

*Fasting  
Guidelines  
from  
The  
Seven Pillars  
of Health Guide*



*Your Choice, My Support*

*Improve the Quality of Your Life  
With Fasting*

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*Instead of using medicine, rather, fast a day.  
(Plutarch)*



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The following chapter is part of my Seven Pillars of Health Guide.

Before you start fasting, make sure there is no contraindication in your case (see page 11).

You always fast at your own risk.

In case something in these guidelines is not clear to you, please contact me under

[info@anjonst.com](mailto:info@anjonst.com)

God bless you!

Take care,

Dr. Anja



# Detox and Fasting

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The most important thing for detoxifying your body is to stop toxifying. Eating a nutrient rich plant-based diet is the basis. Taking in a lot of fiber and drinking clean water gets your bowels moving regularly which eliminates toxins.

As for toxins in your home environment, see the chapter about toxin-free living to eliminate more toxins in your surroundings.

## Rules for Detoxification

#1 Stop toxifying.

#2 Eat an organic plant-based diet.

#3 Drink a lot of clean water.

#4 Boost all excretory organs.

#5 Fast on a regular basis (about twice a year) or pursue intermittent fasting.

## Boosting all Excretory Organs

The following procedures are very important during fasting in order to reduce the chance of a fasting crisis. More about that later in this chapter. However, even without fasting, you should do these activities on a daily/regular basis:

### Bowels

Keep your bowels moving. You should excrete stool at least once a day. With the stool your body is able to excrete toxins.

### *Fiber and water*

A plant-based diet which contains a lot of fiber plus drinking a lot of water will get your bowels moving.

Psyllium husk: a great “drain cleaner” which makes your stool soft; you have to drink a lot of water to make it work. I recommend psyllium husk mainly in preparation with fasting, not as a regular supplement!

### *Enemas*

If you feel constipated, do an enema. You can use lukewarm chamomile tea or water with Epsom salt/alkaline salt/baking soda (1 tsp on 32oz of water). While fasting, enemas should



be done at least every other day as stool rests can become toxic. A water enema can be done before a coffee enema (see below also for instructions on doing an enema) to make the coffee enema more successful.

## Liver

According to the Traditional Chinese Medicine, the liver stands for power and anger. Fasting is also a good time to reflect on trapped emotions and to care for your emotional health. Physiologically, the liver is the most important detox organ. That is why we should take care of our liver and support it in its detoxification process.

### *Liver Wrap*

To support the liver function, a hot liver wrap should be done every day during a fast. Soak a small cotton or linen cloth in hot water (as hot as you can bear on your skin; I like to add about ½ tsp of [alkaline salt](#)/baking soda to a small bowl of water), drain it and put it on your right lower ribcage onto the liver region. You can also use castor oil instead of alkaline water. Put a hot water bottle on top and cover with a towel or blanket. You might want to rest in your bed. Leave it from 15-60 minutes. This is also a good time to listen to a guided meditation or just rest with your eyes closed. You should not be distracted by your phone nor should you watch TV. It is time just for YOU!

### *Supplements/herbs that support/detoxify the liver*

If you want to drink a liver supporting tea, make sure it contains some of these herbs: The most important and well known are milk thistle and dandelion root. More liver supporting herbs are borututu bark, chicory root, turmeric, chanca piedra, greater celandine, peppermint, yellow dock root.

[This tea](#) contains milk thistle, dandelion root and more.

Broccoli sprouts are also a good liver detoxifier. You should have these regularly in your diet.

### *Coffee Enemas*

Coffee enemas are discussed controversially. However, Dr. Max Gerson MD recommended coffee enemas to his patients with great success. This kind of enema is a liver detoxification method. Coffee applied rectally goes straight to your liver and stimulates your liver to secret more bile. It was found to often reduce pain.

If you don't have an enema bucket yet, you might want to get [this one](#).





