

Health Information

Before fasting, consult your doctor. Do not fast if it would damage or cause any risk to your health. Fast at your own risk.

Fasting for short periods has several health benefits. Read about them [here](#).

A good article about the pros and cons of fasting. Read it [here](#).

You can prepare for your fast by eating only fruit and steamed vegetables for couple of days prior to fasting. On the day(s) of the hunger strike, you can start the day by drinking a glass of lime juice (no sugar) with three to four teaspoons of honey. End the day with a similar glass of lime juice.

PLEASE DRINK plenty of water through the day, and electrolytes at some time during the day.

Even moderate activity during a water-only fast can double energy use. Allowable quiet activities include reading, listening to music, and watching videos.

Avoid smoking during the fast. Don't take any alcohol.

Break your fast gently, with fruit juice. Eat light meals, soup, dal, fruit, steamed vegetables, etc, until your body is ready to receive more solid food.

There is a good article about the medical benefits obtained by water-only fasting under medical supervision. [Read it here](#).