

WHAT IS THE DANIEL DIET?

The Daniel Diet is a partial fast involving the consumption of *only* water and pulse (raw vegetables, fruits, nuts, and seeds) for ten days, seeking God's face in daily prayer three set times per day, and daily Bible reading and learning.

WHY IS FASTING IMPORTANT?

The main reason to fast is to receive breakthrough in areas of your life that nothing else can bring and to open doors that cannot be opened by anything else.

Spiritual Benefits of Fasting:

- It can bring you closer to God.
- It can make you more sensitive to God's voice
- It helps breaks addictions
- It shows us our weakness and allows us to rely on God's strength

Emotional benefits of Fasting:

- It helps support healthy emotions
- It clears your mind of negative thoughts
- It can bring peace

Physical benefits of Fasting:

- It helps break addictions to junk food, drinking and smoking
- It supports the body's detoxification systems
- It promotes healthy weight loss
- It promotes healthy energy levels
- It supports healthy aging, healthy skin, and a glowing complexion
- It promotes healthy memory, focus, and concentration
- It reduces stress and promotes sound sleep
- It supports cardiovascular health
- It promotes healthy digestion and elimination
- It supports healthy inflammation response and promotes joint comfort
- It supports healthy immune system function
- It promotes healthy hormonal balance

HOW TO FOLLOW THE DANIEL DIET

Purchase fresh raw fruits, vegetables, nuts and seeds (organic is preferable) from your local health food or grocery store and consume as outlined below.

- Drink 16 oz of water shortly after waking up. Take time to pray and follow the *morning devotion.
- Drink 3 more 16 oz of water before 12:30 p.m.
- Your first meal is at 12:30 p.m., which consists of one kind of fruit along with healthy fats from avocado, nuts and seeds and/or coconut. Try to consume only one fruit and if possible, alternate different fruits each day.
- Drink another 16 oz of water before 3:30 p.m. Sometime in the afternoon, take to pray and follow the afternoon devotion.
- At 3:30 p.m. you are going to consume a veggie meal combined with a good source of healthy, high fat foods.
- Drink another 16 oz of water before 6:30 p.m.
- At 6:30 p.m. repeat a raw fruit and healthy fat meal.
- Sometime in the evening, continue with a time of prayer and the evening devotion. Drink another 16 oz of water before 8:00 p.m.

You will follow this eating plan for Days 1-9. On day 10, you should try your best to consume only water and break your Daniel Diet at 5 p.m.

This plan recommends you skip the traditional breakfast meal. While you may be used to consuming a large meal shortly after waking, it is believe that by narrowing your daily eating time window and thus lengthening your fasting and cleansing time, your health will greatly improve in many ways.

[* The corresponding Prayer Journal is \\$10](#)

“Fasting is ··· a royal road to healing for anyone who agrees to take it for the transformation of body, mind, and spirit.” ~ Dr. Otto

FLEX OPTIONS FOR THE DANIEL DIET

The Daniel Diet may be the most effective cleanse available, but it can also be extremely challenging. If you find yourself having a difficult time sticking to the program but really want to persevere, we offer **FIVE Flex Meals**.

The Flex Meal should occur in place of your third meal of the day, starting at 6:30 p.m. and ending at 7:30 p.m. Each Flex Meal can consist of foods from one of the three categories with Number 1 being optimal and Number 2 and Number 3 being acceptable alternatives:

1. Consume any raw, fresh organic fruit, vegetable, nut, seed, or raw/cold-pressed vegetable oil (i.e. extra virgin olive oil).
2. Consume any combination of raw or cooked vegetable, fruit, nut, seed or gluten-free whole grain (soaked and sprouted is best). Examples are amaranth, quinoa, millet, and buckwheat. You may also consume high mineral sea salt.
3. Consume any biblically correct meat such as beef, bison, salmon, chicken or venison (grass-feed, wild coat or pasture-raised are best)

The goal during this 10-Day Daniel Diet is to experience wonderful results while feeling your best. While some will have no trouble following the Daniel Diet protocol exactly as written, our goal is for everyone to have a successful and comfortable experience while cleansing. Since the concept of fasting is so foreign to our modern culture and diet, the Flex Meal ensures virtually anyone can follow the Daniel Diet to completion.

THINGS TO AVOID

Please note that it is encouraged to refrain from any other foods, beverages, other commonly consumed items during the ten-day period. This includes but is not limited to coffee, energy drinks, gum, mints, and candy.

****If you are on medication and/or under the care of a physician, please consult him/her before beginning this or any diet regimen, and by no means should you alter your medication dosage or schedule.****

We included an additional nutrition source which may help those who do not naturally enjoy eating raw vegetables.

The creator of the Daniel Diet, Jordan Rubin, is also the founder of the nutrition company, *Garden of Life*. *Garden of Life* has some wonderful products which combined whole raw fruits, vegetables, sprouted seeds and pea protein.

My husband and son enjoyed the *Raw Protein & Greens Organic Plant formula*. They would mix it with unsweetened almond milk and consume it for each meal along with $\frac{1}{4}$ cup nut, seed & dried coconut mixture and a fruit.

I thoroughly enjoyed the *Perfect Food Energizer, Raw Organic Green Super Food*. For the first meal of the day, I would mix the greens with 4 oz of orange juice and 6 oz water and eat $\frac{1}{4}$ cup nut mixture. For the second meal, I ate raw vegetables, the nut mixture and a fruit. For the evening meal, I drank one of Raw Protein & Greens shakes in almond milk, $\frac{1}{4}$ cup nut mixture and a fruit.

SOAKING SEEDS/NUTS

It is best to consume *soaked* nuts and seeds which may not be familiar to some. Nutritional inhibitors and toxic substances found in nuts grains and seed can be minimized or eliminated by soaking. These inhibitors and toxic substances are enzyme inhibitors, phytates (phytic acid), polyphenols (tannins), and goitrogens.

To soak the nuts or seeds, cover them in water overnight with 1 tablespoon of salt. The next day, you'll need to dry them out. To do this, spread them out in a cookie sheet and bake them in the oven for approx. 3 hours at 175F.

*For our nut mixture, I used almonds, cashews, sunflower seeds, and pumpkin seeds (unroasted & unsalted). I then added dried unsweetened coconut.

I look forward to going through this 10 Day Daniel Diet with you. Please let me know if you have any questions or concerns:

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