



10 DAYS OF PRESSING IN

THE
BREAKTHROUGH
FAST

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PREFACE

The purpose of this fast is one of a spiritual matter; to draw close to God and hear the Holy Spirit direct you in mind, body and spirit.

Life has countless distractions externally, most of which are beyond our control.

However, life can also throw us many internal distractions and many of those we can indeed direct with choices and actions.

The digestive process of the human body requires an exorbitant amount of energy that can truly exhaust, distract and literally weigh down the body and subsequently affect mood, clarity of thoughts, energy, and ultimately one's health.

Sleep has more to do with energy-boosting than food, which is merely the fuel to get you from points A-B.

Poor choices in food lend to a much bumpier ride on your life journey.

Processed food, overeating, sugar consumption can leave a destructive path in the 30 feet from one end of your body to the other.

A Thanksgiving or Christmas dinner can typically take three whole days to leave your body!

It is very hard to focus in that environment.

Key signs for knowing you're on a healthy path:



- You can eliminate waste (Move your bowels) easily-and daily. Excreting the sludge from the gut and intestines (and pounds of it can be stuck in there...for months) will result in a higher amount of energy and reduced bloating.

- Your energy level is good. There will be more tiredness by day's end because of the decreased fuel, but a normal feeling of tired, not sickness, malaise or fatigue. You can focus.

- And the one we're hoping for in these 10 days- You hear/feel God

You may experience some feelings of headaches, fatigue or mental fog in the first 2-3 days, but these are typical with detoxing.

It will be mandatory that you use prudence and wisdom in these 10 days; LISTEN to your body as it will inform you of its needs.

This fast is created specifically to maintain the body's health, and possibly improve it, during these ten days of pressing in to the Holy Spirit.

However, if you feel weak, your heart is racing or you begin to experience serious health concerns, please contact your doctor immediately.

You may contact our *WEU Health Advisor, Dr. Kristin Jacobsen* as well, but your doctor has a better idea of the entirety of your health history.

With that being said, again, we have chosen a more "full" liquid diet than most are acquainted with, but the nutritionally-packed choices will help satiate the body's physiological needs without compromising the mental clarity needed to choose your focus on HIM.

Science

The liquids chosen for this fast both have a nutritional value and are readily absorbed by the body for it to work most effectively during this ten day period.

Remember, the purpose of this fast is one of spiritual matter.

Preparation

Preparing your body for a fast is vital.

How good or bad your diet is on average prior to the fast, will determine how much preparation needs to be done.

And even if you consider yourself a "healthy" eater, you **STILL** need to prepare for such a task.

My standard recommendation is for three days prior to your start date to do the following:

- **Decrease Food Overall Intake:** Reduce portion size to $\frac{1}{4}$ - $\frac{1}{2}$ your typical amount. Do NOT starve yourself.
- **Avoid Processed or Packaged Food** (Almost everything in a box, bag or can).
- **Avoid Sugar**
- **Cut down Red Meat** in the third day out and avoid all red meat two full days prior.
- **Increase your Water Intake.** You should target yourself at half your body weight in ounces of water, up to 80-90 oz. of water (ie. If you weigh 160, you shoot for 80oz of water each day for three days before the fast, during the fast AND 3 days after the fast. I recommend continuing THAT habit over a lifetime.
- **Increasing Sleep.** You must allow yourself 7-8 hours of sleep per night! This too is so critical for a successful fast. Again, begin 3 days prior, during and 3 days post-fast. I also recommend THIS habit over a lifetime.
- **Decrease Caffeine Intake.** The heavier your addiction, the more difficult it will be. Weigh your goal to the cost; it's worth it -YOU'RE worth it because HE says so.
If you consume a large amount, begin with a goal of 12 oz. on the third day out, 8oz. the second day out and 2-4oz. the last day before your start day. If you are a serious coffee addict, you may want to start a week ahead so the day before you start, you actually have zero caffeine in your system. If you do not do this, you will have a caffeine headache which could throw you off course. Again, not worth it the cost of the gain you will have by pressing in for ten full, undistracted days!
Decrease any heavy physical activity in the three days prior. Walking and yoga are fine during the fast, but do not put any unrealistic physical demands on the body while fasting.

