



KINGDOM
LEADERS
GLOBAL
ALLIANCE

KGA 21-DAY FAST MEDICAL & WELLNESS *Guide*

A PRACTICAL RESOURCE FOR
SAFE, HEALTHY & FRUITFUL FASTING

*"Beloved, I pray that you may prosper
in all things and be in health,
just as your soul prospers."*

3 JOHN 1:2

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Introduction

Fasting is a spiritual discipline designed to draw us closer to God through prayer, worship and consecration. While we intentionally deny our flesh certain comforts, we are also called to be faithful stewards of the bodies God has entrusted to us.

This guide provides practical medical advice to help us participate safely and wisely without compromising our health. Where medical conditions require modification, remember that the goal is not merely abstaining from food but pursuing God wholeheartedly.



What Do We Mean by a “Modified Fast”?

A modified fast allows individuals with certain health conditions to participate safely while still honouring the spirit of the fast. A modified fast in this guide generally means:

- Continue adequate hydration throughout the day.
- Break around **12 noon** with either **a light snack (fruit + nuts)** for those who only need minimal nutritional support, or **a small balanced meal** for those with medical conditions that require earlier nourishment.
- Resume your main balanced meal between **3–6 pm**, while still practising moderation and portion control.

General Principles for Safe Fasting

Before we address specific health conditions, here are a few principles that apply to everyone.

1. Stay adequately hydrated.

Since water is permitted during this fast, drink consistently throughout the day. Aim for adequate hydration — 2.5–3 litres daily is fine, unless your doctor has advised you to restrict fluids because of certain medical conditions.



2. Don't compensate by overeating.

Breaking the fast is not an excuse to eat excessively. Practice moderation and portion control.

3. Prioritize nutrient-dense meals.

Choose foods that nourish your body instead of foods that simply fill your stomach. Every main meal should ideally contain:

- Protein — e.g. eggs, chicken, fish, beans, moi-moi, unsweetened Greek yoghurt
- Vegetables and fruits
- High-fibre carbohydrates — e.g. sweet potatoes, oats, brown rice, yam, plantain, Irish potatoes
- Healthy fats — e.g. groundnuts, almonds, walnuts, avocado, peanuts, cashew nuts



A nutrient-dense balanced meal: protein, vegetables, high-fibre carbohydrate and healthy fat.

4. Reduce foods that increase inflammation or energy crashes.

Avoid:

- Sugary drinks
- Pastries and cakes
- Excess sweets
- Ultra-processed snacks
- Deep-fried foods

5. Listen to your body.

Fasting should strengthen your spiritual life, not place your health in danger. If symptoms become severe, modify the fast appropriately.

Frequently Asked Questions

1. Can I fast if I have been diagnosed with peptic ulcer disease (PUD)?

Yes, but usually with modification.

People with active ulcers often require medications that work best when taken consistently, and prolonged periods without food may worsen symptoms in some individuals.

Practical guidance

- Continue taking your prescribed medications exactly as directed.
- Drink adequate water.
- If your medications require food or prolonged fasting worsens your symptoms, adopt a modified fast.

Modified approach

- Break around **12 noon** with a balanced meal.

Continue your medications. Many ulcer medications are taken before meals — some, such as omeprazole and other proton pump inhibitors, are often taken 30–60 minutes before meals, so adjusting meal timing may help you continue your medications safely during the fast.

- Then have another nutritious meal between **3–6 pm** while maintaining portion control.

Foods to avoid

- Excess pepper and very spicy foods
- Excess coffee
- Carbonated or sugary drinks
- Rushing into heavy meals — start gently when breaking the fast

If you do NOT have an active ulcer (perhaps a past history of ulcer)

- Break around **12 noon** with fruits and nuts, then have another nutritious meal from **3 pm** while maintaining portion control. Adequate hydration throughout the day is key here.

Generally well tolerated fruits: bananas, pawpaw, watermelon, apple, pear.



Gentle, well-tolerated fruits and oats for those with a past history of ulcer.

2. I have acid reflux or gastritis. Can I fast?

Yes, many people can. Unlike peptic ulcer disease, reflux is usually triggered by stomach contents moving upward into the oesophagus, while gastritis involves irritation of the stomach lining.

Practical tips

- Drink water regularly.
- Avoid very spicy foods, large meals, late-night meals and excess caffeine.
- Avoid eating too fast.
- Remain upright after eating — avoid lying down immediately after meals.
- If symptoms become severe, modify the fast.

