

## Fasting for 24 hours



Whenever I'm in a conversation explaining fasting to someone who has never fasted before, I'm always faced with the same response...

*"Oh I could never do that, I can't even go two hours without eating"*

I love this response because it's exactly what I used to say.

I'm sure I've told this story more than a dozen times, but I'm going to tell it again...

When I was in University my girlfriend (now wife) used to carry protein bars in her purse because if I didn't eat every two hours I would get grumpy and irritable. And now, [I fast for 24 hours](#) at least once a week.

Of course, I'm not saying I don't occasionally get grumpy when I'm fasting. And I'm certainly not saying I don't ever get hungry. But what I AM saying is that you'd be surprised what you can do when it comes to not eating.

The truth is *"Oh I could never do that"*, is a completely normal response.

After all, if you've never gone more than a few of your awake hours without eating, then the idea of not eating for a full 24 hours can be pretty intimidating.

So if you're new to fasting consider this my vote of confidence - I'm betting you'll be surprised by what you can do.

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Date: 2023-04-03  
 Words: 226  
 Time to read: 1 min

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