



Fasting Protocols

Below is the fasting protocol designed by David Sandoval and used by Eric Nies to complete his 40 day fast. This is an anabolic fast.

Other fasts call for you to dramatically decrease the volume of calories and quantity of food you ingest. When typically fasting your body will experience a form of stress that causes metabolic trauma. Your cells will begin to send starvation signals to your brain, Ketosis sets in and your body begins to suffer from severe nutrient deficiencies. These are called catabolic (breaking down) chemical reactions.

On the “Anabolic” fast we have outlined below, your body will be completely satiated on the cellular level and you will actually become stronger as each day goes by.

Power Shake – Drink 1 shake every 4 hours while awake. Drink 3 – 4 shakes per day. Mix all ingredients with 16 - 24 oz. of water.

Carrot Juice Plus	1 scoop (1 Tbs.)
Aktivated Barley	1 Tbs.
Rice Bran Solubles	2 Tbs.
Organic Kamut Blend	2 scoops (4 tsp)
Organic Spirulina	1 tsp
Ionic Elements	20 drops (only use for the first 3 shakes)
Nutrition Now Vanilla Meal	1 scoop (2 Tbs.) – optional to add flavor

Master Amino Complex – Take 2 tablet per day for every 25 lbs. of body weight. Spread your daily requirement out and take some morning, mid day and night. Best to take 2 hours after drinking the shake for optimal energy level.

Cherry / Aloe Drink – Drink 30 minutes prior to bedtime. Mix ingredients with 8 oz. of water.

Apothe Cherry Concentrate	1 Tbs.
Aloe Vera 40X	1 tsp
Ionic Elements	20 drops

Extra Virgin Organic Coconut Oil – Take 1 tsp 3 times per day by placing in mouth and letting melt.

Herbal Fiber Cleanse – Take 6 capsules daily with 8 oz. of water. Take 3 capsules in the morning and 3 capsules in the afternoon or evening. Can be taken with your shake or cherry / aloe drink.



Note: The above protocol will provide roughly 600 calories assuming three shakes per day without the Nutrition Now Vanilla Meal Option added for flavor.

Water – Be sure to drink at least ½ your body weight in ounces of water per day. This is very important to keep your body hydrated. During the fast you can consume up to your body weight in ounces of water each day. The water in your Power Shake is not counted in your water needs calculation.

You may add lemon to your water if desired. Take two whole lemons and squeeze the juice into 2 quarts of water. This can be sipped between Power Shakes to help keep your blood glucose levels steady and alkalize the body.

Salt / Cherry Flush – If you are not eliminating regularly on your own during the fast, every other day you can flush your bowels of accumulated waste and toxins by doing the following.

Wake up 1 hour early to allow time to complete the flush

Mix 1 qt. warm water with 2 tsp of Himalayan sea salt (or other non-iodized natural salt)

Mix in a separate glass 4 Tbs. Apothe-Cherry with 12 oz. cold water

Drink the salt water

Immediately lie down on your right side for 20 minutes, keeping the Apothe-Cherry drink in reach

Drink the Apothe-Cherry

Resume laying on right side for 20 additional minutes

Sit on toilet with feet elevated several inches off the ground. You can use a couple of thick books, small stool, trashcan or a Welles Step.

You should “empty out” in a few minutes.

- Results may vary on the initial salt cherry flush. Try the next day and you will be successful.
- Do not pass gas unless sitting on the toilet

Best of Luck!!



Requirements per 7 days on the program

(Assuming 4 shakes per day) or 28 shakes per week

Carrot Juice Plus	1 container (30 servings)	
Aktivated Barley	1 container (28 servings)	
Rice Bran Solubles	1 container (60 servings)	
Organic Kamut Blend 90g	1 container (60 servings)	
Organic Spirulina Powder	.66 of a container (45 servings)	
Nutrition Now Vanilla Meal	.50 of a container per week (30 serving size)	
Master Amino 150 ct.	.5 of a bottle	125 lb. Person
	1 bottle	200 lb. Person
Apothe Cherry	.25 of a bottle (32 1 Tbs servings)	
Aloe Vera 40X	.25 of a bottle (30 servings)	
Tropic Oil 16 oz.	.25 of a container (30 1 Tbs servings)	
Herbal Fiber Cleanse 180 ct	.25 of a bottle (30 servings)	
Ionic Elements	.25 of a bottle	

SUGGESTIONS FOR ENDING YOUR FAST SUCCESSFULLY

Day 1: Eat watermelon, making sure to chew very thoroughly, for the first ½ day and vegetable broth for the remainder of the day after ending your fast. Take 3 servings of Advanced Probiotic Blend.

Day 2: Eat watermelon in the morning, mashed avocado with lemon and sea salt at lunch and vegetable soup in the evening. Take 2 servings of Advanced Probiotic Blend.

Day 3: On the third day you may add protein, carbohydrates and fat in moderation and eat as much raw food as possible. Take 1 serving of Advanced Probiotic Blend.

You may continue to have Power Shakes on a daily basis to supplement your food intake and control hunger and blood sugar.