3. My medication makes me feel weak.

Insights into the kind of medication you're taking will give us a better idea of why you're feeling weak. Persistent weakness is not something to ignore — it could be related to the medication, the condition being treated, or both. Please discuss this with your doctor so your treatment can be reviewed if necessary.

In the meantime, a modified fast may be safer.

Practical guidance

- Stay well hydrated.
- Consider breaking around **12 noon** with something light but nourishing if your medication requires food or the weakness is significant, then have a balanced meal from **3 pm**.

- If the weakness remains significant despite eating and hydration, your medication may need review — don't push through it, please speak with your healthcare provider.

4. I take medication every morning. Can I still fast?

It depends on the medication. Many medicines, such as most blood pressure medications and thyroid medication (levothyroxine), can be taken without food. Others, including many diabetes medicines and some pain medications, are best taken with food.

If your medication requires food, adopt a modified fast rather than skipping essential treatment.



Keep medications, water and a light meal together as a reminder to take them consistently.

5. Can people living with diabetes participate?

Yes, in many cases — but the approach depends on the type of diabetes and medications being used.

Why is caution needed?

Some diabetes medications can cause low blood sugar (hypoglycaemia), especially during prolonged fasting.

Group A — Prediabetes or well-controlled Type 2 diabetes managed with lifestyle alone

Many can participate in the regular fast while staying well hydrated and monitoring how they feel.

Group B — Metformin only

Many can still participate, but because metformin is commonly taken with meals to reduce stomach upset, a modified fast is often more practical.

- Suggested approach: break around **3 pm** with a balanced meal and take your medication as prescribed.

- If your metformin is prescribed twice daily, a modified fast is often more practical so you can continue taking your medication with meals as directed.

Group C — Metformin plus another diabetes medication, sulfonylureas (e.g. glibenclamide, gliclazide, glimepiride), or 2+ oral diabetes medications

A modified fast is generally safer.

- Suggested approach: break around **12 noon** with a balanced meal, take medications as directed, and have another nutritious meal between **3–6 pm**.

Group D — On insulin, pregnant women with diabetes, or anyone with recurrent low blood sugar

These individuals should discuss fasting with their healthcare provider before participating. An individualized approach may be needed.

Best foods for people with diabetes

Choose meals containing protein, fibre, healthy fats and low-GI (glycemic index) carbohydrates.

Good fruits include: cucumber, carrots, apples, pears, oranges, guava, and garden eggs (also eaten as a vegetable). Limit large portions of bananas and pineapple, as these can raise blood sugar more quickly.

Note: certain fruits alone can cause a relatively quick glucose rise. Pairing fruits with protein or healthy fats (e.g. nuts) slows absorption. Always choose whole fruits over fruit juice.



Low-GI fruits, nuts and vegetables for those living with diabetes.

6. I have been diagnosed with hypertension. Can I fast?

Yes, most people with well-controlled blood pressure can participate.

- Continue taking prescribed medications — many blood pressure medications do not require food.
- Stay hydrated.
- Reduce excess salt when breaking your fast.



A wholesome, low-salt plate — lean protein, vegetables and whole grains.

7. I work in a busy emergency or acute care setting. How can I fast safely?

Working in a busy or clinical setting is physically and mentally demanding. This increases energy expenditure and fluid loss.

Approach

- Drink water consistently.
- If your schedule allows, take short moments for prayer during breaks to stay spiritually engaged.
- Take brief moments to sit whenever you can.
- Avoid caffeine — it can cause dehydration and increase fatigue later.
- When breaking your fast, choose foods that provide steady energy rather than a quick sugar rush.

Examples

- Brown rice with beans and grilled fish
- Sweet potato with eggs and vegetables
- Boiled yam with vegetable sauce and fish
- Oats with unsweetened yogurt and nuts
- Rice, chicken and vegetables

- Beans with plantain

Include lean protein, vegetables, whole grains or high-fibre carbohydrates, healthy fats, and plenty of water. Avoid breaking your fast with sugary snacks.



A brief, quiet moment of prayer during a demanding shift.

8. I am pregnant. Can I participate?

Pregnancy increases nutritional demands — your baby solely relies on you for nutrition, so prolonged fasting may not be appropriate for everyone.

For pregnancies without co-morbidities or medical conditions, a modified fast is often safer.

Suggested approach

- Drink water throughout the day.
- Break around **12 noon** with a balanced meal.
- Have another nutritious meal between **3–6 pm**.
- Prioritize protein, vegetables, fruits, healthy fats and whole grains.

Discuss with your healthcare provider if you have been diagnosed with

- Gestational diabetes
- High blood pressure
- Twins
- Significant anaemia
- Any pregnancy complications



A balanced meal to support both mother and baby during pregnancy.

