

Read the guide below to organize this experience.

FREE FASTING & PRODUCT USAGE GUIDE

Fueled by FastingFuel™



TAKE THE QUIZ.

Fasting PAR-Q (Physical Activity Readiness Questionnaire)

This short, **5-minute quiz** helps give clarity and assesses potential health risks and determines if fasting is safe for them. The questionnaire covers various health aspects. This ensures personalized advice, medical supervision when necessary, and **minimizes risks** during fasting, empowering individuals to make informed decisions and prioritize their health and safety.



[TAKE QUIZ](#)



About FastingFuel™

FastingFuel is an innovative NHP that is revolutionizing the mindfulness industry with its fasting supplements. Unlike traditional NHPs, FastingFuel is not only low in calories, non-GMO, non-dairy and free of sugar, gluten, MSG, artificial sweeteners, artificial flavors and colors but with 10 grams of amino acids, 13 vitamins and minerals including your daily electrolyte requirement, this product was formulated by doctors to specifically support the body's natural ability during your fasting hours, favored by other industry leaders.

Catering to the growing demand for clean ingredients in supplements, FastingFuel is made in Canada and will keep you in a fasted state. DETACH presents an unparalleled opportunity for everyone to experience a new era of safe, effective, guilt-free fasting. We invite everyone to celebrate the future of Fasting with our Hydration supplement FastingFuel, the perfect blend of flavor and nutrition, now available to increase mindfulness across Canada.

About Detach

exists to inspire individuals to embrace fasting as a pathway to profound self-discovery, fostering a connection between mind, body, and spirit. Our purpose is to contribute to the well-being and empowerment of our community.

FastingFuel™

FastingFuel™

Ingredients per 20 g (2 Scoops) / Ingrédients par 20 g (2 mesures)		
Calories / Calories 36	Carbohydrate / Glucides 3.3 g	Fibre/Fibre 2.2 g
L-Glutamine / L-glutamine.....3000 mg	L-Alpha-Glycerophosphoryl Choline (Choline alfoscerate) / Alfoscérate de choline (L-alpha-glycérophosphorylcholine).....67 mg	
L-Lysine / L-lysine.....1000 mg	Vitamin C (Magnesium Ascorbate, Ascorbic acid) / Vitamine C (ascorbate de magnésium, acide ascorbique).....665 mcg	
L-Citrulline (Citrulline Malate) / L-citrulline (malate de citrulline).....1000 mg	Biotin / Biotine.....166 mcg	
Taurine (2-Aminoethanesulfonic acid) / Taurine (acide 2-aminoéthanesulfonique)1000 mg	Vitamin B6 (Pyridoxine) / Vitamine B6 (pyridoxine).....3.3 mcg	
L-Carnitine (L- Carnitine Tartrate) / L-carnitine (tartrate de L-carnitine).....900 mg	Folate (L-5-Methyltetrahydrofolate) / L-5-méthyltétrahydrofolate).....60 mcg	
L-Leucine / L-leucine.....608 mg	Vitamin B12 (Methylcobalamin) / Vitamine B12 (méthylcobalamine).....50 mcg	
L-Tyrosine / L-tyrosine.....500 mg	Magnesium (Magnesium Bisglycinate/Ascorbate) / Magnésium (bisglycinate/ascorbate de magnésium).....100 mg	
L-Valine / L-valine.....304 mg	Potassium (Potassium Gluconate) / Potassium (gluconate de potassium).....55 mg	
L-Isoleucine / L-isoleucine.....304 mg	Manganese (Manganese (II) Sulfate) / Manganèse (sulfate de manganèse (II)).....3 mg	
L-Proline / L-proline.....173 mg	Copper (Copper (II) sulfate) / Cuivre (sulfate de cuivre (II)).....300 mcg	
L-Phenylalanine / L-phénylalanine.....113 mg	Iodine (Potassium Iodide) / Iode (iodure de potassium).....30 mcg	
L-Threonine/L-thréonine.....100 mg	Selenium (Selenomethionine) / Sélénium (sélénométhionine).....20 mcg	
L-Tryptophan (Tryptophan) / L-tryptophane (tryptophane).....73 mg	Chromium (Chromium (III) picolinate) / Chrome (picolinate de chrome (III)).....12 mcg	
L-Histidine / L-histidine.....73 mg		
L-Theanine / L-théanine.....67 mg		
L-Methionine / L-méthionine.....25 mg		
Inulin (Cichorium intybus - Root) / Inuline (Cichorium intybus - racine).....1500 mg		

