

August 25, 2021 FAST BEGINS 174.4 pounds, 41 inches at navel

Around midnight last night I had severe congestion and serious difficulty getting enough air. I had spent quite a bit of time Wednesday out in the moderately smokey air. I had a fever as well and a lot of "sand" weeping out of my sore eyes. I bundled up and moved to my recliner for the next six hours. The congestion was reduced and fever went away.

This incident CEMENTED my need for a DETOX NOW.

I am feeling a little chilled and very low on ambition and energy. Likely more from the above illness rather than the fast.

To avoid caffeine withdrawals I had two cups of coffee today. Having reviewed my notes from the August 2020 fast I decided to continue my regular morning and evening supplements as last year I had a lot of cramping likely from the minerals I was missing by cutting out my regular supplements.

1500hrs Thursday: Hungry finally arrived. The actual work of resistance begins. Add water. Missy is not here making dinner, but everywhere I look, every time I pass through that part of the house has food, food, food. No, no, no.

2030 Early to bed ... chilled, dressed heavy to stay warm.
Heavily congested. Coughing up a lot of flem.
Got up every 1.5 to 2 hours to cough and pee a tiny amount.

Friday, August 27, 2021 170.2 pounds ... probably shedding muscle and protein

0730 dressed, let dogs out, then bundled under a blanket on recliner with music running.
Still congested, coughing up a little less flem.
0900 let dogs in, made pot of coffee. I think I'm up for a while, but have no energy or ambition.

I studied a lot on fasting yesterday. The current recommendation is to rest while you fast. I am not convinced that is correct, but with what is going on in me now, that will work fine. Current thinking also allows coffee and tea along with lots and lots of water.

Oh yeah, two doctors agree wholeheartedly that water fasts should not be done without a doctor's supervision. How did mammals ever survive between meals without doctors?

I saw a chart and essay describing a 'hunger hormone' that peaks during the time of day a person (or mammal) normally eats. It is part of our Circadian Rhythm system. This is consistent with my experience from cutting out lunches. After a few weeks the lunch-time hunger simply disappeared. Following that success, I eventually cut breakfasts out as well with similar experience.

This brought me in line with one of the easiest forms of fasting. Intermittent Fasting has many patterns, but the 20/4 and 23/1 are probably the most long-term sustainable, or at least most attractive to me. All food is taken in a certain 4-hour period of every day, or 1-hour time period. Though I had not read of it, I began utilizing the 20/4 system and stabilized around 175 pounds which struck both my wife and I as a good place for me to be. Mind you, I still have significant fat reserves available for my current 8-Day fast.

The Circadian FEED ME cycle theory is apparent in my current Water Fast. I am moderately hungry all day long, but it is easily set aside. My regular dinner time has a much more powerful draw on me. Two lessons can be taken from this: 1) Regular practice with some form of fasting trains your mind and body to accept transition from regular meals to a system that utilizes fat reserves. 2) A person accustomed to a small meal-time window only has BIG HUNGER to resist during that time period if they choose to go to a week or more water fast.

The dogs have begun a new Intermittent Fasting protocol. Scooter, the Beagle/Lab chow hound would eat to bursting and balloon up were she allowed to choose. Bosco, the Pit/Shepherd is more indifferent to meals and would be a fine candidate for free feeding from an endless supply available to him at all times. Without Mama here, Scooter is okay missing her regular breakfast. Bosco, of course, doesn't care often not eating a morning meal set down for him. I volunteered them for eight days on a 23/1 Intermittent Fast.

August 30

Chest congestion ever present, but not scary-oppressive as it was last week. Time could be as much an answer as any curative properties of fasting. Hunger is also ever-present, but also not oppressive. Energy is not super, though I did work on the irrigatin dam with Samuel and Joseph. I fetched a load of chips that they used to refresh an overdue chicken coop floor piling the rest in the yard for ... whatever.

Doug called a radio club planning meeting. I was hesitant to go to a restaraunt where I usually ate along with everybody else. I'm glad I went. Surrounded by diners with interesting plates of food, I drank half a pitcher of water... passed the test.

Then Cliff came home with me. We discussed how fasting works, various forms of it and then went into talking extensively about food. Oh dang, I miss that stuff.

August 31

It is hard right now to not want to go back to breakfast and dinner when I come off the fast, but I think I will shoot for a long-term 20 hours fasting with a 4 hour eating/drinking window every day... forever. Maybe one good breakfast is okay. Yeah, I like that. I think I'll buy some bacon to go along with our eggs. Maybe I can do a nice stir fry breakfast for us.

My back was sore getting me up too early this morning (0500 or so). I tried being UP, but napped under a blanket in the recliner for a couple hours with music running. That worked. But I am warned that making my back sore working on the irrigation dam yesterday is a type of work I have to avoid.

Haven't pooped for several days, but even taking in 3 liters of water a day my urine is still yellow and strong like it would be were I dehydrated. The difference is it is also very frequent. A lot of bad juju being expelled by the cells in my body. This KETOSIS is doing some good stuff whether I see it or not.

September 2, 2021 FAST BEGINS 174.4 pounds, 40 inches at navel