



Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

1 Corinthians 6:19-20

What if you had the opportunity to honor God as well as become physically and spiritually stronger simply by giving up things that are not good for you? You now have the opportunity! The Bible is filled with many stories about fasting and reveals many reasons to fast. In the next three weeks, you are welcome to participate in a corporate fast that will honor God, as we asked for His blessings on this church for the New Year. Welcome to the Rock Fast!

- Week I - prepare the body
- Week II- cleanse and detoxify
- Week III - regenerate and rebuild

Week I – Pre-Fast

The purpose of Week I is to prepare the body for a fast. We do this by eating as cleanly as we can. This helps prepare the body both mentally and physically for the challenge of the fast. Typically, the pre-fast diet is used for the same number of days as the actual fast. The basic rule of the pre-fast diet is to stay away from the following:

- tobacco
- fried foods
- sugar
- meats
- carbonated beverages
- processed foods (foods in packages)
- coffee
- wheat and corn products
- non-whole grains (white bread or rice)
- alcohol
- dairy, including eggs
- fast foods

The diet should consist of the following (if available, use certified organic):

- fruits and vegetables (washed and peeled)
- LOTS of distilled or filtered water (your body weight in ounces) – No tap water!
- salmon and organic chicken breasts
- whole grains, preferably sprouted
- green tea is an acceptable replacement for coffee or sodas (you can use Kal brand Stevia in powdered form as a sweetener)

Remember, pre-fasting is not fasting. Solid food is taken and there is no mental or physical separation from food. By adhering to the pre-fast diet, we are conditioning our bodies and minds for the fast to come. Even for those not physically capable of fasting, the pre-fast diet will provide some of the healthy benefits of fasting. You may experience cleansing reactions such as lightheadedness or fatigue. Do not be alarmed; these are normal reactions to a restriction of the foods you are used to eating.





Week II – Fast¹

Your mental attitude and outlook are very important. If you are not mentally prepared to fast, then don't do it! Here are some guidelines to help you with undertaking a juice fast:

- Continue drinking water
- Get plenty of fiber² and rest
- Limit your physical activities
- Be aware of the effects of your fasting – lightheadedness, changes in energy and sleep habits, constipation, coated tongue, bad breath, body odor, acne, cold-like symptoms, nausea and darker urine.
- On the day before you begin, eat only fruits and vegetables
- Do not use prepared (bottled, canned or processed) juices!
- Sip juices slowly
- Drink absolutely no alcohol, coffee or sodas (organic green tea is acceptable)

Preparation of fruits and vegetables

- Use certified organic produce if available
- Carefully wash fruits/vegetables that cannot be peeled with a good vegetable rinse
- Citrus – leave on the pith (the white part underneath the peel)
- Leave skins on all other fruits and vegetables (removing the green tops of carrots)
- Slice produce to fit in juicer
- Drink **immediately** after processing (DO NOT STORE!)

Preparation of fruits and vegetables

- cruciferous vegetables at least once a day (broccoli, cauliflower, cabbage, brussels sprouts)
- celery
- beets
- dark leafy greens
- carrots
- berries
- dandelion root/greens
- lemons and limes
- asparagus
- sprouts (except alfalfa)
- apples
- Stevia for sweetening