Non-Medicinal Ingredients: Beetroot Powder, Microcrystalline Cellulose Fibre, Citric Acid, Sea Salt, Cranberry Powder, Blueberry Powder, Grape Powder, Stevia rebaudiana leaf extract, natural mixed berry flavour, malic acid, silica, tapioca.
Ingrédients non médicinaux : racine de betterave en poudre, fibre de cellulose microcristalline, acide citrique, sel de mer, poudre de canneberge, poudre de bleuets, poudre de raisin, extrait de feuille de stevia rebaudiana, arôme naturel de baies mélangées, acide malique, silice, tapioca.

**No Sugar.
No Gluten.
No MSG.
No Artificial Sweeteners, Flavors, or Colors.
Non-GMO.
Low Cal.
Keto Friendly.**

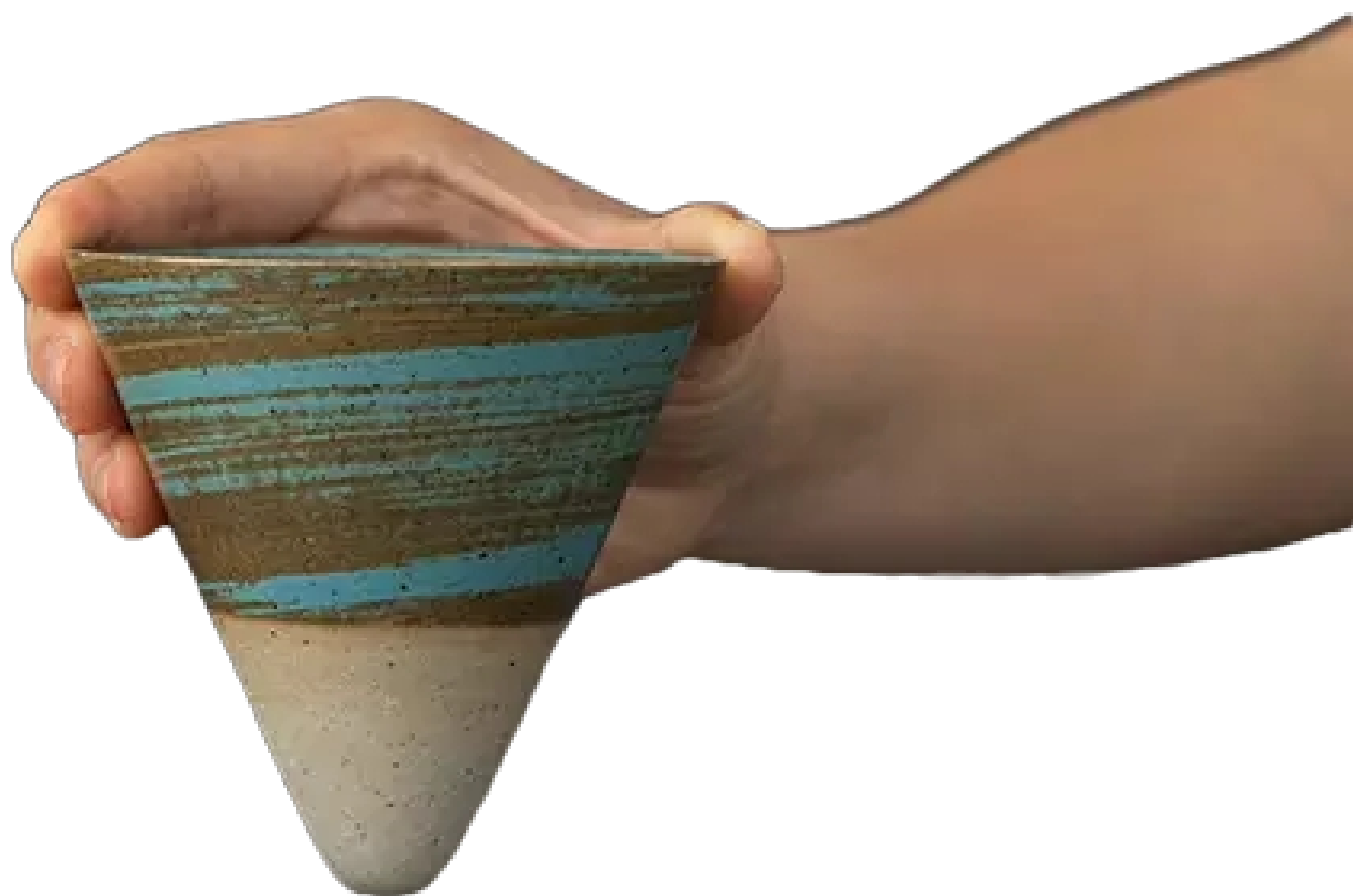
Electrolyte FYIs

“The shock you feel when you touch a metal object after walking on carpet is a result of the movement of electrons, not electrolytes. dummy.”

