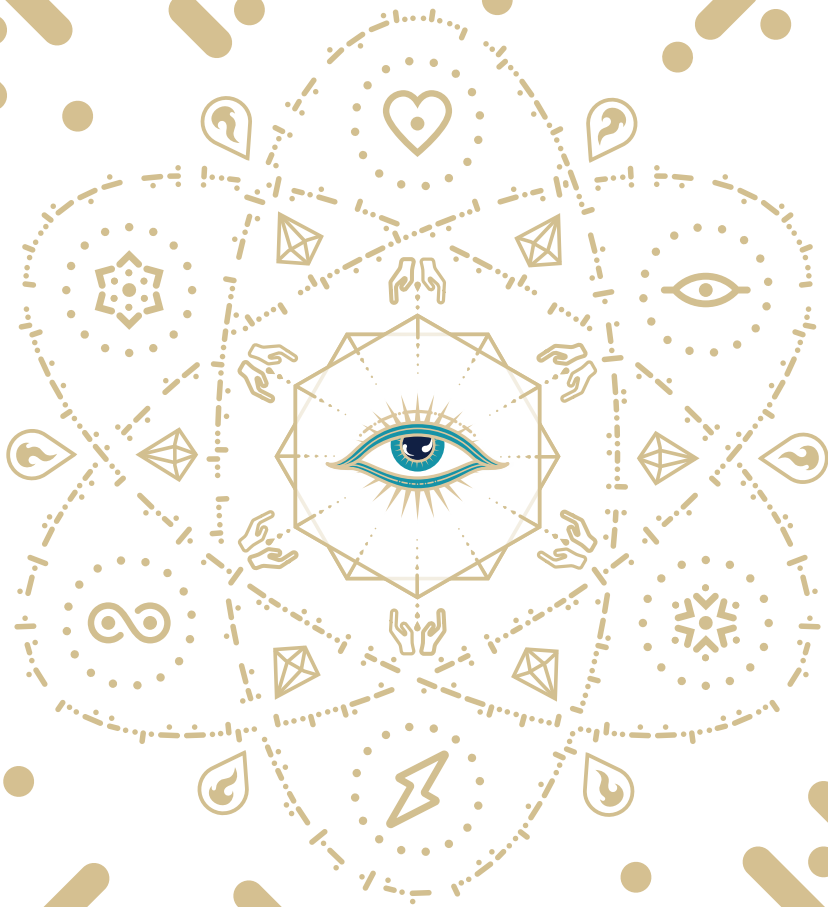


secret · eye · states



## FASTING FIELD GUIDE

Let's Drink to Enlightenment!





At a time when the world was in crisis.

Humanity was lost to over consumption and greed,  
having been tricked by sweet promises  
and shortcuts to happiness.

The balance of nature was stretched,  
and trust eroded.

The systemic collapse was looming.

As this great wave of change began to fall,  
those that could see, began to  
awaken to their inner call.

Embracing the challenge they grew,  
feeling nature was alive deep within.

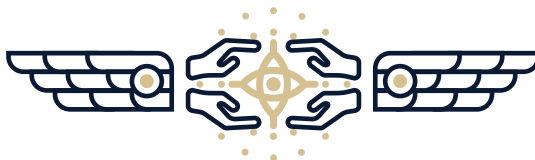
Realising that less is more,  
they sought the secret states.

Released from fear and limiting beliefs,  
energy roared through them, revealing  
gems of wisdom, freedom and joy.

Like bright stars appearing in the evening sky, they  
took back their dignity one-by-one.

Holding firm the conviction to never again  
let such delusion consume them.

They now lived to create, not a  
'better' world, but a loving,  
truthful and beautiful reality.



# RECLAIM NATURE

The wealth of the future is conscious living, where empowered beings live in optimal frequency and natural harmony with the cosmos. The search for a healthy, resilient and joyful culture where the potential of each and every individual's unique value can be unlocked.

A key to this reality is the remembrance and cultivation of the fasting lifestyle.



Fasting is an ancient and vital practice that claims the power of nature within and provides an essential pathway to vibrant metabolic health.

Periodic fasting offers a reset to our relationship to what we choose to bring into our bodies and consciousness.