Your training here is in the SPIRIT not the body

- **Decrease Any Heavy Physical Activity** in the three days prior. Walking and yoga are fine during the fast, but do not put any unrealistic physical demands on the body while fasting. Your training here is in the SPIRIT not the body



During The Fast

If you need an extra “boost” during the fast, or if you’re feeling a bit sluggish or weak:

- Have an extra serving of chicken/beef broth or bone broth. Add a few shakes of organic cayenne pepper to boost the metabolism
- Have a small 4-6oz serving of kefir or add it to a smoothie (Be sure your Kefir is not packed with sugar. It should be less than 3 grams)
- Have a glass of unsweetened cranberry with water (3oz/3oz ratio)
- Drink more water
- Check your sleep

Three Days Post-Fast

It is crucial that you ease back into “real” food. Both the consistency and amount of food intake could wreak havoc on your body if reintroduced at the wrong rate. And if you had an amazing spiritual journey on the last ten days, why deflate it with a physical punch? The gall bladder and entire digestive system need to have peaceful stimulation with our food choices, so these next three days are critical to your health and feeling of wellness. And don’t forget to maintain proper hydration with good amounts of water.

Day One: Only small portions of boiled veggies (Careful not to overcook). No solid protein or fat. You can still do liquid, including the smoothies and broth.

Day Two: The boiled veggies, smoothies, broth and now you can add $\frac{1}{2}$ of a sweet potato, but without butter or fat. (Cinnamon is ok)

Day Three: You may add your proteins, avoid red meat, and NO fatty food, fried food or bread.

These important guidelines will make all the difference in the world- especially after 10 days of only liquid intake. Love your body as it is a temple.



RECIPES

Dr. Kristin's POWER SMOOTHIE

(4X: Days 1, 3, 6, 9)

Ingredients:

- $\frac{1}{2}$ cup Blackberries or Raspberries
- $\frac{1}{2}$ tsp Cinnamon
- 1 Tbsp Coconut Oil
- $\frac{1}{2}$ small to medium Cucumber
- 1 Tbsp Flax seed, ground
- 1 Tbsp Honey, local raw
- $\frac{1}{2}$ Lemon (Squeezed in),
(depending on the size of the
 - $\frac{1}{3}$ cup Parsley (flat, Italian)
 - $\frac{1}{3}$ cup Plain Greek yogurt
(Organic) or Almond milk yogurt
 - $\frac{1}{2}$ cup Spinach, baby
 - $\frac{1}{2}$ cup Tea, Green: (Tip: make it
the night before and store in
blender cup, so it's ready and cold
first thing in the morning)



Directions:

1. Cut cucumber into small pieces.
2. Put all ingredients into Nutribullet, Ninja, Vitamix or on the ice crushing speed in a blender. Blend until smooth.
3. Drink within 15-20 min to get the most nutritional benefit from the drink.
4. Optional: Donna's tip is to make the tea the night before and allow to chill in the fridge overnight.

Renewal Chocoberry **BEET BLAST**

(2X: Days 2 & 7)

Ingredients:

- 2 cups mixed baby greens
- 1/2 cup frozen blueberries
- 1/2 cup frozen sliced beets
- 1 1/2 cups water (if using a Nutribullet, enough water to fill to the max line)
- 1/2 to 1 scoop chocolate protein powder

Directions:

1. Combine all ingredients in a blender and process until creamy.



Orange JULIUS (2X: Days 4 & 8)

Ingredients:

- Half peeled cucumber in three chunks
- Orange: Half or whole orange, depending on the size. (cut off peel w/ knife leaving some of the white peel)
- $\frac{1}{2}$ cup kale or other greens pressed down
- $\frac{1}{2}$ to whole serving of vanilla protein powder. You may want to blend at this point, add until thick.
- $\frac{1}{2}$ cup Coconut water or water
- $\frac{1}{2}$ cup Coconut milk (light, can, bit thicker) or other milks
- Ice cubes until thick (or possibly water if other ingredients are frozen)
- Use less frozen items if you want more smooth and frothy



Directions:

1. Combine all ingredients in a blender and process until creamy.

Renewal **BLUEBERRY DREAM** (2X: Days 5 & 10)

Ingredients:

- 1 cup Almond Milk
- $\frac{3}{4}$ cup Kale
- 1/2 cup blueberries
- 1 scoop protein
- 1 tsp vanilla
- 1 tsp cinnamon

Directions:

1. Combine all ingredients in a blender and process until creamy.



*If you would like to substitute other smoothies, be cautious to not choose fruit that has a high glycemic index such as pineapple, mango, papaya, and avoid using bananas more than once.

