

Hello and thank you for joining me on this fast to improve your health. The benefits of fasting have been well documented for thousands of years and if you are keen to take responsibility for your recovery, then you are in the right place.

If you're suffering with long term conditions that are being managed by medications, if you don't want conventional therapies but want to get better then here is an opportunity for you to begin healing and educating yourself about how your body is able to heal itself, if only we would let it.

Alternatively, you may wish to reduce the chances of developing serious health conditions and avoid the risk of needing medications in the future, in which case here is a chance for you to join our group of fasters. It starts this coming Monday 15<sup>th</sup> January. It lasts seven days and we shall be back to normal by Monday 22 January. Here is how it works:

Day 1: Mon 15<sup>th</sup> Jan – Cutting out all protein from the diet (meat, fish, eggs, lentils, dairy.)

Day 2: Tues 16<sup>th</sup> Jan – Cutting out all carbohydrates (rice, potatoes, bread, pasta.)

Day 3: Wed 17<sup>th</sup> Jan – Water.

Day 4: Thu 18<sup>th</sup> Jan – Water.

Day 5: Fri 19<sup>th</sup> Jan – Water.

Day 6 Sat 20<sup>th</sup> Jan – Start eating fruit juices and vegetable soups.

Day 7: Sun 21<sup>st</sup> Jan – Start eating carbohydrates again.

Day 8: Mon 22 Jan – Back to normal eating.

In addition to the fast, the benefits of joining this group also includes:

Daily access to me, Paul Tutleman Osteopath, to provide support, encouragement and answer any questions you may have during the process. I will be hosting Facebook lives every day of the fast to bring everyone together to educate and attempt to entertain you.

Group cohesion. Fasting as an individual is much tougher than it sounds. Fasting as a group immediately makes things easier as you are holding yourself accountable to other people who can easily empathise with you.

So please make sure to join the Facebook group (link below) and let us take a significant step towards making real improvements in your health.

I look forward to seeing you here:

<https://www.facebook.com/groups/ptobettertogether>

Paul Tutleman – Osteopath