The following instructions are taken from [Thera Enema Coffee \(www.thera-coffee.com\)](http://www.thera-coffee.com)

**Quick Reference Guide on How To Make The Perfect Coffee Enema for Detox:**

1. Boil 32oz filtered water in a stainless steel pot. *(They use distilled water. However, if you buy filtered water, it usually comes in plastic containers. That's why I recommend filtered water (see [Berkey Water Filter](#))*
2. Lower heat and add 3 tbsp of coffee (add slowly so it doesn't boil over).
3. Simmer for 3 minutes without the lid to remove oils, stirring occasionally.
4. Place lid and continue to simmer for 15 more minutes.
5. Let sit to cool.
6. Strain the coffee 3 or 4 times using a stainless steel sieve/fine strainer. *(I use a nut milk bag.)* Some of the liquid will evaporate during cooking so top it up with filtered water to bring the amount of liquid back up to 32oz. (No need to reboil)
7. NOTE: You can make this coffee ahead of time and keep in the refrigerator for up-to 24 hours in a glass container. Reheat in a stainless steel pot to room temperature (or slightly warmer if you prefer).

**Helpful tips to get started:**

1. Before adding the coffee liquid to the bucket, be sure the clamp is shut/off. We recommend releasing some of the liquid first to start the flow – “Gravity” – the bucket MUST be higher than the tube.
2. Open the clamp, holding the bucket higher than the tube and allow the liquid to flow from the bucket down and out the tube. When the liquid starts to come out the end of the tube, clamp off/shut again.
3. The flow has now begun, air has been released, and it is now ready for you to take to the bathroom.
4. Place the bucket on a flat surface higher than you (about 18/20 inches, no more). You are laying on the floor.
5. The lubricated anal tube should be inserted into the rectum approximately 3 to 4 inches ONLY. You are in fetal position. This is a low retention enema for the purpose of detoxing the liver and gallbladder, unlike colonics, which are high retention.
6. If you find it difficult to hold the whole 32oz, we suggest taking 16oz first. Pull the anal tube out (clamp shut first) and relax for 10 minutes. Expel that liquid and go back and take the remainder 16oz holding for 12 to 15 minutes.



## Kidneys

### Hydration

It is important to stay hydrated. So drink water! For many people it is normal to put ice in their water. However, you should never add ice to your drinks during fasting or even better: never at all. The body needs energy to warm up the icy water. That energy could be used otherwise. During fasting, many people tend to feel cold. In this case, drink warm water (boil and let cool) or ginger tea. Ginger is a spice that warms you from within. If your urine is too dark, you're drinking too little. It should have a very light champagne color.



### Supplements/herbs that support/detoxify the kidneys

Kidney supporting teas contain some of the following herbs: Chanca piedra, goldenrod, hydrangea root, nettle, horsetail, marshmallow root, uva-ursi, celery root, gravel root, dandelion root, parsley. The most well-known is nettle tea which is easy to get. Also add parsley to your juices (more about the juice for fasting later in this chapter).

## Skin

### Dry-brushing

Dry-brushing your skin is a highly effective method to activate your skin, connective tissue and lymphatic system. Use a [brush](#) with natural bristles rather than synthetic. Brush your dry skin (don't use water) in long streaks from the periphery to the center, from the tips of your fingers and toes and from your head towards your heart. It should take about 3 minutes. Note: Do not brush in areas of heavy varicosis, very thick hair-growth or in areas of inflamed skin. Always do dry-brushing before taking a shower. Use an [Aguasana](#) or [Berkey Shower Filter](#) to reduce chlorine in the water.

### Alkaline Bath

Have an alkaline bath at least once or twice a week to drain acids from your body. If you feel like it, you could have it every day, especially during fasting. Use an [alkaline salt](#) (pH >7.4) and a [bath tub filter](#). Epsom salt is NOT alkaline (pH 5.5-6.5). A cheap way is baking soda. Use between ½ cup to 2 cups of baking soda for a full bath. The temperature should be body temperature. Bathe for at least half an hour, the longer the better. If needed, add more warm water in between. Rub your skin with a brush or cloth. You can use [pH indicator strips](#)





to make sure that you start your bath with a pH of 8.5. Interestingly, the pH goes down after 60 minutes of bathing meaning that your body excretes acids through the skin. In some cases, acids “get stuck” in your skin leaving you with an itchy feeling. If that is the case, add 1 Tbsp of apple cider vinegar to 1 quart of water and apply it to your skin with a wash cloth.