Do not to use artificial sweeteners or much of any sweetener at all.

The key to surviving this fast in good health is by keeping your sugar level stable while nourishing your body with its vital needs, but not so much to congest your body's digestion which ultimately clogs your thinking.

Organic **BROTH** (14-16X of 6-8oz. Servings)*

Bone Broth, Chicken or Beef, or even a combination of bone broth with organic low sodium regular broth so it is not as dense of a consistency. (The recipe included is for chicken broth.)

Ingredients:

- Chicken bones (Enough to fill a 1 gallon zip lock bag)
- Juice from 1 lemon
- 1/4 onion
- 3-4 celery stalks
- 1 bay leaf
- 1 glove garlic
- Sea salt & pepper (to taste)
- 6—8 cups water



Directions:

1. Dump bones in a stockpot or crockpot and cover with water (6-8 or more cups).
2. Add the juice from lemon (helps put bone nutrients into stock) a quartered onion, a few celery stalks, bay leaf, and garlic
3. Simmer for at least an hour and a half in stock pot, 4-6 hours on high in crock pot.
4. Strain and season to taste, discard bones.

You may store in large mason jars and place in the refrigerator. The fats will rise to the surface when it is refrigerated and can be easily removed.

*The shopping contains enough ingredients to make the broth twice. If you would prefer more or less, adjust the list accordingly.

Pureed LIQUID CABBAGE SOUP

(4-6X of 8 oz. Servings)

Ingredients:

- 6 large green onions
- 2 green peppers
- 1 large head cabbage
- 1 bunch celery
- 1 or 2 cans tomatoes
- 2 containers of Wegman's low sodium organic free range chicken broth*
- Season to taste with spices, including salt, pepper, parsley, bouillon, etc.



Directions:

1. Cut vegetables into small pieces. In large pot, add vegetables and soup mix, cover with water. Boil rapidly for ten minutes.
2. Reduce heat and simmer until vegetables are tender. (Vita-mix owners: blend & store in serving size portions)

*You can also use your homemade broth. Be advised that you will need to update the shopping list accordingly. The shopping list includes ingredients for two batches of homemade chicken broth

Miscellaneous Additions:

Apple Cider Vinegar (Bragg's recommended or the like-as long as it contains "the mother.")

Herbal Tea (Must be decaffeinated and preferably "naturally" decaffeinated)

Master Cleanse Drink (If needed. This will come in handy if you begin to feel weak or low in energy. Try not to use it more than once in a day. This will help the metabolism pick up its pace)

8oz. Purified or spring water

Grade B Maple Syrup (1Tbsp per drink)

Lemon (2Tbsp fresh lemon juice)

1/10 tsp (a sprinkle) Organic cayenne pepper

10 Days Of Pressing-In Fast

Day One:

6AM: Awaken.

6:15: Hot water with lemon and Bragg's Apple Cider Vinegar (ACV)

8AM: Dr. Kristin's Power Smoothie

10AM: Herbal aTea

12PM: 6-8 oz. Broth (Add a sprinkle of cayenne pepper, turmeric or other herb if desired)

3PM: Herbal Tea

6PM: 6-8 oz. Pureed Cabbage Soup

8PM: Herbal Tea

9:30PM: Hot water with lemon and ACV

Day Two:

6AM: Awaken

6:15: Hot water with lemon and ACV

8AM: Renewal Chocoberry Beet Blast Smoothie

10AM: Herbal Tea

12PM: 6-8 oz. Broth (Spice as desired)

3PM: Herbal Tea

6PM: 8 oz. Broth (spice as desired)

*If hungrier or weak- use Pureed Cabbage Soup instead

8PM: Herbal Tea

9:30PM Hot water with lemon and ACV



Day Three:

6AM: Awaken

6:15AM Hot water with lemon and ACV

8AM: Dr. Kristin's Power Smoothie

10AM: Herbal Tea

12PM: 6-8 oz. Broth (Spice as desired)

