

# The 5 Day Fasting Guide

Read More at “[I Consumed Nothing but Water for 5 Days. Here’s Why, What Happened, and Why it Was Awesome.](#)”

## 1. Before the Fast

- Trying out intermittent fasting (fast 16 hours, eat within 8 hours, every day) might make longer fasting easier. I’ve been doing this for four years.
- Make sure you’re sleeping regularly, and drinking plenty of water.
- Assess why you’re fasting. Good reasons include: having the experience, testing your willpower, living longer. The bad reason is: to lose weight.
- I recommend NOT fasting with a friend. You’ll complain to each other and make it even harder.
- Clean all the snacks and food out of your house or hide them. Temptation will be terrible while you’re fasting

## 2. In General During the Fast

- When you feel hungry, just drink some water or go do something to distract yourself.
- You will probably be more tired than usual. Minimize overly exhausting activity.
- Feel free to sleep 9-10 hours, and maybe budget for it. You make up more than 2 hours in your day with not having to stop for meals.
- Drink 2-4 liters of water a day. Too much water and you could flush out all of the salt and give yourself a heart attack. Too little and you'll have headaches from dehydration.

- The only thing besides water that'd be okay is tea. I'd try going without it if you can though. Feel free to add lemon to your water too, though it could make you hungrier.
- If you have a headache, you're dehydrated.
- If you feel like you need a nap, take one.
- But, if you feel really tired, you may just be being too inactive. Try moving around and see if that wakes you up. Walks are a nice break.
- You don't necessarily need to take it easy on work or anything mental. I was hyper productive when I was fasting.
- Your sex drive will be lower, so apologize to your partner (or hand) in advance.

### **3. Days One and Two**

- First, stop eating. That part's important.
- These days are the worst, and when you'll most want to quit.
- Just keep thinking about getting to day three, that's when things get easier.
- You'll need the most sleep these days. Don't be surprised if you feel like you need 9-10 hours of sleep.
- Don't talk about the fast except with a few close friends. Most people will think you're killing yourself and try to talk you out of it.
- ESPECIALLY don't complain. Complaining only makes it worse.
- When you feel hungry, just do something to get your mind off of it and it will go away.
- Don't forget to drink water!
- You will occasionally have thoughts like "this is silly, I should just stop" or "I made it this far, that's good enough" that's your brain trying to trick you out of stopping. Ignore it! Push through.

## 4. Day Three

- This is when things will get easier. You'll have more energy, the hunger won't be as intense, and you'll be happier.
- You'll start to realize that hunger is something you control. It's something you *choose* to listen to, not something you're *forced* to obey.
- You will, however, be physically weak. I would take it easy on the stairs.
- I would stay active though. When you stop moving around, your body stops producing as much energy from your fat so you get more tired. The movement results in more energy, to a point.
- And give yourself a pat on the back! You made it half of the way there, and it only gets easier.

## 5. Day Four

- Day four was the easiest for me. This was when the hunger mostly went away, I needed a regular amount of sleep, and I felt the most focused.
- There will still be hunger, but since your relationship to it has changed you won't be as affected by it.
- Enjoy the peace of mind, and go about your day as usual!

## 6. Day Five

- Last day, you made it! Good work :)
- It's just business as usual up until the time you want to break the fast.
- If you want to play it safe (unlike me) I'd start with vegetables and maybe some simple grains like rice. Save the meat and anything processed until you've re-fed yourself a bit.
- And if you make it this far, [leave a comment on the post](#) letting me know about it!