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As described in Daniel 10:3, the prophet abstained for three weeks from delicacies, meat and wine, which would include all animal products and alcohol. This is a vegan diet, in other words, and includes abstaining from rich foods and desserts. One meal a day. Everyone can fast for one meal or from certain foods.

10 Simple Tips for

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An absolute fast should be undertaken with great care and only under the guidance of a physician. Our bodies cannot go without water for more than three days. 6.

Preparing for a Water-Only or Juice Fast. Beginners in fasting should start slow. Progressive steps help our bodies adjust to the drop in food intake.

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juices only, resulting in a severe calorie deficit and fast weight loss. However, this is very difficult to sustain for more ...

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