



# FEB FAST

## DAILY SELF REFLECTION

Day:

How do I feel in my body today? What can I notice?

What have I struggled with today?

How can I better support myself tomorrow?

Other reflections:



# FEB FAST

## SUGAR FASTING RESOURCES

### PREPARATION:

- Watch and read the links under the 'education' section of this document
- Check out the 'recipes' section of this document and pre plan what ingredients you will need available. You might even prepare and freeze some meals and snacks so they are ready to go.
- Remove any temptations from your environment
- Communicate in your relationships so that the people around you clearly understand what you are wanting to achieve and how they might be able participate in that and best support you. You might even provide them with some suggestions (EG: not offering you certain foods)
- Identify any parts of your daily/weekly/monthly routine where sugar plays a significant role and plan to have alternatives thought out, ready and available (EG: research cafes or restaurants with suitable menu options. Salads or vegetables with grilled meat or seafood is generally best)

### EDUCATION (click for links):

Documentary: That Sugar Film (also available on Stan)

Article: What happens to your body when you stop eating sugar

Article: How sugar can change your gut microbiome (and why that's a bad thing)

Article: Unmasking hidden sugars

Fact sheet: Basic food plan

Consultations with our naturopaths, nutritionist, mindset coach and psychologist

### RECIEPES (click for links and always read ingredients):

Pete Evans

Lola Berry

The Natural Nutritionist - Steph Lowe

Dr Libby Weaver

Quirky Cooking

### PREMADE MEALS (click for links and always read ingredients):

Dineamic

My Goodness Organics

### MANAGING CRAVINGS:

- Use sources of natural sugar (fresh fruit, raw honey, dates, coconut sugar)
- Include coconut oil in your diet (an easy way is adding it to smoothies)
- Stay well hydrated with 2-3 litres of clean filtered water per day
- Get sufficient sleep (8-10 hours per night with as much before midnight as possible) as well as extra rest as your body detoxes if you need it
- Spend time in nature and natural sunlight, moving your body at the same time is even better!



# FEB FAST

## ALCOHOL FASTING RESOURCES

### PREPARATION:

- Read and review the links under the 'education' section of this document
- Remove any temptations from your environment
- Communicate in your relationships so that the people around you clearly understand what you are wanting to achieve and how they might be able participate in that and best support you. You might even provide them with some suggestions (EG: catching up at a cafe rather than a pub or bar)
- Identify any parts of your daily/weekly/monthly routine where alcohol plays a significant role and plan to have alternatives thought out, ready and available (EG: if you have a habit of using alcohol to wind down at the end of the day, identify replacements like sparkling water or coconut water, herbal teas, kombucha, fresh juices or smoothies). You could also spend time starting that hobby you've been thinking about for a while! (gardening, exercise classes, painting, reading, podcasts)
- Think about a healthy reward you can gift yourself at the end of your fasting with the money you've saved from not buying alcohol, or take yourself out for a nice meal each week as you move through your fast.

### EDUCATION (click for links):

Feb Fast official website

Basic food plan

Article: Top 5 foods to boost your fibre intake

Consultations with our mindset coach, psychologist, naturopaths or nutritionist

### MANAGING CRAVINGS:

- Choose foods which offer the nutrients to support liver detoxification and function: glycine and taurine, vitamin B9, B12 and choline found in green leafy vegetables (plenty and preferably organic), animal products such as meat and eggs, as well as maintaining a wholefoods diet.
- St Mary's thistle (silymarin) is a great herbal supplement used to support the liver and restore function. You can buy this from a health food store and make tea.
- Good digestive function and regular bowel movements play a huge role in detoxification so hydration (2-3 litres of filtered water per day) and including a variety of fibre containing foods is important (see educational links for examples of these foods)
- Get sufficient sleep (8-10 hours per night with as much before midnight as possible) as well as extra rest as your body detoxes if you need it.
- Get outdoors in nature and natural light, moving your body at the same time is even better
- Meditate (you could use apps such as 'Insight Timer' and '1 Giant Mind')
- Practice self awareness. Sometimes the habit of drinking alcohol can be a knee jerk reaction used to avoid an undesired emotion or situation in life. Using avoidance behaviours (like alcohol) will often ensure that the discomfort continues. In contrast, using self awareness is the first step in understanding and creating a new plan for dealing with it and resolving it. Our mindset coach and psychologist at the clinic can offer further support here too.





# FEB FAST

## COFFEE FASTING RESOURCES

### PREPARATION:

- Read and review the links under the 'education' section of this document
- Remove any temptations from your environment
- Communicate in your relationships so that the people around you clearly understand what you are wanting to achieve and how they might be able participate in that and best support you. You might even provide them with some suggestions (EG: not asking you if you'd like a cup of coffee)
- Identify any parts of your daily/weekly/monthly routine where coffee plays a role and plan to have alternatives thought out, ready and available (EG: if you have a habit of using coffee to get the day started or as a reward, identify replacements like chai or turmeric lattes, herbal teas, bone broths, kombucha, fresh juices, smoothies or coconut water)
- Think about a healthy reward you can gift yourself at the end of your fasting with the money you've saved from not buying coffee, or replace your coffees with something else you enjoy each day as you move through your fast.

### EDUCATION (click for links):

Article: Top 5 foods to boost your fibre intake

Consultations with our naturopaths, nutritionist, mindset coach and psychologist

### MANAGING CRAVINGS:

- Coffee is metabolised in the liver so to help reduce symptoms associated with detoxing (eg: headaches) supporting liver function is important:
  - Choose supportive foods: good quality protein sources (eg: meat, eggs, nuts and seeds), cruciferous vegetables (broccoli, cabbage, brussel sprouts, cauliflower)
  - Choose supportive nutrients: Vitamin B12, B6, B9, magnesium and amino acids such as glycine and taurine
- Good digestive function and regular bowel movements play a huge role in detoxification so hydration (2-3 litres of filtered water per day) and including a variety of fibre containing foods is important (see educational links for examples of these foods)
- Get sufficient sleep (8-10 hours per night with as much before midnight as possible) as well as extra rest while your body detoxes if you need it
- Magnesium salt baths are great as a supplement and detox support
- Get outdoors in nature and natural light, moving your body at the same time is even better
- Meditate (you could use apps such as 'Insight Timer' and '1 Giant Mind')
- Practice self awareness. Sometimes the habit of drinking coffee can be used as a stimulant to prop up energy levels, facilitate bowel movements, or replace nourishing foods. Use this fasting time to connect with your body and identify any areas that could require support in a more healthy way. The longer these symptoms are ignored the longer they will continue. Our naturopaths can help you with this too.