“Saliva is a weak electrolyte, meaning it can conduct electricity to a small extent. While it's not recommended to use saliva as a conductor, it's an interesting quirk of the body's fluids.”

“Electrolyte imbalance, particularly excess calcium, can contribute to the formation of kidney stones. Proper hydration and a balanced diet can help prevent this. Become a little boulder with FastingFuel.”

“Some electrolyte solutions, especially those used for rehydration, have a distinct salty or slightly metallic taste. This taste can be surprising to those expecting a sweet drink, but getting something that taste like s.”***



Types of Fasts

Fast 18–20 hours with the help of “FastingFuel” and eat a healthy diet in your 4–6 hour eating window.

24–Hour Fast: abstaining from food with the help of “FastingFuel” and then eat a healthy diet for 5 days which can include “Fasting Days” as a low calorie healthy beverage whenever desired. Repeat cycle.

36–Hour Fast: this is a full 36 hour fast. For example, you might eat dinner, then not eat again until breakfast two days later.

48–Hour Fast: Similar to the 36–hour fast, this involves abstaining from food for a full 48 hours. It can be done once or twice a week.

72–Hour Fast: A 3–day fast where you consume no calories for 72 hours. This is often used for detoxification and is technically considered an extended fast.

Extended Fasts: Fasts lasting beyond 72 hours, sometimes lasting for several days or even weeks. These are typically done under medical supervision and are not recommended for beginners

Dietary Customization

Tailor your dietary choices to support your chosen fasting type.

A. Fasting Period:

- During your fasting **hours**, specify the foods or beverages you'll **exclude** from your diet.

B. Non-Fasting Period:

- Outline your dietary choices for the times when you're not fasting, including the foods you'll **include** or **exclude**.



Assess the role the thing you're fasting from plays in your life.

1. How much do you **miss** it? How much do you really **need** it? Is its **absence adding** to your life?

2. After this **assessment** period, you can decide how/if to **re-introduce** the habit into your life. If you find your life was better off without it, you may decide to **give it up** for good. **Even if you do re-incorporate the habit, regularly fasting from it will help you practice the behavior with greater moderation.**

Fast

How will you use FastingFuel™ ?



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Dopamine fasting

Dopamine **fasting** is a way to **modulate** our **dopamine response appropriately**.

However, the term is **misleading**, as it *doesn't involve a complete elimination of dopamine*, which is a neurotransmitter associated with **pleasure** and **reward** in the brain. Instead, dopamine fasting refers to a **set of practices aimed at reducing the overstimulation and dependence on certain activities that can lead to excessive dopamine release**.

- Its avoiding things that are pleasurable in an addictive way, with the aim to **break the addictive behavior**.
- One of the things that happens when people initially cut themselves off from rewards is that they suddenly become aware of themselves and their bodies in a new way.
- Without substances, screens or other stimuli to distract them, people suddenly become reacquainted with themselves. That can be terrifying for people, and **"the relapse is usually worse than the original disease."**
- To move past these withdrawal periods and avoid relapse, people must **address the roots of their addictive behavior**.
- Just like those addicted to drugs, they must come to recognize and cope with triggers that push them toward destructive behavior.

Dopamine fast

- Choose a **single behavior** that you struggle with
- Practice exposing yourself to the trigger, but not following through with a normal response. Replace that common response with a **different action**
- Abstain from the behavior for one hour a day, eventually building up to four hours a day
- Eventually, abstain from it for one weekend day per week, one weekend per quarter, or one week per year and **remove the stimulus that encourages that behavior** so that you **don't have to rely on willpower**
- **Add in a feasting schedule**, with time allocated to engage in the behavior for 5–30 minutes, 1–3 times a day.

MANAGE THE DESIRES OF THE FLESH.



