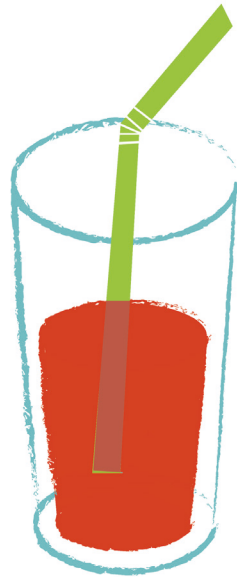


Remember to drink enough

You should drink about 2 to 3 litres of fluids daily. Drink them at room temperature one sip at a time. If you feel thirsty between meals, we recommend drinking clean spring water or water from a well (at least 1 litre daily), perhaps with some Molkosan to promote detoxification and balance your stomach. Drinking plenty of liquids will cleanse your body and make you feel more comfortable. You should "chew" the juices as the digestive enzymes of your saliva will prevent stomach complaints.



Symptoms at the start of fasting

During the first days, your body will start using up its reserves, which may cause fasting-related symptoms.

These may include various kinds of ache, feeling unwell, and lacking energy. Do not worry about these. You will feel more comfortable if you try to speed up your metabolism, for example with light exercise (such as yoga or outdoor exercise). This will help your body eliminate waste products more rapidly.

Feeling cold is a natural consequence of reduced energy intake. Light exercise also helps you feel warmer as exercising will generate some body heat.

Try the following to feel more comfortable during your fast:

- Drinking plenty of water
- Colonic irrigation
- Outdoor exercise
- Sauna bathing
- Bathing
- Dry brushing
- Enough sleep and rest
- Relaxation, massage and other treatments
- A teaspoonful of honey or a few spoonfuls of soured milk may help if you feel unwell.

Most people feel comfortable and lighter after the first two or three days of fasting.

Ending your fast and recovering

Ending your fast is a challenging but important stage. You should end your fast slowly (over about 4 days) as a rapid switch to solid food may cause digestive problems.

- Eat small quantities at first.
- Chew your food thoroughly.
- Drink enough. You can continue using Molkosan to support the function of your stomach.
- Do not eat more than your stomach can digest. When you eat slowly and enjoy every mouthful, even a small portion will make you feel full.
- Choose light, predominantly plant-based foods such as apples, grated carrots, vegetable soup, blueberries etc.

Colonic irrigation is no longer performed after you end your fast. Your bowel function will normalise in a few days after you start eating solid food.

For more instructions on fasting and on meals during the preparation days, visit paasto.fi



INSTRUCTIONS FOR JUICE FASTING WITH A. VOGEL PAASTOPAKETTI FASTING PACKAGE





INSTRUCTIONS FOR JUICE FASTING WITH A. VOGEL PAASTOPAKETTI FASTING PACKAGE

The purpose of fasting is to cleanse the body and eliminate metabolic waste products. If this is the first time you are trying a fast, it is particularly important to follow the instructions.

A healthy adult can fast without health concerns. However, fasting is not recommended for growing children or for pregnant or breastfeeding mothers. Those on regular medication must always discuss fasting with their doctor.

The contents of Vogel's Paastopaketti fasting package are enough for five days of fasting, but you can also continue fasting for longer, for example for seven days. In this case, you will need more juice. A five-day fast is enough for the body to start using up its extra reserves, i.e. fatty tissue.

Preparing for a fast

To be successful in fasting, you must have the right attitude. You should therefore prepare mentally before you start fasting.

Try to stop using stimulants (coffee, tobacco, alcohol) a week before starting your fast. Drink plenty of water.

Switch to a lighter diet and reduce the size of your meals during the week preceding your fast. Eat more vegetables, fruit and wholemeal products. They contain dietary fibres that promote bowel function and cleansing. Avoid heavy, greasy or sweet foods.

Start cleansing your colon 2 days before your fast

On the last two evenings before your fast, measure a tablespoonful of linseed into one glass of water and three chopped prunes into another. Eat the linseed and prunes and drink the water in which you soaked them in the morning on an empty stomach. This will ensure you have a bowel movement.

Colon cleansing and colonic irrigation

It is a good idea to empty the colon as thoroughly as possible before you start your fast. You should also ensure you have bowel movements while fasting. This is to prevent any fasting-related symptoms such as headache and fatigue.

On the evening before the fast, you should do a colonic irrigation using the colon cleansing bag included in your fasting package. You should repeat the colonic irrigation every day while fasting as it will alleviate any fasting-related symptoms.

Alternatively, you can use Glauber's salt (available from the pharmacy) or other gentle laxatives to empty your bowel on the evening preceding your fast. However, this is not necessary if you observe the preparation instructions above.

As you progress with your fast, colonic irrigation will cleanse your body and make you feel refreshed and more comfortable. Colonic irrigation may feel strange when you do it the first time, but you will soon notice how easy the procedure is and how positively it affects you.

Perform colonic irrigation as follows:

Fill the bag with lukewarm water and hang it at a height of at least 1 m. Lubricate the tip of the tube with petroleum jelly or Bioforce Creme. Insert the tip of the tube gently in the anus and then allow water to run freely into the bowel.

Once you feel tension in your bowel you should stop the water and pass stools. It is a good idea to massage your abdomen lightly during a colonic irrigation.

The best irrigation positions vary. Most people who fast find it easiest to lie on their left side, but you can also perform colonic irrigation while sitting on the toilet. The colon cleansing bag will draw 1.5 litres of



fluid. It depends on the contents on your bowel whether your bowel can accommodate this during a single session or whether you need several attempts.

Our five-day fasting regimen

Breakfast

2 dl of diluted Biotta Granaattiomena pomegranate juice (1 dl juice + 1 dl water)
2 dl of lukewarm spring water or water from a well; add 1 tablespoonful of Molkosan
1-2 dl of herbal tea
5-10 drops of Cynara extract

Snack

Herbal tea

Lunch

1.5-2 dl of Biotta Porkkanamehu carrot juice or Biotta Tomaattimehu tomato juice
2 dl of low-salt Herbamare vegetable broth (NB. 1 cube yields 5 dl of ready-to-use broth)
5-10 drops of Cynara extract

Snack

Herbal tea

Dinner

2 dl of low-salt Herbamare vegetable broth
1.5-2 dl of Biotta Ananasmehu pineapple juice or Biotta Vegetable Cocktail juice
5-10 drops of Cynara extract

Evening snack

1-2 dl of herbal tea

It is a good idea to dilute the juices with water if you find they are too strong. Alkaline juices will help to neutralise the acidity caused by your fast.