3PM: Herbal Tea

6PM: 8 oz Pureed Cabbage Soup

8PM: Herbal Tea

9:30PM Hot water with lemon and ACV

Day Four:

6AM: Awaken

6:15AM: Hot water with lemon and ACV

8AM: Orange Julius Smoothie

10AM: Herbal Tea

12PM: 6-8 oz. Broth (Spice as desired)

3PM: Herbal Tea

6PM: 8 oz. Broth (spice as desired)

*If hungrier or weak- use Pureed Cabbage Soup instead

8PM: Herbal Tea

9:30PM Hot water with lemon and ACV



Day Five:

6AM: Awaken

6:15: Hot water with lemon and ACV

8AM: 8 oz. Renewal Blueberry Dream Smoothie

10AM: Herbal Tea

12PM: 6-8 oz. Broth (Spice as desired)

3PM: Herbal Tea

6PM: 8 oz. Pureed Cabbage Soup

8PM: Herbal Tea

9:30PM Hot water with lemon and ACV

Day Six:

6AM: Awaken

6:15: Hot water with lemon and ACV

8AM: 8 oz. Dr. Kristin's Power Smoothie

10AM: Herbal Tea

12PM: 6-8 oz. Broth (Spice as desired)

3PM: Herbal Tea

6PM: 8 oz. Broth (spice as desired)

*If hungrier or weak- use Pureed Cabbage Soup instead

8PM: Herbal Tea

9:30PM Hot water with lemon and ACV



Day Seven:

6AM: Awaken

6:15: Hot water with lemon and ACV

8AM: 8 oz. Renewal Chocoberry Beet Blast Smoothie

10AM: Herbal Tea

12PM: 6-8 oz. Broth (Spice as desired)

3PM: Herbal Tea

6PM: 8 oz. Pureed Cabbage Soup

8PM: Herbal Tea

9:30PM Hot water with lemon and ACV

Day Eight:

6AM: Awaken

6:15: Hot water with lemon and ACV

8AM: 8 oz. Orange Julius Smoothie

10AM: Herbal Tea

12PM: 6-8 oz. Broth (Spice as desired)

3PM: Herbal Tea

6PM: 8 oz. Broth (spice as desired)

*If hungrier or weak- use Pureed Cabbage Soup instead

8PM: Herbal Tea

9:30PM Hot water with lemon and ACV



Day Nine:

6AM: Awaken

6:15: Hot water with lemon and ACV

8AM: 8 oz. Dr. Kristin's Power Smoothie

10AM: Herbal Tea

12PM: 6-8 oz. Broth (Spice as desired)

3PM: Herbal Tea

6PM: 8 oz. Pureed Cabbage Soup

8PM: Herbal Tea

9:30PM Hot water with lemon and ACV

Day Ten:

6AM: Awaken

6:15: Hot water with lemon and ACV

8AM: 8 oz. Renewal Blueberry Dream

10AM: Herbal Tea

12PM: 6-8 oz. Broth (Spice as desired)

3PM: Herbal Tea

6PM: 8 oz. Broth (spice as desired)

*If hungrier or weak- use Pureed Cabbage Soup instead

8PM: Herbal Tea

9:30PM Hot water with lemon and ACV



Shopping List

Fruit & Vegetables

Amount

- | | |
|--|---|
| <input type="checkbox"/> Baby Greens, Mixed | <input type="checkbox"/> 4 cups |
| <input type="checkbox"/> Bay leaf | <input type="checkbox"/> 2 |
| <input type="checkbox"/> Beets, sliced, frozen | <input type="checkbox"/> 1 cup |
| <input type="checkbox"/> Blackberries or Raspberries | <input type="checkbox"/> 2 cups |
| <input type="checkbox"/> Blueberries, frozen | |
| <input type="checkbox"/> Broth, chicken | <input type="checkbox"/> 2 cups |
| | <input type="checkbox"/> 2 containers of Wegman's low sodium organic free range chicken broth |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> 1 head |
| <input type="checkbox"/> Celery | <input type="checkbox"/> 2 bunches |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> 3 medium |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> 2 clove |
| <input type="checkbox"/> Green onions | <input type="checkbox"/> 6 large |
| <input type="checkbox"/> Kale, fresh | <input type="checkbox"/> 3 cups |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> 15 fresh lemons |
| <input type="checkbox"/> Onion, yellow or white | <input type="checkbox"/> 1 |
| <input type="checkbox"/> Orange | <input type="checkbox"/> 1 - 2 oranges |
| <input type="checkbox"/> Parsley (flat, Italian) | <input type="checkbox"/> 1.5 cups |
| <input type="checkbox"/> Peppers, Green bell | <input type="checkbox"/> 2 |
| <input type="checkbox"/> Spinach, baby | <input type="checkbox"/> 2 cups |



