

DAY 1

The body must adapt to this great change! After a day of fasting, he has exhausted the glucose (molecule from carbohydrates that gives us energy) circulating in the blood and the glycogen (glucose molecule) stored in the liver. Energy production will change from one producer to another and this will disturb our organism which is not used to it.

Be patient... And above all, don't panic, the worst is over, each day will be easier.

Possible symptoms: fatigue, nausea, headache, dizziness, weakness, hypotension, bad breath. Explanations: the body is detoxifying, so all these unpleasant manifestations are a good sign. We have many natural solutions to support and accompany you throughout the symptoms.

DAYS 2 AND 3

Phase 2:

The cleansing process continues, the body transits until the 3rd day. It first uses amino acids (molecule derived from proteins) from muscles as fuel for neurons (15%), then fatty acids (molecule derived from lipids) from adipose tissue begin to nourish other cells (85%).

Good to know: before the muscles melt away, many fat reserves will be used by the body to meet basic needs and the body will first draw on dead and diseased cells.

"You can fast for 90 days without damaging a single cell of the body's essential tissues," according to Dr. Shelton.

Fasting specialists (especially in Germany, where fasting has been practiced for decades: 20% of the population fasts and 60% of the cost is reimbursed by social security) use impedance scales that measure fat and muscle.

The results are convincing: you do not lose muscle by fasting! You may continue to feel some discomfort. It depends on the number of toxins to be eliminated, the quality of the food descent, the state of fatigue on arrival, the vital energy... Anyway, we are always here to support you. and above all, it's the end, soon fasting will only be a pleasure :)

FROM DAY

4

Phase 3:

From the 4th day of fasting, to avoid significant destocking of amino acids (proteins), the body transforms fat into ketone bodies and these become the main source of energy. Our body definitely changes fuel. Like a hybrid car that switches from electricity to fuel when it runs out, our body is strong :)

At this point, everyone feels better: no more nausea or headaches, energy is back. We feel proud and strong to have fasted so long and we appreciate !