### ***Perspiration***

During physical exercise, the body is able to excrete toxins through sweat. Also infrared sauna was found to help the organs and tissues push toxins into the blood stream where they can be eliminated through the perspiration process.

### **Lungs**

#### ***Breathing Exercises***

Start your day with a couple of deep breaths. You could also make it a habit to take deep breaths upon waking, before going to sleep, before and/or after meals. [Alternate nostril breathing](#) is a powerful yoga exercise.

#### ***Physical Exercise***

Exercising not only gets your heart pumping, it also increases your respiratory rate, bringing more oxygen into your body and eliminating toxins from your lungs. Exercise during fasting is also crucial, in order not to lose any muscle mass. Moreover, you want to stimulate your circulatory and lymphatic system to help the body to get rid of toxins. I love rebounding, especially on my [Bellicon mini trampoline](#). Rebounding can be very gentle or a sweaty exercise. Adjust it to your personal needs and circumstances.

### **Detoxifying Supplements**

Next to an alkaline forming diet, there are some supplements which act as wonderful detoxifiers, especially for heavy metals:

[Chlorella](#) (chelator: is able to bind molecules such as heavy metals; NOT from Japan)

Cilantro (also chelator)

[Bentonite clay](#) has the property to bind and eliminate toxins. It is also able to neutralize bacteria in the gut and kill viruses. Bentonite protects the lining of your intestines from letting toxins through, contributing to a healthy gut and overall health. However, do NOT take bentonite clay over a long period of time. Only use it during a couple days of fasting.

### **Oil pulling**

According to Ayurvedic Medicine, oil pulling is beneficial for all kinds of diseases. Even if there are some controversies nowadays, it is definitely good for your oral health. However,



even in Western medicine, oral health and heart disease (endocarditis) are connected by the spread of bacteria through the blood stream. Oil pulling for at least 3-5 times per week (every day during fasting) kills cavity-causing bacteria and keeps away bad breath. Read instructions [here](#). (In my opinion, oil pulling for 20 minutes is rather long. 5 minutes are good. If the oil doesn't turn into a milky color, pull a bit longer next time.)



## Fasting

Fasting is a perfect method to detoxify your body. Writing this chapter, I am currently fasting. I decided to do a fast myself again, as I had felt a lack of energy and had experienced “brain fog”. I am on my second day, struggling with some circulatory issues today, BUT my mind is already absolutely clear again.

### “Recycling System”

Fasting is a good way to detox the body. During fasting, the body uses a “recycling system” and starts autophagy which means the body utilizes waste material (e.g. malfunctioning rests of proteins) that is not needed anymore in our cells and our connective tissues. The “recycling system” starts already after 12 hours of fasting. The body can build up new proteins out of old protein rests which have been deposited in our connective tissue (listen women: cellulite!) and thereby create new muscle tissue. That is why you do not lose any muscle mass while fasting as long as you exercise and use your muscles.

### Ketone Bodies and Ketosis

Within the first day of fasting, all glucose depots are depleted. After 12 hours of fasting, the body starts breaking down fat depots for energy production. The body stores a lot of toxins in the fatty tissue, so these toxins will be released and have to be eliminated (see above “Boosting all excretory organs”). Moreover, the body builds ketone bodies out of fat. These ketone bodies have been the emergency energy supply throughout evolution in times of food shortage. Ketone bodies activate nerve cells, increase your faculty of thought and stimulate brain stem cells to form new brain cells. During that time, serotonin (the happy hormone) is released which explains the so called fasting euphoria (some people experience it after three days, some after five, for some it just feels like having more energy).

Ketone bodies have a soothing effect on chronic inflammation and let cancer cells starve. However, carbohydrates are essential. Genetically, ketone bodies are not supposed to be the only energy supply. Fasting for short periods of times throughout the year or intermittent fasting (discussed later in this chapter) give you the beneficial effects of ketone bodies.

