



Health Revival Partners

We are pleased to INTRODUCE: an opportunity to:

- Lose weight,
- improve your metabolic health,
- Improve energy,
- sleep better,
- Feel better,
- Be proud!,
- Save money!!

BY FASTING!

CONCERN ALERT! The program is **NOT** a strict fast. You will consume about 150 calories per day, along with bone broth, fulvic/humic vitamins and minerals, salt, and electrolytes.

YOU GOT THIS!

Purchase Program Here: \$399

<https://www.healthrevivalpartners.com/product-page/winter-2026-fasting-program>

OVERVIEW:

Health Revival Partners is offering a guided and supported fasting program starting Monday, January 5th.

We offer **three** options to meet your specific needs and concerns. All of these options include following the plan for **JUST 4 days/month**. The program is for 5 months.

Option 1: Eat just one meal per day, at a normal dinner time. This is a 24-hour fast.

Link to video "Why I Eat One Meal a Day." <https://www.youtube.com/watch?v=PKfR6bAXr-c>

Option 2: 36-hour fast - thus, skip all meals for one day and then eat just one meal for the other 3 days. We recommend you take in electrolytes, fulvic/humic, and bone broth in the morning. The difference between this and option 1 is that you're actually fast for more than 24 hours, including during your night's sleep. Try skipping breakfast and having your first meal in the afternoon.

Link to video "The benefits of a 24-hour fast." <https://www.youtube.com/watch?v=nwH7OSf49to>

Option 3: 4-day fast, with no meals or snacks; however, please note that this program is NOT a complete fast. It includes some essential foods and nutrients necessary for daily consumption. The essential foods are either 2 eggs or 1 avocado.

Link to video " 96 Hour Fasting: The Truth About What It Is, How and Why You Should Do It"

<https://www.youtube.com/watch?v=qEmfsbW-WIo>

Eric Berg: Good review on prolonged fasting:

<https://youtu.be/06KgXfwu99c?si=Qm9GWNDLKnhd5DkY>

WHAT IS INCLUDED

Oversight. Our medical team will be available to you daily to answer questions and support your efforts through Telegram (or other chat if necessary)

Encouragement. We will send you suggestions and words of encouragement via Telegram regularly.

Community Support. You can use Telegram to communicate with other participants to see how they are doing and what is working.

Guidance. We will be conducting group fasting webinars during each 4-day fasting session.

Labs. A robust panel of labs will be acquired at the beginning and end of the 5-month program. The labs will focus on metabolic health, inflammation, kidney and liver function, gut health, and immunity.

COST

The cost of this 5-month program is \$399, INCLUDING labs. If you purchase these labs from LEF, for example, it is \$360 - just for the labs, without our guidance.

Purchase Program here- Only \$399.00

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SCHEDULE

Fasting will begin in the New Year with an introductory Webinar on January 5th at 7 PM ET to reinforce this program

January is to prepare you for the actual fasting program that starts in February. It is designed to help you succeed during extended fasts. See the fasting options above.

In January, we suggest you do the following:

Option 1 people: Reduce or eliminate carbs and skip breakfast for 4 days.

Option 2 and 3 people: Reduce or eliminate carbs and eat one meal for 4 days.

FASTING SUPPORT

-Mondays, during the fasting period, with Dr. Gamble at 1:00 pm ET

-Wednesdays at 7:00 pm ET with Dr. Lewis

-Telegram Chat Channel for ongoing Q&A and support

WHAT YOU WILL NEED FOR THE FAST: (Links will be provided if you decide to purchase the Program)

1. Electrolytes

2. Vitamins and minerals

3. Bone Broth. We don't suggest any particular brand. Instead, make sure they have very few ingredients and are organic. You can also make your own.

4. Multivitamin.

WHAT CAN I EAT DURING THE FASTING?

A typical fast day may include:

- 2 Eggs, or
- 1 Avocado

* Beef Tallow, Grass Fed and Finished Butter, Ghee, or Coconut Oil - A tablespoon or less with your eggs or other food option.

* Sea Salt

* Black Tea or Coffee

* Water (make sure to include electrolytes)

* Fulvic/humic liquid and bone broth (both daily as your eating style allows.)

Why Fast?

1. Empower the body to burn both sugar and fat as fuel. When your metabolism is strong, you don't need breakfast to thrive- It's often an unnecessary habit.
2. Fasting strengthens not just your body but your discipline. Over time, it builds resilience, focus, and metabolic health- empowering you to succeed in every area of your life.
3. By allowing the body to cycle between feeding and fasting, you improve insulin sensitivity, energy regulation, and resilience. These adaptations compound over time. That's how you win the long-term fight for health.
4. Metabolic flexibility improves blood sugar control, enhances fat metabolism, and reduces inflammation- Strengthening cellular health and energy efficiency. Fasting supports lasting metabolic health and longevity.

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Thank you for joining the 2026 Fast Program. We look forward to working with you.

Thomas Lewis, PhD

Founder, Health Revival Partners

Michele Gamble, DN