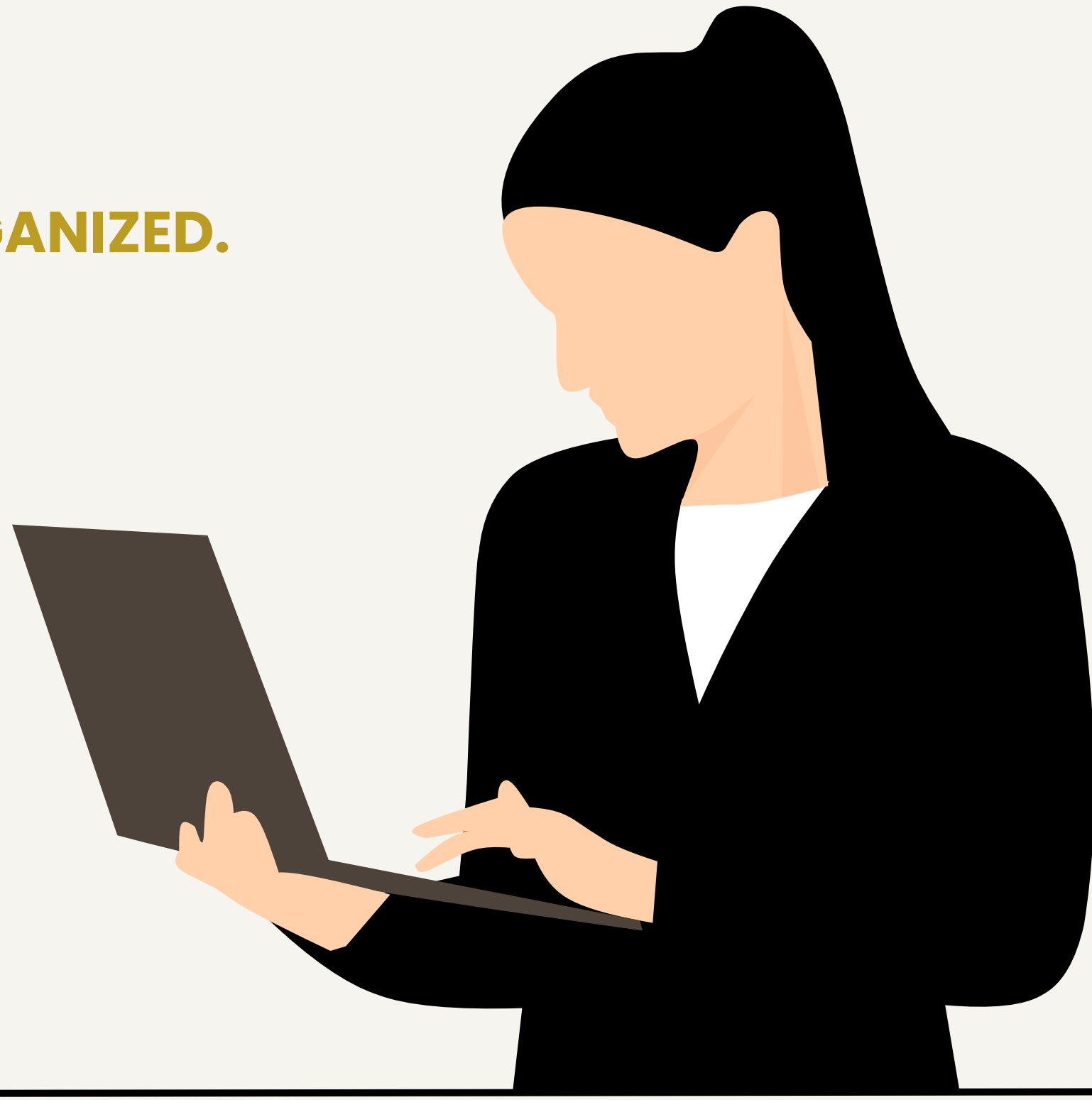
Fasting is not about denying yourself what you need. Instead, it is about managing your needs in order to orient yourself toward something greater than yourself. The goal is to focus on your faith and health. Hunger is easily remedied. Your thoughts often require a longer view.

Product Usage

1. **Choose** your fast
2. **Implement** the fast
3. **Link** this to your value/goal set
4. Use Detach as an **Accountability** System

Plan your Fasts.

IT'S COMMON SENSE TO BE ORGANIZED.



Avoid eating a processed or high-calorie meal right before the start of your fast. also Avoid soft drinks or alcoholic beverages right before the start of your fast.

To best prepare your body for a fast, eating a Mediterranean-style diet can help provide your body with the micronutrients, fibers, and flavonoids it needs.