This is not restricted to the diet of what foods we eat, but also what habits, beliefs and values are more beneficial for the totality of our wellbeing.

With a little inquiry and trust in nature, we can allow ourselves the time and space to access these wonderful natural processes.

○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ **Medical Disclaimer** ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Consult a healthcare professional before using our water fasting tonics, as they are not intended to diagnose, treat, cure, or prevent any disease.



# Embrace the Fasting Lifestyle

By embracing a practice that allows nature's own metabolic therapy, we can bring our internal and external cycles into balance.

As this bright future pulls us forward, it is a wonder to witness the ancient wisdom and new scientific insights unite to reveal the mystic nature of our beings and our natural ability to restore and rejuvenate our health.



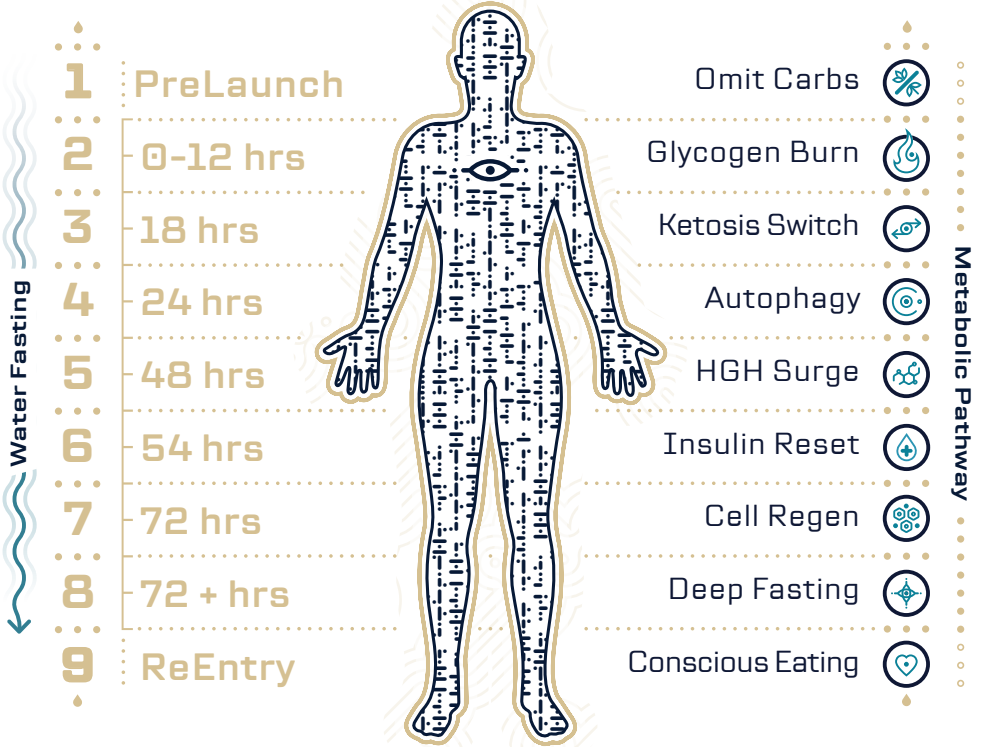
Your relationship to fasting is your own. It is an intuitive personal experience that requires listening to the body and the wisdom within. Becoming proficient with water fasting allows a practitioner to develop a strong metabolic flexibility and a focused mindset.

When we reduce the distractions from your body and senses, we can become aware of your unconscious patterns. Fasting naturally reveals your unhealthy habits. By maintaining a higher level of awareness, we can experience greater inspiration and overall well-being.

The practice of fasting uses time to unlock the natural regenerative cycles deep within our body. These process can be mapped as distinct stages along the metabolic pathway as they enter deeper and deeper into the fasted state.

When beginning from a more insulin-resistant or a metabolically inflexible position these processes may take longer, as the body is learning a new skill and moving through detox.

# FASTING MADE SIMPLE



## Stages of Water Fasting

Water fasting is a journey of transformation and discovery. The following is a basic explanation of what happens on the physiological level during the stages of water fasting.

This insight is valuable to understand the possible feelings that you might experience as you progress through these stages of detoxification and restoration.