An interesting fact is that exercise can get you faster into ketosis. Exercise is a potent stimulant for growth hormone and will deplete glucose stores. So try to do some exercise every day while fasting. Only resting will prevent you from getting into ketosis. Growth hormone is also a protein sparer. So when you exercise during a fast, you will not lose any muscle mass.



Professor Valter Longo has found in his research that fasting for only 48 hours, already has benefits on our immune cells. He also found that cancer cells can even die during fasting without chemo, at least they stop growing.

After 2 days of fasting, normal cells go into a protected mode, repair enzymes are active, the metabolism is shut down and aging mechanisms are deactivated. In cancer cells it is the opposite way. They are still active. Prof. Longo has done studies with rats and proved that fasting for 2 days before chemotherapy and on the day of chemo can reduce side effects (as normal cells are in the protected mode) and that chemo is even more effective on cancer cells (as the “hungry” cells have been waiting for food). A lot of patients have tried that with success and according to Prof. Longo clinical trials are conducted.



## Benefits of Fasting

To sum up the beneficial effects of fasting on your body:

Fasting reduces:

- Pain
- High blood pressure
- High blood sugar
- LDL cholesterol
- Inflammation
- Cancer cell growth

Fasting is beneficial for following diseases:

- Allergies
- Autoimmune diseases
- Cancer
- Cardiovascular diseases
- Diabetes
- Gastrointestinal diseases
- Neurological diseases (depression, anxiety, dementia, multiple sclerosis...)
- Obesity
- Pain syndromes
- Respiratory diseases
- Rheumatic diseases
- Skin diseases

### Contraindications

- Cachexia
- Eating disorders
- Pregnancy, Nursing
- Advanced liver or kidney disease
- Advanced brain damage or dementia
- Organ transplant
- Uncontrolled hyperthyroidism

### Indications with risk → guidance recommended

- Addictions
- Type I Diabetes
- Unstable or severe coronary artery disease
- Gastric or duodenal ulcers
- Cancer
- Retinal detachment
- Psychotic disorders

### Medication to be adjusted

If you are on medications, please keep in mind that they might have to be adjusted (painkillers, drugs against high blood pressure, diabetes, contraceptives...). Consult with your health care provider.



## Modified Buchinger Fasting Method

This method goes back to the German MD Dr. Otto Buchinger (1887-1966). He cured his rheumatic fever through fasting and developed a fasting strategy that is performed in several clinics in Germany. In a clinical setting, it can be performed up to four weeks. If you fast on your own at home and have no contraindications, start with a 3-day fast, next time a 5-day fast. The Buchinger fasting method is not as strict as water only fasting. It allows some juice and broth and thereby provides the body with some nutrients and minerals. Fasting crises are often less symptomatic. I modified this method a little bit.

If you are in my holistic cancer/health coaching program, I will discuss this fasting method personally with you. Do not start this by yourself.

Before I recommend fasting, we want to make sure that you have already fueled your body with good nutrients, that you are able to empty your bowels daily and that you have taken detoxifying supplements, such as chlorella, prior. Following my program, you are well prepared to do a guided 3- to 5-day fast. Do not recommend the following schedule to anyone else. Before someone fasts, he/she has to plan a couple of preparation days which include eliminating coffee, meat and dairy, processed foods, and eating more plant-based foods which you have been doing in my program already. Someone coming from a Standard American Diet should NOT start fasting without proper preparation!

Following the Buchinger Fasting Method you consume per day:

- around 80oz (2.5 liter) of water and herbal tea
- 8 oz of vegetable/fruit juice (add water to dilute it)
- 8 oz of vegetable broth

### Juice recipe

Example:

- 1 carrot
- 1 stalk celery
- 1 kohlrabi with leaves
- 1 beet with leaves
- Cilantro or parsley



You can use all kinds of leafy greens, such as kale, beet greens, also carrot greens, lettuce (NO iceberg), herbs like parsley. You can add some apple. I usually just use my children's leftovers like apple core, apple skin etc. and juice it all.

Be aware, that beets stain your urine and stool red/pink. That is nothing to worry about.



