





























FEMALE FASTING SCHEDULE

Day 1 	Day 2 	Day 3 	Day 4 	Day 5 	Day 6 	Day 7 
Day 8 	Day 9 	Day 10 	Day 11 	Day 12 	Day 13 	Day 14 
Day 15 	Day 16 	Day 17 	Day 18 	Day 19 	Day 20 	Day 21 
Day 22 	Day 23 	Day 24 	Day 25 	Day 26 	Day 27 	Day 28 

* Day 1 is considered the first day you bleed. If you no longer have a cycle or if you don't know when it is just pick any day as Day 1 and follow the calendar for a reset.



Take it easy! Fast about 12-14 hours.



Let's fast some but no more than 16 hours.



Dig into fasting! This is the best time for extended fasts, 16-72 hours

If you aren't already tracking your cycle, now is a great time to start! There are some great apps out there for it.

*Inspired by Dr. Mindy Pelz and adjusted with personal experience. You'll find that you'll make adjustments to your own and find that you're hungrier or less hungry on days. Listen to your body.

Google Drive Intermittent Fasting 2025

Ram Babu Sao



Google Drive Intermittent Fasting 2025:

Science of Fasting for Healthy Body and Mind Ram Babu Sao, 2025-05-31 Fasting has been used for the body to get rid of waste buildup and also for religious and spiritual purification for centuries This book *Science of Fasting for Healthy Body and Mind* is very fascinating and an exasperating with its simplicity and its vastness Nearly every religious text from the Old and New Testaments of the Upanishads as well as Bible to the Quran calls upon followers to fast periodically as a rite of spiritual purification penitence or preparation for union with God Fasting advocates and claims that the practice can effectively treat serious health conditions like diabetes constipation arthritis and colitis to heart disease and depression In his practice he has seen fasting combined with improving the diet before and afterwards which eliminates lupus arthritis and chronic skin conditions like psoriasis and eczema He says he has also seen fasting heal the digestive tracts of those with ulcerative colitis and Crohn s disease and lower blood pressure Fasting followed by a vegetarian diet interferes with the immune system s activities especially if the immune system is overreacting as it does with and other auto immune diseases He cites half a dozen studies published in medical journals ranging from the American Journal of Physiology Endocrinology and Metabolism to the Scandinavian Journal of Rheumatology Studies published in The Proceedings of the National Academy of Sciences and The Journal of Nutrition in 2003 showed that human beings forced to fast every other day while eating twice the normal amount of food on non fasting days had better insulin control neuronal resistance to injury and other health indicators than people fed calorie restricted diets Fasting may yield psychological benefits as well **B.A.S.I.C. ,1966**

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