Proper mineral support is always foundational to help reduce any unpleasant fasting reactions and to allow maximum hydration.

Access the metabolic pathway into fasting ketosis and the stages beyond



## 01 Pre Launch – Omit Carbs

Prelaunch is the preparation period for the fast ahead. New fasters are best served by following a simple onboarding protocol of adopting a 3-day pure keto diet omitting nearly all carbs and reducing protein below 20% of calories before the fast. This will help deplete glucose and glycogen prior to the fast to assist in a smoother metabolic shift into being fasted. When done properly, the oils and fats completely sedate hunger and ketones are produced from the very start of the water fast.



## 02 0 – 12 hrs – Glycogen Burn

As you become ‘fasted’, you will start to notice the first changes in your body. Having used the fuel in your digestive tract the body will start to rely upon sugars stored as glycogen in the liver and muscles for energy. Insulin levels will drop and hormones that signal hunger will rise, often around our habitual eating times. We may feel compelled to eat to ease this discomfort, but by understanding the process of fasting and cultivating the resolve, we can easily overcome these temporary hunger waves. Real hunger usually disappears completely for the duration of the fast by Day 2 or once in fasting ketosis.



## 03 18+hrs – Ketosis Switch

The Ketosis Switch is the first of the break through stages of fasting. As you progress into being fasted your body’s glycogen stores become depleted. The body will then start a metabolic shift as it seeks an alternative fuel source. Stored fats become accessible and then broken down into ketones as the body switches into ketosis. These ketones become the primary fuel for the body and the brain, often bringing an increased mental clarity.



## 04 24 hrs – Autophagy

As you progress along the metabolic pathway, ketosis deepens and the cellular process of autophagy begins to activate. This is a natural process within the body that is increased in response to the lowering of nutrient intake. Autophagy facilitates the removal of damaged cellular components while promoting cellular repair and rejuvenation. The renewal of cellular and neurological structures through autophagy can contribute to health, vitality, overall longevity and a more youthful appearance.



## 05 48 hrs – HGH Surge

When the fast deepens there is a significant surge in Human Growth Hormone (HGH) production. It can increase by up to 2000%. Produced by the pituitary gland HGH plays a crucial role in growth, metabolism and our overall wellbeing.

This hormone supports the preservation of lean muscle mass and accelerates the breakdown of stored fat through lipolysis, providing energy during fasting.

HGH activates the regeneration and repair of cells, tissues, and organs, contributing to overall health. Higher levels are linked to improved exercise recovery and enhanced athletic performance.



## 06 54 hrs – Insulin Reset

Moving into an extended fast the body experiences improved insulin sensitivity. The reduction in blood sugar levels and insulin secretion allows the body to have an “Insulin Reset”. This can gift better blood sugar control and further facilitate the breakdown of stored fat for energy as you continue into the fast. Enhanced insulin sensitivity can improve metabolic health, potentially lowering the risk of insulin resistance, metabolic syndrome, and Type 2 diabetes.



## 07 72 hrs - Cell Regen

Further along the metabolic pathway the body starts undergoing significant cellular regeneration. The body has an increase in stem cell production and triggers various cellular repair and regeneration mechanisms. Damaged and aging cells are repaired or replaced with new, healthy ones.

This contributes to overall cellular health and can offer therapeutic benefits of slowing down the aging process at the cellular level.



## 08 72 + hrs Deep Fasting

Having progressed through the various physiological changes of the fast, the continuing reliance on stored fat for energy intensifies the cellular repair processes. All these physiological benefits, such as weight loss, metabolic health and longevity are compounding. This is deep fasting!

Achieving this profound level of self-determination allows us to transcend our comfort zones and emotional patterns. During this journey we may encounter moments of intense personal clarity, transformation and revelation in what can be described as the 'secret states.' When feeling comfortable and inspired, the practitioner can choose to extend the fast for deeper exploration or plan a mindful return to eating.



## 09 Re Entry - Conscious Consumption

When ending the fast, a careful and mindful approach can help optimise the physiological and psychological benefits of fasting. This re-entry phase is a crucial aspect of the fasting process and contributes to a smooth transition into re-feeding the body with nutrients and sustenance from food. The gradual introduction of nutrient-dense, easily digestible foods during the re-entry phase provides essential vitamins and minerals that the body has not received during fasting

The longer the fast, the longer and slower the re-entry should be.