Suggested Juicing Recipes

Breakfast Drink 1 ½ small lemon/lime peeled 1 cup of berries 3 oranges peeled 1 scoop of super green foods (optional) ⁴ add water to 8 oz	Breakfast Drink 2 4 carrots 1 handful of parsley 2 apples 1 scoop of super green foods (optional) ⁴ add water to 8 oz	Breakfast Drink 3 Breakfast Drink 3 2 apples ¼ inch sliced ginger root ½ small lemon/lime 1 scoop of super green foods (optional) ⁴ add water to 8 oz
Snack Drink 1 2 celery stalks 2 apples 2 carrots	Snack Drink 2 3 inch slice pineapple ¼ inch ginger root 1 handful of parsley	Snack Drink 3 2 celery stalks 1 apple 2 carrots 1 beet
Lunch Drink 1 1 handful of parsley 1 tomato 1 cucumber 2 celery stalks ½ to 1 clove of garlic (optional)	Lunch Drink 2 1 handful of dandelion greens or 1 dandelion root 2 celery stalks 4 carrots	Lunch Drink 3 ¼ to ½ head of cabbage 1 handful of collard greens 2 carrots 1 apple
Dinner Drink 1 4 medium tomatoes 2 celery stalks ½ cucumber 1 handful of sprouts ½ to 1 clove of garlic (optional)	Dinner Drink 2 2 carrots 1 beet ½ cucumber 2 celery stalks	Dinner Drink 3 4 carrots 1 handful of collard, spinach or beet greens 1 garlic clove 1 handful of parsley

Suggested Soup Recipes

Soup 1 2 cloves of garlic ½ cucumber 2 celery stalks 1 handful of spinach	Soup 2 4 carrots 2 celery stalks 1 handful of parsley 1 clove of garlic	Soup 3 4 carrots 2 celery stalks 1 handful of parsley 1 clove of garlic
Soup 4 ¼ to ½ head of cabbage 2 celery stalks 2 carrots 1 handful of parsley	Soup 5 1 cucumber 2 tomatoes 1 handful of parsley 1 clove of garlic	

It is very important to have at least one drink with cabbage, broccoli and beets each day to increase and support liver function during the fast. It is also very important not to overheat soups during preparation. Instead, slowly warm and never boil.

Supplements (optional)

- No synthetic vitamins
- No inorganic minerals
- Organic whole food vitamin/mineral mix (such as Seasilver⁵ or Garden of Life)
- Super green foods





Week III – Post-Fast

During this week, drink up to 4 ounces of water at least 30 minutes before each meal, but not during the meal. Wait about 2 hours after the meal to start drinking water again. Also, do not overeat; always stop short of feeling full. Continue to drink at least two fruit juices each day.

Day 1 Eat only apples, pears, watermelon, grapes or fresh berries as often as every two to three hours.

Day 2 For breakfast, eat the same type of fruits as on Day 1. For lunch and dinner, have a bowl of fresh vegetable soup (not canned or packaged). Eat slowly.

Day 3 Add a salad or a baked potato (yams are yummy!) to the fruits and vegetable soup and a slice of Ezekiel bread (find at Henry's Marketplace, Trader Joe's, or Whole Foods Market).

Day 4 Introduce a small amount (1 to 2 ounces) of free-range chicken, turkey or fish. (No red meats!)

You've cleansed your body! The temple belongs to Jesus, so keep it clean!

Suggested reading available at the Rockpile Resource Center:

Toxic Relief by Don Colbert, M.D.

The Maker's Diet by Dr. Jordan Rubin

What the Bible Says About Healthy Living by Dr. Rex Russell

1 This flyer is intended for educational and informational purposes only. Please see a qualified healthcare professional if you have questions about this fast.

2 To lessen the effects of any cleansing reactions, you can add 1 tablespoon of flax meal to breakfast, lunch and dinner. (Purchase from Henry's Marketplace or Whole Foods Market.)

3 You can find more juicing recipes in the book below.

4 And mix of super green foods (organic only) find at Henry's Marketplace or Whole Foods Market.

5 Seasilver or Garden of Life can be purchased from Franklin Kinsey at fckinsey@excite.com

This fast is not for pregnant or nursing women.

Those with diabetes, cardiovascular disease, cancer, parasites, autoimmune, hypoglycemia, sensitive GI tract, heart condition, food allergies, high blood pressure, other chronic disease, or under the age of 14 should consult with their doctor first before starting any health program, including these fasting recommendations.

All nutritional and dietary information has been provided by John Lutz, Owner of the Power Nutrition health food store located in San Diego, CA. John is a certified diet and weight control consultant as well as personal trainer.

For more information on food supplements and dietary information you should contact:

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