### *Vegetable broth recipe*

- 1kg/35oz of vegetables (whatever you've got: potatoes, sweet potatoes, celery, carrots, onions, leeks, squash, tomatoes, bell peppers)
- 64oz of water

Wash and cut vegetables in small pieces and put them in a big pot. Add water and bring to a boil. Reduce heat and let it simmer for about 20 minutes. Strain vegetables and fill broth in mason jars with lid. Keep refrigerated. Your family can still eat the vegetables. If you prepare the soup before your fast, you can eat the vegetables yourself too, of course.

During your fast, warm up the soup in a pot, do NOT microwave. You can add some [nutritional yeast](#) which provides some vitamins (especially B vitamins) and minerals. You can also add a pinch of unprocessed, unrefined salt such as Himalayan salt.



### *Bowel Cleanse*

Day 1 of your fasting period starts with a bowel cleanse.

There are different options:

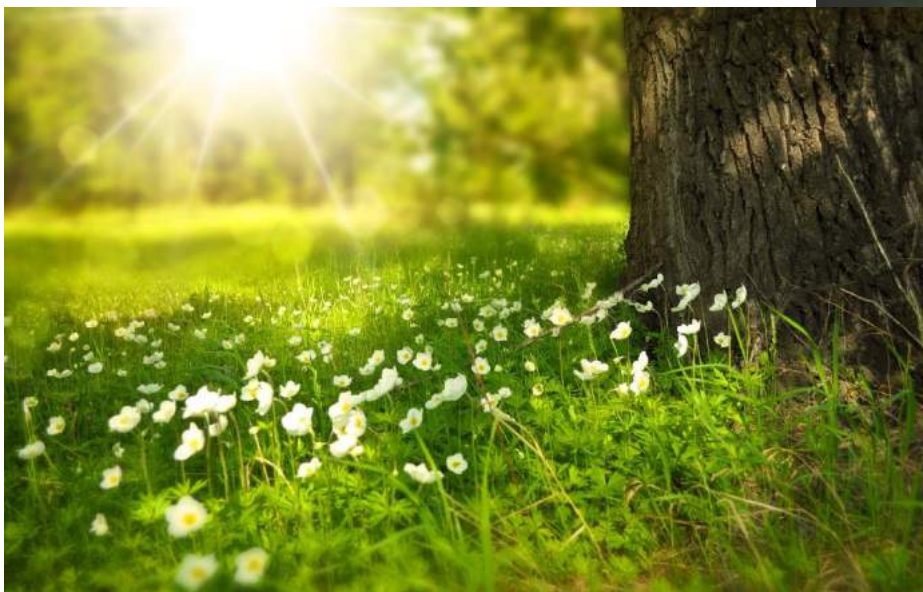
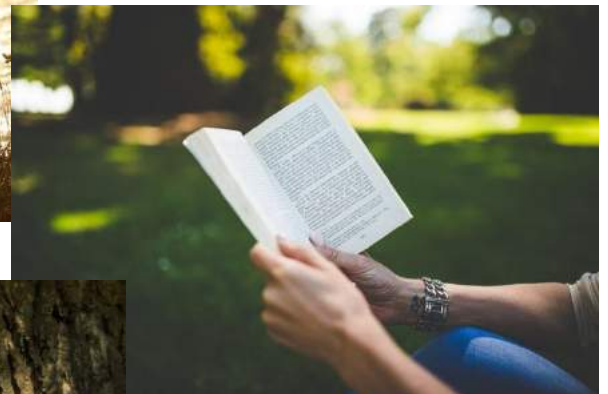
- Normal bowel movement (in case of chronic constipation, start taking 1 tsp of psyllium husk per day one week prior to starting your fast, drink enough water with it)
- Drink 8-16oz of sauerkraut juice (laxative effect)
- Enemas should be done in addition to the above mentioned options, at least every second day in order to get rid of stool rests, which can become toxic if they stay too long in your intestines and lead to fasting crises. Enemas can be done with lukewarm chamomile tea, water with some Epsom salt/alkaline salt/baking soda or with coffee. Coffee enemas also help detoxify the liver (see above).
- (Epsom or Glauber's salt are still recommended by some fasting guides, however, they can be too harsh on the gut lining.)