# Our Fasting Lifestyle System



## Ready to Support Your Fasting Journey

With a focus on a convenient modular delivery, our product range is designed to support the journey into the fasted states followed by a smooth re-entry into conscious eating.

Though everyone's situation will be unique, most practitioners find replacing a 3-meal per day ritual with approximately 3-bottles of Secret States tonics provides valuable cellular hydration.

Combining our ketone testers, fasting guides and tonics, provides a dynamic fasting lifestyle system that can be used in various ways to suit your individual fasting frequency and overall hydration needs.



**A Fasting Lifestyle is  
the foundation of Conscious Living**

# Water Fasting Solutions

## Aquapheir

The Original - Crafted Sparkling Water Fasting Tonic.

Sweet and delicious, our optimised fasting mineral water, crafted from a spectrum of ancient mineral compositions and pure sparkling spring water.

## Ingredients

Carbonated spring water, salt (blend), potassium, magnesium.

Available in Cases of 6 x 750mL



## Cybiotica

The ambrosial hero of metabolic health, the magic of raw organic ACV on a crafted mineralised base.

Contains delicious raw unfiltered organic apple cider vinegar to balance blood sugar and boost insulin sensitivity. A foundational detox support for enhancing metabolic processes.

## Ingredients

Carbonated spring water, organic apple cider vinegar, salt (blend), potassium, magnesium.

Available in Cases of 6 x 750mL



# Premium Water Fasting Tonics

## Leumonare

A luscious lemon spritzer with a clean fresh taste.

Infused with real lemon juice for a burst of flavour. Activates detox and hydration with a boost of Vitamin C.



## Ingredients

Carbonated spring water, lemon juice, salt (blend), potassium, magnesium, natural extract (lemon).

Available in Cases of 6 x 750mL

## Kolesence

A clean, natural, full-body cola experience with zero caffeine or sugar.

A nostalgic cola taste featuring extracts of cinnamon, orange, lemon, and ginger. This bubbly soda is playful, yet serious on delivering targeted fasting support.



## Ingredients

Carbonated spring water, organic apple cider vinegar, salt (blend), natural extracts (from cinnamon, lemon, orange and ginger), potassium, magnesium.

Available in Cases of 6 x 750mL

## Ketone Tester

The Secret States Ketone tester provides clear validation you have entered ketosis and activated the metabolic switch, a primary function of fasting when used as a natural metabolic therapy.

Presented in a resealable pack of 50 ketone urine test strips, it is a valuable part of the fasting lifestyle.



Available in a pack of x50 test strips



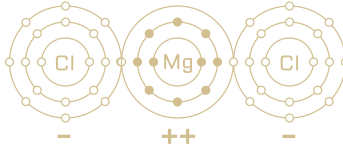
## The Magic within our Water Fasting Tonics

### Premium Mineral Compounds

Our proprietary blend contains 84-important trace minerals sourced from the cleanest pure-grade Sodium (NaCl), Magnesium (MgCl), Potassium (KCl) found on earth.

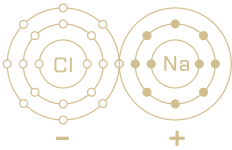
These specific compounds, when combined in the proper dosage, facilitate rapid absorption, making them instantly bioavailable for optimal hydration and critical fasting support.

# Superior Fasting Hydration



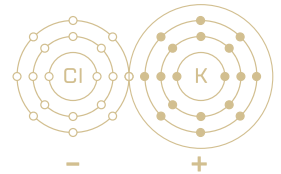
## **Magnesium (MgCl)**

Magnesium plays a vital role in over 300 biochemical reactions in the body. It aids in energy production, muscle function, and the synthesis of proteins, making it essential for overall health and well-being for fasting.



## **Sodium (NaCl)**

Sodium is crucial for maintaining fluid balance in the body. It helps regulate blood pressure and supports nerve and muscle function, ensuring that your body operates smoothly during fasting.



