irritable.
- Symptoms:** Hunger pangs, headaches, fatigue, and low energy.
- Benefits:** The digestive system starts to rest, and the body begins to detox from recent food intake.


#### **Day 3: Transition to Ketosis**

- By the third day, your body begins switching to ketosis, where fat is used as the primary source of energy instead of glucose.
- Symptoms:** Hunger starts to decrease, mental fog might persist as the body adapts, but some people experience more mental clarity.
- Benefits:** Ketones produced during this phase fuel the brain and may provide clearer thinking.

#### **Days 4-5: Autophagy Begins**

- The body begins a process called **autophagy**, where damaged cells are broken down and recycled.
- Symptoms:** Some fatigue, but energy may begin to stabilize. Cravings for food can decrease significantly.
- Benefits:** The body's detoxification process is in full swing, and the immune system begins to focus on repair rather than digestion.

#### **Days 6-7: Fat Burning & Increased Ketosis**

- The body fully enters ketosis, and fat-burning becomes the primary source of energy.
  - Symptoms:** Energy levels can start to improve. Bad breath may occur due to the production of ketones (acetone).
  - Benefits:** Continued detox and autophagy. Fat stores begin to break down, and clearer mental clarity emerges.
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#### **Days 8-10: Improved Mental Clarity & Emotional Calm**

- The body becomes more efficient at using fat for energy. Hunger pangs diminish as the body adapts.
- Symptoms:** Hunger subsides, and there's often an improvement in mood and energy.
- Benefits:** Clearer thinking, heightened mental focus, and emotional balance due to the stabilization of blood sugar and hormones.

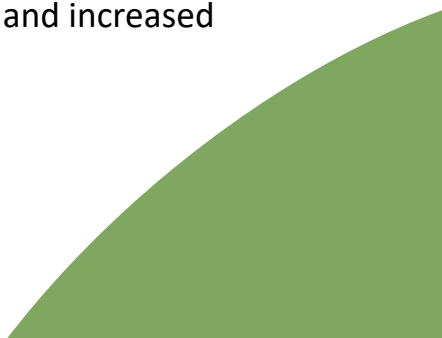
#### **Days 11-13: Increased Healing and Cellular Repair**

- The body continues its deep detoxification and healing processes. Cells continue to repair, and the immune system strengthens.
- Symptoms:** Improved energy, reduced inflammation, and an overall sense of well-being.
- Benefits:** Deep internal healing and tissue regeneration. Many experience emotional clarity and inner peace.

#### **Days 14-15: Maximized Autophagy & Hormone Regulation**

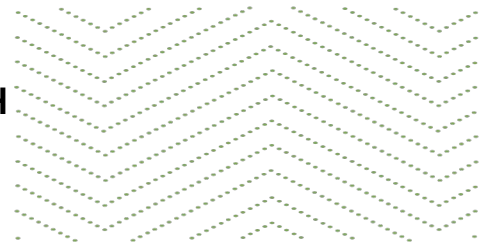
- The body's autophagy process reaches its peak, maximizing cell repair and waste removal.
- Symptoms:** Little to no hunger, a stable mood, and a feeling of increased spiritual awareness.
- Benefits:** The liver and kidneys are functioning optimally, detoxifying the blood. Hormonal levels are stabilizing, including insulin sensitivity.

#### **Days 16-17: Boosted Immune System**

- The immune system is rejuvenated as old, damaged immune cells are cleared out and replaced by new ones.
  - Symptoms:** Energy levels are high, cravings are almost gone, and the body feels lighter and more in balance.
  - Benefits:** Strengthened immune defenses, reduced inflammation, and increased resistance to illness.
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#### Days 18-19: Enhanced Cognitive Function

- Brain-derived neurotrophic factor (BDNF) increases, which promotes the growth of new neurons and enhances brain function.
- **Symptoms:** Enhanced mental clarity, memory, and creativity.
- **Benefits:** Improved cognitive function, emotional stability, and the body becomes more efficient at regulating metabolism.

#### Days 20-21: Deep Healing & Final Detox

- The body is now in full repair mode. Cellular regeneration and healing are at their peak.
- **Symptoms:** A sense of well-being, mental sharpness, and physical lightness.
- **Benefits:** Deep healing of internal organs, boosted brain health, and a purified body. The body is now fully detoxified and functioning optimally.

#### Additional Notes:

- **Hydration:** Throughout the fast, water plays a crucial role in flushing out toxins and maintaining proper kidney function.
- **Muscle Preservation:** With proper water intake, the body primarily burns fat instead of muscle during extended fasting.
- **Spiritual Connection:** Many experience heightened spiritual awareness and focus as their body adjusts to fasting, which can be seen as both a physical and spiritual benefit.

By the end of the fast, the body is in a state of deep purification and repair, having used its time without food to focus on internal processes. The final days often bring about a sense of renewal, both physically and mentally.

**SOURCES:** Fung, J. (2016). *The complete guide to fasting: Heal your body through intermittent, alternate-day, and extended fasting*. Victory Belt Publishing.

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