Make sure you hydrate before and during your fast.

Plan your workouts accordingly.





FASTED CARDIO

PROTOCOLS

WITH FASTINGFUEL™



Exercise while on a fast can be known as "low training" by athletes, in which the athlete works out usually in the morning after their last meal being supper the night prior.



FastingFuel™

PROTOCOL

Low to moderate intensity cardio for up to an hour or high-intensity interval training (HIIT) for shorter durations (20-30 minutes) before your muscle glycogen stores (energy) start to run low.



During exercise, the body uses nutrients for energy in a specific order:

- **Blood glucose**
- **Stored carbohydrate (muscle glycogen)**
- **Stored body fat**
- **Stored body protein (muscle)**

You can ensure you're in a fasted state later in the day but you have to plan your meals accordingly.

PROTOCOL FastingFuel™

Step 1. Avoid eating after 8pm the night prior to working out

Step 2. Wake up and do 25–90 minutes of steady state exercise before consuming any calories

Step 3. Replenish with FastingFuel™ and record your results



WHAT ARE ELECTROLYTES?

They're charged minerals that conduct electricity in your body, supplying your nervous system with the raw materials needed for nerve-to-nerve communication.

WHAT DO THEY DO?

ELECTROLYTES...

BUILD BONES

CONTRACT MUSCLES

STRUCTURE ENERGY

**REGULATE
FLUID BALANCE**

This, in turn, affects blood pressure, blood flow, muscle function, mood, and energy.

TAKING ELECTROLYTES DURING A FAST

Here's how to optimize your fasting electrolyte status:

1

EAT
electrolyte-rich foods during feeding windows.

2

SUPPLEMENT
wisely.

ELECTROLYTES WHILE FASTING THE BENEFITS

1

BETTER ENERGY,
Fewer Cramps

2

EXERCISE
Support

3

WEIGHT
Management



OUR PROTOCOL

Train your brain to withstand multiple stressors during this experience. This strengthens your adaptive stress response, and changes your body's reactions to different stressors by repeating exposure or increasing the intensity to build resilience.



HERE'S HOW:

**STEP 1: CHOOSE THE STRESSOR THAT IS MOST APPROPRIATE.
(OR MULTIPLE)**

STEP 2: IMPLEMENT THE STRESSOR.

STEP 3: LINK THIS TO YOUR GOAL/VALUE SET.

STEP 4: HOLD YOURSELF ACCOUNTABLE.

Input your steps for flow.

1. SELECT A TASK.
2. DEVELOP PROFICIENT SKILLS.
3. SET CLEAR GOALS.
4. ELIMINATE DISTRACTIONS AND FRAME YOUR EXPERIENCE.
5. IMMERSE YOURSELF IN THE PRESENT MOMENT.

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Fasting is meant to shock the body from its routines.

The individual physically enters sacred time.

According to the 20th-century Romanian historian of religion Mircea Eliade, sacred time lies outside of ordinary time and fasting is one way to step into it.

During this time, normal activities are disrupted, so an individual's thoughts become more attuned to the metaphysical.

What must not be forgotten in the study of ritual is a special aspect of ritual that is often described as "sacred space." Time and place are essential features of ritual action, and both mark a specific orientation or setting for ritual.

Sacred time- is "the time of eternity" -it is the holy ancient past in which the gods lived and worked. - by recalling and reliving the deeds of the gods and ancestors you are entering into the sacred time in which they live.



The background is a classical painting. At the top, a woman's face is shown in profile, looking upwards with a serene expression. Below her, a pair of hands is visible, one resting on the other, with a small object held between them. The colors are muted, with soft pinks, blues, and greens. The overall style is reminiscent of the High Renaissance or Baroque period.

Sacred time is cyclical, meaning that it returns to its origins for renewal.

The annual cycles of fasting in most faith traditions are meant also to be cumulative over a lifetime; the hope is that each year, one's character becomes a little better and wiser than the year before.

Making ritual fasting part of religion was an intentional move to make it feel familiar to followers of older faiths, while also differentiating it with its specific traditions.

CUSTOMIZED STRATEGIES:

Tailoring Fasting Protocols: Fasting can be adjusted based on factors such as preferred fasting windows, meal timings, and specific dietary preferences, ensuring a plan that aligns seamlessly with an individual's daily routine and lifestyle choices.