### *“Dietetics of the Soul”*

Fasting is not only good for the body, but also for the soul. Dr. Otto Buchinger coined the term “Dietetics of the Soul”. By that he means that someone who fasts should also care for one’s spirit and pursue activities like reading, listening to or playing music, viewing paintings, being in nature, being humorous, and practicing meditation as well as restriction of media, news, and daily life stress.

[Yoga Nidra](#) is a wonderful relaxation technique which restores your energy.







## Daily Fasting Schedule (Print this page)

### Morning:

- Take a few deep breaths, practice Alternate Nostril Breathing, meditate/journal/pray
- 8oz glass of water with 1 tbsp apple cider vinegar plus 1 pinch of salt (Himalayan, Redmonds Real Salt, NO table salt)
- Oil-pulling, brush teeth afterwards
- Dry-brushing your skin

### Breakfast:

- 5 chlorella tablets
- herbal tea including milk thistle, dandelion or nettle

### Lunch:

- Fresh vegetable juice, about 7-8oz (see recipe above). Drink it slowly, keep every sip in your mouth for a few seconds and enjoy the taste.
- 5 chlorella tablets
- good time for a liver wrap, you can do it while doing Yoga Nidra for example

### Afternoon:

- good time for doing enemas
- exercise
- Have some tea. If you miss your coffee, dandelion root tea has a coffeeish flavor.

### Dinner:

- vegetable broth (see recipe above), you can add some nutritional yeast (about 1 tbsp) and 1 pinch of salt
- 5 chlorella tablets

### Before going to bed:

- Have an alkaline bath
- 1 Tsp bentonite clay in about 8oz lukewarm water. It doesn't dissolve completely; stir and chug it down ;-)

Don't forget to drink at least 80oz of water and herbal tea in addition to the juice and the vegetable broth.



#### Modifications:

- You can split up the juice and drink it during the day whenever you feel like it. Some people like it in the morning to balance their low blood sugar.
- Have more broth, if you need it, e.g. for lunch AND dinner.
- Following activities can be done, when they fit best into your personal schedule:
  - Enemas, exercise, breathing exercises, dry-brushing (I, however, enjoy it in the morning to boost my circulation.), herbal teas, alkaline baths, “dietetics of the soul”
- Some things should be done after schedule:
  - Apple cider vinegar in the morning
  - Chlorella tablets with your 3 “meals”
  - Bentonite clay at night

### Troubleshooting

Some people experience reactions like dizziness and low blood sugar within the first days of fasting which is quite normal. More severe symptoms are possible such as bad headaches, muscle cramps, nausea, or just not feeling well in general. It can result in a so-called fasting crisis. This can occur if you had not prepared well for the fast like reducing coffee and certain foods beforehand and if you had not supported the excretory organs enough.

Headaches, dizziness, weakness, palpitations, muscle cramps, nausea can be caused by an electrolyte imbalance. Take a pinch of unprocessed, unrefined salt on your tongue and drink some water with it. Repeat after 15 minutes if symptoms still persist. Please do not hesitate to contact me if you experience any symptoms.

### Weakness and Hunger

Hunger usually goes away after the third day, for some people after the fifth day.

If you feel very weak or your hunger is overwhelming, you can:

- Puree some of the cooked vegetables into your broth
- Make Psyllium Pudding

#### Psyllium Pudding Recipe (modified after René Gräber ND)

- ¼ cup apple juice (organic, unfiltered; self-made if you can)
- ¾ cup water
- 3 heaped tsp psyllium husk

Put all liquids in a small bowl, stir in psyllium husk, let it sit until it got a gel-like consistency, eat it throughout the day.





