

Modified Fast

A modified fast is a liquid only diet that can be incredibly reparative and anti-inflammatory for your gut. Think of it like this, if you sprained your ankle and had to run 3 miles every day, how long would it take your ankle to heal? This same concept applies for the gut. If you have a gut “injury” and are eating 3 times a day, it can be hard to the gut to heal. Short term liquid fasting can give your gut a break and aid in healing the same way avoiding activity can help the ankle sprain heal.

Perform one of the fast options listed below for 4 days unless otherwise specified. Then start the diet Dr. Ruscio has recommended. If you feel poorly on the fast you can discontinue after 2 days, but do your best to make it to the second day because this is often when patients start feeling better.

You can consume as much of the fast liquid as you desire. It’s best to sip on the fast solution throughout the day, instead of consuming large amounts in short periods. Sipping throughout the day will help keep a steady supply of nutrients and calories in your system, this helps to prevent hunger and fatigue. Remember, you can consume as much as you like. If you are feeling hungry consume more. During the fast you can engage in light activity but might want to avoid highly rigorous exercise. Also, make sure to get plenty of rest.

When you start eating solid foods again go slow; start with smaller meals rather than large ones. Opt for softer foods like steamed veggies and soups rather than hard foods like raw veggies or charred meats.

When transitioning back to solid foods this is a great time to “listen” to how your body reacts to certain foods. People will often notice they can pick out a certain foods that do not agree with them after performing the fast. To help make this easier it is best to limit the number of new foods you eat at once. For example on your first day of eating foods try to limit it to one vegetable and one protein. Eat this food for a day or two, then move to a different vegetable and protein for day two or three. This is done to help you isolate how you react to a certain food. There are no exact rules but the guiding principle is reintroducing just a couple foods each 1 or 2 days so that if you do have a reaction you will know what food it is coming from. (Note: if before starting the fast you have already determined you have little to no food reactivity and/or you have very few symptoms overall, you can transition much more quickly and do not need to be as concerned with the meticulous reintroduction just mentioned) Do your best, you are taking huge steps to start feeling better!

During the fast take any prescribed medications. Discontinue all supplements, even those from Dr. Ruscio, unless otherwise specified. Once you are done with the fasting period, you can continue your full supplement program again.

Modified Fast, option 1

(Single serving):

- 2 Tablespoons of organic lemon Juice (about 1/2 a Lemon)
- 2 Tablespoons of Organic US Grade A Dark syrup (not the commercial maple flavored syrup you use on pancakes)
- 1/10 Teaspoon Cayenne pepper powder (optional)
- Ten ounces of filtered water

(60 oz. daily serving):

- 60 ounces of filtered water
- 12 Tablespoons of organic US Grade A Dark syrup
- 12 Tablespoons of organic lemon juice (8-12 lemons, to taste)
- 1/2 Teaspoon Cayenne pepper powder (optional)

*For those who are highly sensitive or do not tolerate Cayenne, you can omit it.

Herbal tea or green tea is also permissible, with nothing added.

The lemon juice used must be fresh squeezed (squeezed and used within 24 hours). This cannot be emphasized enough. It is necessary to use fresh produce. Canned juice won't work and will erase most of the benefits of using the master cleanser diet.

Also, the maple syrup must be grade A maple syrup, not the sugar filled syrup that is used at the breakfast table.

Modified Fast, option 2

From Dr Allison Siebecker

BONE BROTH

Bone broth is a rich source of nutrients. It contains protein, cartilage, and minerals, especially calcium. It's easy for our body to digest, tastes delicious and fills a home with an aroma of goodness while cooking. Bone broth is inherently calming, consoling, and restorative to our energy and spirit.

BASIC BROTH MAKING

- 1. Bones** - poultry, fish, shellfish, beef or lamb
 - ◇ cooked bones from a previous meal, with or without skin or meat
 - ◇ raw bones, with or without skin and meat (can be browned first for flavor)
 - ◇ use a whole carcass or just parts (good choices include feet, ribs, necks and knuckles)
- 2. Water** - cold
 - ◇ enough to just cover the bones or 2 cups water per 1 pound bones
- 3. Vinegar** - any kind
 - ◇ a splash (1-2 tablespoons), or substitute lemon juice for vinegar
- 4. Vegetables (optional)** – skins, ends and tops or entire veggie
 - ◇ traditional choices include celery, carrots, onions, garlic and parsley, but any will do

Combine bones, water and vinegar in a pot, bring to a boil, remove any scum that has risen to the top and reduce heat. Simmer 6-48 hrs for chicken, 12 –72 hrs for beef, the longer the better (24 hrs is best). To reduce cooking time, you may smash or cut bones into small pieces first. If desired, add vegetables in last 30 minutes of cooking (or at any point as convenience dictates). Strain through a colander and discard the bones. If uncooked meat was used to start with, you may reserve the meat for soup or salads. If you wish to remove the fat for use in gravy, use a gravy separator while the broth is warm, or skim the fat off the top once refrigerated. Cold broth will gel when sufficient gelatin is present. Broth may be frozen for months, or kept in the refrigerator for about 5 days.

To use, once modified fast if completed

- 1. Soup** - Make soup by adding vegetables, beans, grains or meat to broth. Briefly cook vegetables and meat with oil or butter in the bottom of a stockpot (optional- 5 minutes). Add broth and grains or previously soaked beans and simmer till all is cooked through (time will vary with ingredients but count on a minimum of 20 minutes). Season with salt and pepper or other spices.
- 2. Cooking Liquid** - Use broth in place of water to steam veggies or cook rice, beans or other grains. Place steamer basket of veggies over broth or add grains or beans directly to it in proper ratio. Simmer for instructed time. You may thicken veggie steaming-broth, as below, to use as gravy.
- 3. Gravy** - Make gravy to put on vegetables, meat or biscuits. Put fat (removed from the broth, or use butter) in a skillet. Add any type of flour, one tablespoon at a time and stir constantly till browned. Whisk in broth and cook till thickened. Add salt and pepper to taste.
- 4. Tea** - Don't forget you can just add salt and sip broth like tea. This is especially nice in the winter months or if you're feeling sick. Since broth is simultaneously energizing and calming, it can take the place of morning coffee, afternoon tea, or evening nightcap. Try it in a thermos and sip throughout the day. Of course, the most traditional use for seasoned broth is as a first course, to enhance the digestion of any meal to come.