

TYPES OF FAST

COMPLETE FAST

NO FOODS, LIQUIDS ONLY (YOU ESTABLISH NO. OF DAYS)

PARTIAL FAST

NO FOOD DURING SPECIFIC TIMES

6AM-3PM OR SUNUP TO SUNDOWN

SELECTIVE FAST (DANIEL FAST)

NO MEATS, SWEETS, BREADS, DIARY PRODUCTS.

DRINK WATER AND JUICE. EAT FRUITS AND VEGETABLES.

FAST AS YOU ARE LED TO FAST AND AS YOUR HEALTH ALLOWS YOU TO. NO ONE IS UNDER ANY OBLIGATION TO PARTICIPATE IN THE FAST IF THEY ARE SICK OR HAVE ANY SPECIAL DIETRY NEEDS.