## **Potassium (KCl)**

Potassium is important for maintaining proper electrolyte balance. It regulates fluid levels and supports heart health, muscle function and nerve signals, which is beneficial for periods of fasting.

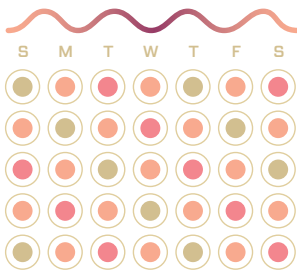
## **Over 84 Trace Minerals**

Our proprietary salt blend contains over 84 trace minerals, including calcium, iron, zinc, manganese, and selenium, which support hydration, metabolism, and overall health while enhancing the effectiveness of your fasting lifestyle

**Optimal Frequency**  
**Maximum Hydration**

# Fasting Frequency

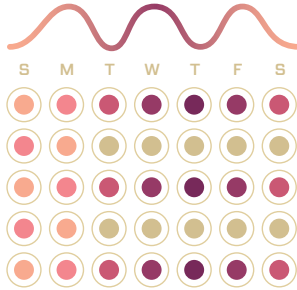
## Intermittent



Daily or 3 times a week  
small fast of 12-18 hrs

1x Case per week  
4x Cases per month

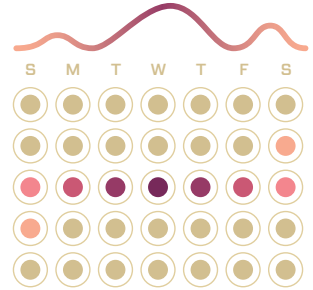
## Activation



Weekly or bi-weekly  
fasts of 36-72hrs

2x Cases per week  
6x Cases per month

## Maintenance



A fast once a month for  
3-5 days.

2x Cases monthly

1 case of Secret States = 6 Bottles for optimal fasting @ ~ 3 Bottles a day

Men and women experience different hormonal cycles that can influence their fasting. Alongside these biological cycles, using certain phases of the moon have also been recognised across ancient cultures as being optimal to begin fasts due to the quiet lunar energy being more suitable for rest and reflection.

## Personalise your fasting cycle to suit your own unique frequency

As women have a monthly cycle, fasting is most commonly recommended right after menstruation when insulin sensitivity is high. This first 10-20 days of the monthly cycle is usually seen as optimal for fasting and can assist overall hormone balance.

Post-menopausal women are generally less influenced by the monthly cycle and should support their fasting practice with a nutrient-dense diet containing at least a day a week of higher progesterone foods

Men typically have a daily hormonal cycle making fasting suitable most days.

\*all numbers are estimate. Always maintain proper hydration

## Fasting Protocols

The benefits of different length fasts can be utilised as you develop your lifestyle. Each individual must accommodate for their own current health status, desired fasting outcomes and personal life schedules. Be flexible and allow for fine tuning over time.



### Intermittent Fasting



Ideal for promoting metabolic flexibility, compress your eating window by skipping meals daily, either before or after sleep.

The 16/8 fasting protocol limits eating within 8 hours each day.

The One Meal A Day fasting frequency allows for nearly 24 hours of fasting with a tight eating window. With great adherence for long-term weight loss or a maintenance strategy after reaching your goals.

This fast enhances detoxification, lowers glycogen/ glucose levels and promotes autophagy for cellular repair. After your last meal wait 48 hours before eating again. Repeat as needed to meet your goals.



### OMAD



This extended fast can unlock benefits of fasting ketosis by reducing insulin resistance, enhancing mental clarity and overall metabolic health. Simply wait 72 hours after your last meal before eating again.

A deep fast once or twice a year can be used for deep cleansing or and or reset of the dopamine system. Often used for vision quests it can offer new clarity, perspectives and personal resolve.

## Calorie Reduction Diets versus Fasting

Whilst long-term 'dietary' calorie restriction can lower Basal Metabolic Rate (BMR) due to metabolic adaptation, fasting can maintain or boost BMR by promoting fat oxidation and increase norepinephrine levels, enhancing energy expenditure.

## Ketone Testing and Tracking

The Secret States Ketone Tester is a valuable part of your fasting lifestyle. Tracking ketone levels is a great way to test your progress through the stages of fasting.

