

Forum:[Hack Forums](#)

Thread: [extended water fasting](#)

Lavish Living - November 13, 2024, 12:44 pm

anyone try to do a long water fast?

I'm on day 7 atm, down 15 pounds. I plan to stop after 33 days OR once I reach around 155 pounds (-23 more pounds) since at that point I won't have much fat left to use.

I feel basically 85% atm. I can do my full time job and get through my days like normal... kinda cool. Also don't get very hungry, and when I do I just drink some water and it goes away.

Jamika - November 13, 2024, 12:47 pm

(Nov 13, 2024 01:44 PM)Lavish Living Wrote: [\[CITE\]](#) anyone try to do a long water fast?

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Does this mean that you only drink water? Is that even possible?

banonkiel - November 13, 2024, 12:59 pm

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I don't think that's safe to follow without getting checkups first.

iirc, a friend of mine of school read about fasting on water only.
Sure, he lost a lot of weight, but the price was pretty wild.

If I remember it right, he got several chronic illnesses affecting his stomach and digestion after finishing his fasting.

Lavish Living - November 13, 2024, 1:02 pm

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he probably didn't follow correct refeeding guidelines. You're not supposed to eat any carbs or hard to digest foods for half the duration of the fast, after the fast. So if I fast for 30 days, my next 15 days will be lots of soft foods, soups, liquids, fruits, veggies, small meats, etc

I've done enough research I don't plan to speak to any doctor tbh

banonkiel - November 13, 2024, 1:15 pm

(Nov 13, 2024 02:02 PM)Lavish Living Wrote: [\[CITE\]](#) and electrolytes

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That was over 10 years ago haha, to be a teen and try wild things online.

Hoping the best for you mate, I will also keep an eye on this thread to see how things turn out.

Lavish Living - November 18, 2024, 12:13 pm

Plan to end this Friday so then I'll be able to eat SOME food on Thursday (thanksgiving)

Ranger773 - November 20, 2024, 5:03 pm

Bro this seriously isn't safe. You shouldn't go past 5 days. This is going to cause neurological damage from the lack of calories and carbs in your body.

RangoWorld - November 21, 2024, 1:06 am

I don't think it's safe to constantly fast for weeks. You have to break in between.

I fast for like 16 hours then I eat and drink. Then the next day I do the same.

But just eating water only for days and weeks and nothing. That can't be good.