9. I am breastfeeding. Can I participate?

Yes, but many breastfeeding mothers — especially those exclusively breastfeeding babies under six months — should modify the fast. Milk production depends on adequate calories and hydration.

Suggested approach

- Drink water consistently.
- Break around **12 noon** with a balanced meal (if breastfeeding exclusively), or break with fruits and nuts (if not breastfeeding exclusively).
- Have another nutritious meal between **3–6 pm**. Do not rely on fruits alone.

Break immediately if you notice

- Reduced milk supply
- Dizziness or severe fatigue
- Your baby appears persistently hungry or has fewer wet diapers



Nourishment matters — a warm drink and a mindful pause for breastfeeding mothers.

10. I don't want to lose weight.

Weight loss during fasting usually occurs because of an overall calorie deficit, not because of fasting itself. To maintain weight:

- Eat enough protein — include it at every meal.
- Include healthy fats with meals (e.g. instead of apple only, eat apple + groundnuts).
- Don't skip your post-fast meals.
- Eat nutrient-dense foods instead of relying on snacks or sugary foods.

11. I am recovering from anaemia or low PCV.

Recovery requires adequate iron, protein and vitamins. If the anaemia is significant, a modified fast is often more appropriate.

- Continue iron supplements exactly as prescribed.
- Eat iron-rich foods such as green leafy vegetables (ugu, efo, spinach), lentils, fish, beans, and lean beef.
- Take vitamin C-rich foods alongside iron-rich meals to improve absorption — e.g. oranges, guava or tomatoes.



Iron-rich foods paired with vitamin C sources for better absorption.

12. When should I stop fasting and seek medical attention?

Seek medical attention immediately if you experience:

- Fainting
- Confusion
- Severe dizziness
- Chest pain
- Severe shortness of breath
- Persistent vomiting
- Severe dehydration
- Symptoms of low blood sugar (shaking, sweating, confusion, loss of consciousness)



Don't hesitate to reach out — seek medical attention if symptoms become severe.

Quick Reference Guide

Group	Recommendation
Healthy adults	Normal fast (break 3–6 pm as directed by PDDK)
Pregnant women (no additional medical condition)	Modified fast: break around 12 noon with a balanced meal, then another meal 3–6 pm
Breastfeeding mothers (esp. exclusively breastfeeding infants under 6 months)	Modified fast: break around 12 noon with a balanced meal, then another meal 3–6 pm
People with active peptic ulcer disease	Usually modified fast
Pre-diabetes or diabetes on lifestyle alone	Usually normal fast if well-controlled
Diabetes on metformin only	Often modified fast (depending on dosing schedule and tolerance)
Diabetes on multiple medications or insulin	Medical review before participating; modified and/or personalized plan often needed
Hypertension (well-controlled)	Usually normal fast while continuing medications
Recovering from anaemia or significant illness	Modified fast or individualized advice

Pro Tips

1. Water is your friend!

2. This fast can be the breakthrough needed to address issues with excessive cravings and reset your taste buds.

Our food choices influence the brain's reward pathways. The more frequently we consume highly processed, sugary foods, the more we tend to crave them.

One of the beautiful benefits of reducing sugar and ultra-processed foods is that your brain and taste buds gradually begin to crave them less.

3. This fast can be a turning point for your metabolic health.

When done properly, fasting can help improve blood sugar control, insulin sensitivity, blood pressure, weight management and energy levels.

While fasting is not a substitute for medical treatment, it can serve as an excellent opportunity to begin healthier lifestyle habits that support long-term health.

4. Remember, the objective of this fast is not merely food restriction but deeper intimacy with God.

Modify the fast where appropriate and continue the spiritual disciplines throughout the day — prayer, Scripture meditation and consecration.



A quiet close to the day — journaling, prayer and reflection.

Medical Disclaimer

This guide is provided for general spiritual and wellness information only and does not constitute medical advice, diagnosis, or treatment.

Every individual's health circumstances are different. Before embarking on this or any fast, please consult your doctor or a qualified healthcare provider — particularly if you are pregnant or breastfeeding, living with a chronic condition (such as diabetes, hypertension, peptic ulcer disease, or anaemia), taking prescription medication, recovering from illness or surgery, or are otherwise medically vulnerable.

Kingdom Leaders Global Alliance and the author of this guide are not liable for any adverse health outcomes arising from participation in this fast. If you experience concerning symptoms at any point, stop fasting and seek medical attention promptly.

Your health and safety come first — please fast wisely, and under the guidance of your healthcare provider where needed.