Shopping List

Misc:

- Almond Milk
- Apple Cider Vinegar
- Chicken bones

- Coconut milk or almond milk
- Coconut Oil
- Coconut water (or water)
- Flax seed, ground
- Grade B Maple Syrup

- Green Tea
- Herbal Tea
- Honey: local, raw
- Ice
- Plain Greek yogurt (Organic) or Almond milk yogurt
- Protein powder, chocolate
- Protein powder, vanilla
- Tomatoes, organic canned
- Water

Amount

- 2 cups
- Bragg's brand
- 2 gallon zip lock bags full (2 whole chickens)

- 1 cup
- 2 Tbsp
- 1 cup
- 2 Tbsp

- 4 tea bags
- Decaf, your choice
- 2 Tbsp

- 10 ounces
- 1 - 2 scoops
- 4 - 6 scoops
- 1 - 2 cans

Spices

- Black Pepper
- Bouillon
- Cayenne Pepper
- Cinnamon
- Parsley
- Sea Salt
- Stevia (orange flavored - optional addition)
- Vanilla Extract





Dr. Kristin A. Jacobsen

Dr. Kristin A. Jacobsen has been a chiropractor with seventeen plus years, and more recently, a clinical nutritionist.

She's been the health advisor to WEU since 2013. She received her doctorate from New York Chiropractic College and completed her internship in New Zealand.

She holds a bachelor of science in Biology from Bloomfield College in New Jersey.

She is passionate about continuously updating her knowledge and skills in anatomy and physiology, fitness and our fuel.

Dr. Jacobsen is a frequent public speaker on health, nutrition and chiropractic. She received the 2002 PABA award for Pine Avenue's Greatest Asset and twice commended with 'Special Congressional Recognition,' for her involvement in the community.

Most vitally, she loves to teach and empower people to reclaim their health by breaking down the science in simple ways that people can actually comprehend and apply to their lives.

DISCLAIMER

Disclaimer: This fast is designed to provide you with nutrients during a spiritual fast. This fast is not designed for weight loss. If you are concerned at all about engaging in this fast, please consult your personal, primary care physician. It is vital that you do not immediately begin the fast without following the pre and post-fast preparatory instructions provided.

The opinions expressed within the fast are published here for educational and informational purposes only, and are not intended as a diagnosis, treatment or as a substitute for professional medical advice, diagnosis and treatment. You must not rely on the information on this website as an alternative to medical advice from your doctor or other professional healthcare provider. If you have any specific questions about any medical matter, you should consult your personal doctor or other professional healthcare provider. If you think you may be suffering from any medical condition, you should seek immediate medical attention.

It is important that you have had a current health check by your primary physician so that you can gather all the information about your health (ex. age, health history, symptoms, etc.) to determine your health status. The information provided through Dr. Kristin Jacobsen and WEU is not intended to substitute for consultations with your doctor, nor medical advice specific to your health condition.

- The diet is not recommended for the following:
- People who are underweight or have an eating disorder
- Children (under 18 years old)
- Type 1 diabetics and diabetics taking medication for their diabetes (other than Metformin)
- Pregnant women or breast feeding mothers
- People recovering from surgery
- Those who are frail or have a significant underlying medical condition should speak to their doctor first, as they would before embarking on any weight-loss regime.
- Those who are not sure about whether it may affect their prescribed medications should to speak to their doctor first.
- People feeling unwell or have a fever
- Those taking Warfarin should consult their doctor first as it may increase their INR.
- People with a history of serious mental health problems.

Dr. Jacobsen and WEU disclaims any liability arising from your use of services or for any adverse outcome of your use of this information provided by WEU and their partners for any reason, including but not limited to any misunderstanding or misinterpretation of the information provided here.

Blessings,
Donna Partow

www.womensempowermentuniversity.com