Calibrated Intensity: The intensity and duration of fasting can be personalized to match an individual's health status, metabolic rate, and specific health goals, providing a nuanced and effective approach that caters to unique physiological needs.

Nutritional Customization: Fasting plans can incorporate personalized nutritional considerations, accommodating dietary restrictions, preferences, and nutritional requirements to optimize health outcomes and support overall well-being.

Frequency and Consistency: Individualized fasting schedules can be designed, taking into account factors like personal commitments, work schedules, and social engagements, ensuring adherence and sustainability over the long term.

Monitoring and Adjustments: Continuous tracking of health metrics allows for real-time adjustments to fasting plans, ensuring that interventions remain aligned with evolving health conditions, goals, and any changes in lifestyle.

Incorporating Support Systems: Personalized fasting strategies may include support systems such as behavioral coaching, educational resources, and community engagement, enhancing adherence and fostering a comprehensive approach to health.

Addressing Medical Conditions: For individuals with specific medical conditions, fasting plans can be customized to complement medical treatments, ensuring safety and efficacy while working synergistically with existing healthcare protocols.

Biochemical Individuality: Recognizing biochemical individuality, fasting plans can be tailored based on individual responses to specific foods, exercise regimens, and environmental factors, optimizing health outcomes by acknowledging unique physiological nuances.

Psychological Considerations: Personalized fasting takes into account psychological factors, incorporating strategies to manage stress, promote mental well-being, and address individual coping mechanisms, fostering a holistic approach to health.

PRECISION HEALTH INTEGRATION:

Customized Health Assessments: Integrating fasting into precision health involves conducting detailed health assessments, considering factors such as genetic predispositions, metabolic markers, and individual health objectives. This allows for a comprehensive understanding of the individual's baseline health.

Tailored Fasting Protocols: Utilizing data from health assessments, fasting protocols can be precisely tailored. This includes determining optimal fasting durations, frequency, and specific dietary adjustments to address individual health goals, whether they be weight management, improved metabolic health, or other targeted outcomes.

Biomarker Monitoring: Regular monitoring of biomarkers, such as blood glucose levels, lipid profiles, and inflammatory markers, enables real-time adjustments to fasting plans. This dynamic approach ensures that interventions remain closely aligned with an individual's evolving health status.

Integration with Wearable Technology: Incorporating wearable devices for continuous health tracking allows for a more detailed and real-time assessment of an individual's response to fasting. Data from devices like fitness trackers and smartwatches can inform adjustments to the fasting protocol.

Nutrigenomic Considerations: Precision health takes into account an individual's genetic makeup. Fasting plans can be tailored based on nutrigenomic insights, considering how genetic variations influence responses to fasting, nutrient metabolism, and overall health outcomes.

Behavioral and Lifestyle Analysis: Precision health integration involves analyzing behavioral patterns and lifestyle factors that impact health. Fasting plans can address specific challenges or habits, promoting sustainable adherence and long-term success.

Collaboration with Healthcare Professionals: Incorporating fasting into precision health often involves collaboration with healthcare professionals. This ensures that fasting interventions align with existing medical treatments and consider any health conditions, fostering a holistic and medically sound approach.

Educational Support: Precision health initiatives include personalized education on the benefits of fasting and how it aligns with individual health goals. This empowers individuals to make informed decisions and actively participate in their health journey.

Continuous Feedback Loop: Precision health embraces a continuous feedback loop, where regular check-ins, data analysis, and adjustments to fasting plans are made collaboratively. This iterative process allows for ongoing optimization and ensures that interventions remain aligned with an individual's health trajectory.

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Consider FastingFuel™ for your electrolytes needs so we have proper hydration, muscle contraction and blood pressure. Sodium, magnesium, potassium, and calcium are essential electrolytes that can be quickly depleted if you're abstaining from food. Therefore, it's best to supplement with these nutrients if you're fasting (especially for longer than 24 hours).

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360 g POWDER | POUFRE

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TO CONCLUDE

We face the **danger** of believing that we are superior to others because we fast, or thinking that fasting is an end in itself. But fasting itself is never the goal, nor does it make us perfect or more spiritual than others. Rather, **perfection** is ultimately an **elusive goal** and **fasting** is an **aid**, a training tool in our ascent toward perfection, which is found in a pure, **self-giving love**.

When you finish your fast, **renewed**, full of **energy**, **detoxed**, with a new **desire**, a new **praise**, and a new **focus**, you'll find that the absence of food was **small** in comparison to what you **gained**.

Detach

