

FASTING PROTOCOLS

The protocol below was 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 and muscle wasting. 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. Make your own by mixing all 5 ingredients with 16 - 24 oz. of water OR economize by using our pre-mixed **Power Shake**, which has a full serving of all 5 products (*please note that the Meal Option is not included in the ‘premixed’ Power Shake as it is optional*).

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| 1. Power Shake | 5 tbsp. (2 scoops) |
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| 1. Aktivated Barley | 1 tbsp. (1 scoop) |
| 2. Carrot Juice | 1 tbsp. (1 scoop) |
| 3. Organic Kamut Blend (Kamut wheatgrass, oat grass, and alfalfa) | 2 tsp. (1 scoop) |
| 4. Organic Spirulina | 1 tsp. (1 scoop) |
| 5. Rice Bran Solubles | 1 tbsp. (1 scoop) |
| OPTIONAL: Creamy Vanilla Meal Option | <i>OPTIONAL: 2 tbs. (for flavor- may be added to pre-mixed or ‘homemade’ Power Shake)</i> |

- **Master Amino Complex** – Take 2 tablets 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** – Mix both ingredients listed below with 8 oz. of water, drink 30 minutes prior to bedtime.

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| 1. Apothe-Cherry concentrate | 1 tbsp. |
| 2. 40x Aloe Vera concentrate | 1 tsp. |

- **Organic Tropic Oil** (pure, extra virgin 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: This plan results in the consumption of approx. 600 calories daily when drinking 3 shakes per day (not including Creamy Vanilla Meal Option).

Water – Be sure to drink at least ½ your body weight in ounces of water per day. It 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.

*Reminder: The water in your **Power Shake** is not to be 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 assist healthy blood glucose levels and further help to alkalize the body.

[Optional] 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.

1. Wake up 1 hour early to allow time to complete the flush
2. Mix 1 qt. of warm water with 2 tsp of Himalayan sea salt (or other non-iodized natural salt)
3. In a separate glass, mix 4 tbs. of Apothe-Cherry with 12 oz. cold water
4. Drink the salt water (from step 2).
5. Immediately lie down on your right side for 20 minutes, keeping the Apothe-Cherry drink in reach
6. Drink the Apothe-Cherry
7. Resume laying on right side for 20 additional minutes
8. 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.
9. You should “empty out” in a few minutes.

Reminder:

- DO NOT pass gas unless sitting on the toilet
- Results may vary on the initial salt cherry flush. Try the next day and you should be successful.

Best of Luck and Best of Health!!

Requirements per 7 days on the program

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

□ **Power Shake ingredients:**

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| Aktivated Barley 280 g. | 1 container |
| Carrot Juice Plus 225 g. | 1 container |
| Organic Kamut Blend 90 g. | 1 container |
| Organic Spirulina 1 lb. | .66 of a container |
| Rice Bran Solubles 360 g. | 1 container |

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| <u>Power Shake 1065 g.</u> | 1 container (complete serving of each of the 5 products listed above in every serving of the Power Shake) |
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| <i>OPTIONAL: Meal Option (Creamy Vanilla, 30 serving container)</i> | <i>1 container (may be added to pre-mixed or 'homemade' Power Shake)</i> |
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□ **Other nutritional supplements needed:**

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| Master Amino Complex 150 count tablets | .5 of a bottle per 125 lb. person/ 1 bottle per 200 lb. person |
| Apothe-Cherry 16 oz. | .25 of a bottle |
| 40x Aloe Vera concentrate 4.5 oz. | .25 of a bottle |
| Organic Tropic Oil 16 oz. | .25 of a container |
| Herbal Fiber Cleanse 180 count capsules | .25 of a bottle |
| <i>Optional: Advanced Probiotic Blend</i> | <i>Approx. ½ bottle</i> |

TIPS FOR ENDING YOUR FAST SUCCESSFULLY

- **Day 1:** The day after ending the fast- eat watermelon for the first ½ of the day (making sure to chew very thoroughly) and vegetable broth for the remainder of the day. Take 3 servings of PHP's *Advanced Probiotic Blend (total of 6 capsules)*.
- **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 the *Advanced Probiotic Blend (total of 4 capsules)*.
- **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 the *Advanced Probiotic Blend (total of 2 capsules)*.

PLEASE NOTE

- We suggest continuing to drink *Power Shakes* on a daily basis to nutritionally supplement your food intake and to control hunger and assist healthy blood sugar levels.
- Every 'body' is different! Some people may benefit from fasting once a month, others prefer to fast for 3 or 4 days, while others may fast up to 7 days or more, but please note that fasting for 40 days is not easy for the average person. PHP recommends consulting a doctor (preferably one specializing in integrative medicine) before starting any fasting program.
- **Please see** our archived Consumer Education Conference call titled “**How to talk to your Health Care Provider**” from 3/26/08, if you would like advice on how best to approach your doctor on the subject of nutrition. To be empowered by this invaluable call, click on the *Education* tab at the top of the Home page of www.phporder.com, then click on “*Listen & Learn*” and then *listen online*.
- **Free health and nutrition consultations** are available with PHP **staff** naturopathic doctor, *Dr Michael Wohlfeld, ND*, with no strings attached! Please call (800) 962 5433 (LIFE) or email him at askphpdoc@gmail.com
- **Free 15-minute personal consultations with David Sandoval** (formulator of the Fasting Protocols and owner of PHP) are also available upon request! Please call (888) 747-6733 or e-mail info@phporder.com and ask for his personal assistant if you are interested, so they can set up a time that is mutually convenient.

These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.