

3-Day Gentle Water Fasting Guide

Inspired by Herbert Shelton | fasting.click

Introduction

This 3-day water fasting guide is designed to be safe, simple, and effective. It follows the natural hygiene philosophy made famous by Herbert Shelton, who believed that the body heals best when left undisturbed.

This plan is intended for healthy adults. Please consult your GP or healthcare provider before beginning, especially if you're taking medications or have any medical conditions.

Day 1 – Easing In

- Eat lightly the day before — stick to fruit, steamed vegetables, or broths.
 - Begin your fast in the morning. From now on, drink only clean, room temperature water.
 - Avoid caffeine, supplements, and all stimulants.
 - Rest as much as possible. Keep activity to a minimum.
 - Expect mild hunger, light headaches, or fatigue — these are normal signs of adjustment.
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Day 2 – Deep Rest

- Continue with water only. Sip slowly and regularly throughout the day.
 - Make rest your main focus. Nap, meditate, or simply relax in silence.
 - Avoid screens, work, exercise, and anything that causes stress.
 - You might notice symptoms like brain fog, coated tongue, or body odour — these are typical detox signs.
 - Listen to your body. If you feel unwell beyond mild discomfort, consider ending the fast gently.
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Day 3 – Clarity & Caution

- By now, many people feel clearer, lighter, and more energised.
 - Keep drinking water as your priority.
 - Continue resting. Use this day to reflect, read, or simply enjoy quiet.
 - Start preparing to refeed in the evening: juice from fresh fruit or diluted vegetable broth is ideal.
 - Plan to break your fast the next morning with care.
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Refeeding (Post-Fast)

- Break your fast with small portions: fresh fruit, diluted juice, or light broth.
 - Avoid meat, dairy, fat, and grains for at least 24 hours.
 - Chew slowly. Stop eating at the first sign of fullness.
 - Keep things simple and observe how your body responds.
 - This phase is just as important as the fast itself.
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Final Note

Fasting is one of the most accessible healing tools available. It's completely free, doesn't rely on products, and allows your body to do what it does best — heal itself.

But it must be done with care, awareness, and preparation. Start small. Go gently. And always put your safety first.

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