### *Circulatory problems*

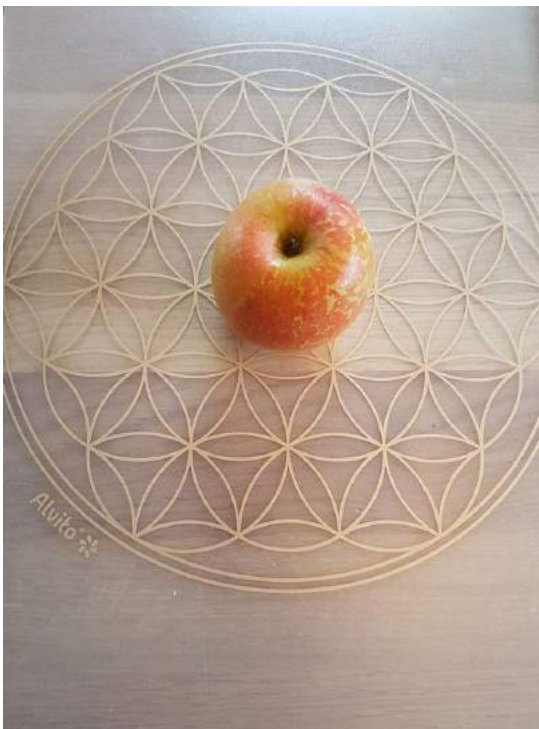
Orthostatic reactions can occur when you get up too fast. If you tend to have low blood pressure, start with some exercise in your bed, lift up your feet and cycle in the air. Sit up slowly and stay seated for a while. Massage your ears (there are important acupressure points), starting with the ear lobe until it feels warm, then move on to all other parts of the ear. Bring your index and middle finger into a V-shape, take your ear in between and rub up and down. In addition, dry brushing (see above), a cold shower, light exercise such as rebounding help cope with circulatory issues. Often, a pinch of salt on your tongue helps as well.

### *Sensation of cold*

Especially fasting during the winter months can make you feel cold. In that case, only drink warm or hot water, or drink ginger tea (ginger warms you from within). Chop a piece of ginger root into small pieces and add boiling water.

Make sure that you get enough exercise done. This will warm you up, too.

Take a warm alkaline bath.



### **“Breaking the Fast”**

Starting the right way to eat again after fasting can be harder than fasting itself. However, in your situation, you will be going back to a healthy plant-based diet. People who eat animal products have to introduce those very slowly, the same with fat.

Traditionally, you break the fast with eating a small raw apple. I always celebrate mine and eat it very slowly, over 30 minutes savoring every bite and chewing it very thoroughly.

You will slowly increase the amount of juice intake, the same with salads and steamed vegetables. Nuts and seeds should wait until the third day after fasting.



## Intermittent Fasting

For people who struggle a lot with real fasting, there is another way to get the fasting benefits. With intermittent fasting, you fast for 16 hours and only eat within a period of eight hours. Some people practice intermittent fasting after the 1:1-method (one day eating, one day fasting) or the 5:2-method (five days eating, two days fasting).

As we have heard before, the “recycling system” of the body starts already after 12 hours of fasting, with the 16/8-method you have four hours every day, in which your body is able to clean up waste and to produce anti-inflammatory ketone bodies.

If you are interested in trying intermittent fasting on your healing journey, we will add it to your personal daily protocol.

In this chapter, I gathered information from the books by three experienced German fasting experts Dr. Petra Bracht MD, Dr. Rüdiger Dahlke MD, René Gräber ND and from the studies by Prof. Valter Longo.

## Fasting supplies

[Alkaline salt](#)

[Organic Psyllium Husks](#)

[Bath tub filter](#)

[pH indicator strips](#)

[Bentonite clay](#)

[Redmonds Real Salt](#)

[Bragg’s Apple Cider Vinegar](#)

[Sauerkraut Juice](#)

[Enema bucket](#)

[Thera Enema Coffee](#)

[Liver Detox Tea](#)

[Natural body brush](#)

[Nutritional Yeast](#)

[Organic Chlorella](#)



Keep in mind that during fasting you should have a good balance between resting and being active. While fasting, it might be hard to cook for your family. Consider this when you prepare for your fast. Get some help (grandparents to watch and take care of children; instruct family to prepare meals).

Fasting is a time for self-care and self-love.

I wish you a wonderful fasting experience!

Dr. Anja