Having confirmation of entering ketosis can validate you have made the metabolic switch into the fat burning mode and the deeper processes of fasting.

The Ketone Tester is easy to use.

Open the pack in the privacy of your bathroom and follow these steps:

### Step 1:



Dip strip end into urine sample to activate reaction

### Step 2:



Wait 40 seconds for the strip end to show results

### Step 3:



Match colour using chart on the back of pack

Be mindful to reseal the pack after each use and try not to expose the test strips to the elements. 60 days after opening the test strips may no longer be accurate and will need to be replaced to continue tracking your journey along the metabolic pathway.









## Track your Results

Keeping a record of your results overtime can provide a clear overview of your progress.



When tracking, it is good to note the date, your mood, mindset, how your body is feeling and the result of your ketone levels. You can do this in a journal, calendar or the notes app on your phone.

## Tips for Fasting

-  **Be Prepared.** Make sure you've organised your hydration needs and any other fasting support systems before starting. Missing out on vital hydration early can set you up for failure. Plan ahead.
-  **Protect Your Resolve.** Avoid naysayers who may, due to lack of experience or understanding feel confronted by the prospect of fasting. Resolve is king. Keep yours quietly hidden away from negativity.
-  **Fasting Window.** Pick a time where you can set a steady pace and routine. Ideally you will have the flexibility to take down time or rest if you need it. Choose a time that doesn't overlap with family or social commitments.
-  **Steady Cardio.** Be sure to do some steady state cardio on your first day and ideally the day before also. This will allow the body to burn-up the glucose stores in your body's blood, muscles and liver. The sooner the body uses up the glucose the faster switching to ketosis can begin.
-  **Stretch!** During your fast the body will be trying to activate many process from detox to fat adaption. It not uncommon to get feelings of muscle tightness or cramps or feel discomfort from inflammation being released. Stretch into tight muscles slowly and with purpose.
-  **Breathe!** Often overlooked by fasting practitioners, breath work can be a miraculous tool to move through low energy periods of your fast. Experiment with different techniques depending on whether you are trying to active energy or calm it down for sleep. It's powerful so don't over do it.
-  **Work on Your Why.** As periodic feelings of hunger or emotions present, it's important to remember 'why' you are fasting. A firm resolve can ride the waves of thoughts or feelings that may be trying to sabotage your commitment.
-  **Stay Hydrated!** The single greatest factor to a successful fast can likely be brought down to proper hydration. When your body can maintain mineral balance you will optimise detox processes, and protect cells from losing essential minerals required for all bodily functions. Feeling dehydration? Lean into your Secret States.

## Fast Breaking

It is important to have a plan of how to properly break a fast, including your mental preparation and fast breaking protocol.

This is a great time to reset your relationship with conscious eating and monitor how different foods make you feel.

You have done the work to activate your metabolic processes, so it's a good strategy to plan your re-entry to extend the fruits of your effort.

A healthy protocol is to break your fast slowly and with small quantities of nutrient-rich fruits or light ketogenic foods if you choose to prolong ketosis.

Here are some simple tips to help break your fast:

- Have a plan. Preparation prevents poor performance.
- Stay well hydrated with our water fasting tonics. There is a tendency to stop drinking when we begin eating.
- Use organic and fresh foods. Avoid processed foods entirely.
- Monitor how different foods make you feel.
- Start with small quantities of nutrient-rich fruits or light ketogenic foods.
- Room temperature or warm foods are easier on your digestion.

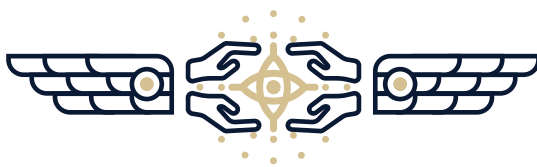


For recipes to help break your fast and more fasting resources

visit [www.secretstates.com](http://www.secretstates.com)



The knower of 'the fast'  
fullment within the field of action  
offering into the fire of self-sacrifice  
where the great gift of life is transformed  
with the deep connection into the flow  
of beauty beyond time and space  
creating drops of nectar  
that sustain  
the soul







[www.secretstates.com](http://www.secretstates.com)