

Types of Fasts

SELECT FAST

This type of fasting involves removing certain elements from your diet. One example is “The Daniel Fast.” It removes meat, sweets and bread from your diet and you consume water, juice for fluids, and vegetables for food.

PARTIAL FAST

This type of fast is sometimes called the “Jewish Fast” which involves abstaining from eating any types of food in the morning and afternoon. This can either correlate specific time of the day, such as 6:00 am to 3:00 pm from sunup to sundown.

SOUL FAST

This type of fast is a great option if you do not have such experience fasting foods, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media, or watching TV for a during the fast and then carefully bring that element back into your routine at the conclusion of the fast.

COMPLETE FAST

In this type of fast, you drink only liquids, typically, water and Juice can be your options.