FASTING FOR MASTERY

The Four Stages of Physical Purification, Emotional Liberation & Conscious Mastery



Detoxify Your Lifestyle. Rebalance Your Mind.
Release Emotional Patterns.
Reconnect with Your Highest Potential.

Dr. Espen Wold-Jensen

1 Welcome: Mastery Begins Within

What if the greatest transformation in your life didn't begin with adding something new, but with removing everything that no longer serves you?

Welcome to *Fasting for Mastery.*

Over the past ten years, I have made fasting, clean living, Quantum Breathwork, meditation, and conscious self-mastery fundamental parts of my lifestyle.

For me, fasting has never been simply about losing weight.

It's about reclaiming my power.

It's about recognising the unconscious patterns that dictate how we eat, think, feel, and behave.

It's about developing dominion over the flesh—not through punishment or deprivation, but through greater awareness, discipline, and conscious choice.

And ultimately, it's about creating the internal environment where we can experience greater physical vitality, emotional freedom, mental clarity, and spiritual connection.

In this guide, I will introduce you to four stages of fasting and nutritional discipline, alongside the daily practices that have become central to my own life.

These practices are intended to help you build a more conscious relationship with your body, your habits, your emotions, and your purpose.

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2 My Personal Journey: From Emotional Eating to Emotional Freedom



I still remember the first time I fasted seriously.

I expected to experience physical hunger.

What I didn't expect was the emotional intensity that followed.

Fear began to surface.

Guilt.

Shame.

Anger.

Stress.

Emotions I hadn't realised I was carrying began making themselves known.

It was during this experience that I began to recognise how often I was eating not because my body genuinely needed nourishment, but because I wanted to change how I felt.

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Food had become an unconscious response to discomfort.

Through fasting, I started noticing the difference between physical hunger and emotional hunger.

And that distinction changed my relationship with food.

Over the following decade, I continued exploring fasting as part of my personal practice.

I began noticing that periods of fasting often coincided with an extraordinary sense of presence, heightened awareness, and greater clarity about the decisions I needed to make.

I also noticed something I found fascinating.

During certain fasting periods, synchronicities seemed to increase significantly.

Opportunities, conversations, ideas, and seemingly unlikely coincidences appeared to unfold with greater speed.

In my own spiritual understanding, I experienced this as an increased ability to access the quantum field, align with my highest potential, and manifest from a higher state of consciousness.

These are my personal experiences and interpretations, rather than scientifically established effects of fasting.

But they have become an important part of how I understand the relationship between physical discipline, emotional freedom, and conscious creation.

My invitation to you is simple: approach this journey with curiosity, self-respect, and awareness.

You may discover that the most meaningful transformation isn't simply what happens to your body.

It's what happens to your relationship with yourself.

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3 Important Health and Safety Disclaimer

This complimentary guide introduces aspects of my personal fasting and lifestyle practices. It is educational and inspirational, not an individualised medical treatment plan or clinical recommendation.

If you have never fasted before, consult your integrative physician or a qualified healthcare professional before beginning.

This is particularly important if you take medication, have diabetes, low blood pressure, kidney or heart disease, a history of eating disorders, or any other relevant health condition. Fasting is generally inappropriate during pregnancy, breastfeeding, childhood, or adolescence unless specifically directed by a specialist.

Prolonged juice-only or water-only fasting may cause dehydration, electrolyte disturbances, low blood sugar, loss of lean tissue, and nutritional deficiencies. Extended fasting can also create a risk of refeeding syndrome when normal eating resumes.

A water-only fast lasting 72 hours to 10 days should not be undertaken independently using this guide. It requires appropriate medical assessment, monitoring, and an individualised plan for safely resuming food.

Likewise, a fruit-and-vegetable-only diet may be inadequate in protein, essential fats, vitamin B12, and other nutrients if continued without professional planning.

The four stages describe practices of increasing dietary restriction, not a medically recommended progression or a test of spiritual advancement. More restrictive fasting is not necessarily healthier or more effective.

The body already has sophisticated systems for processing and eliminating waste, primarily involving the liver, kidneys, gastrointestinal tract, and lungs. This guide uses detoxification in the broader lifestyle sense of reducing potentially harmful exposures and habits—not as a claim that fasting removes unspecified toxins.

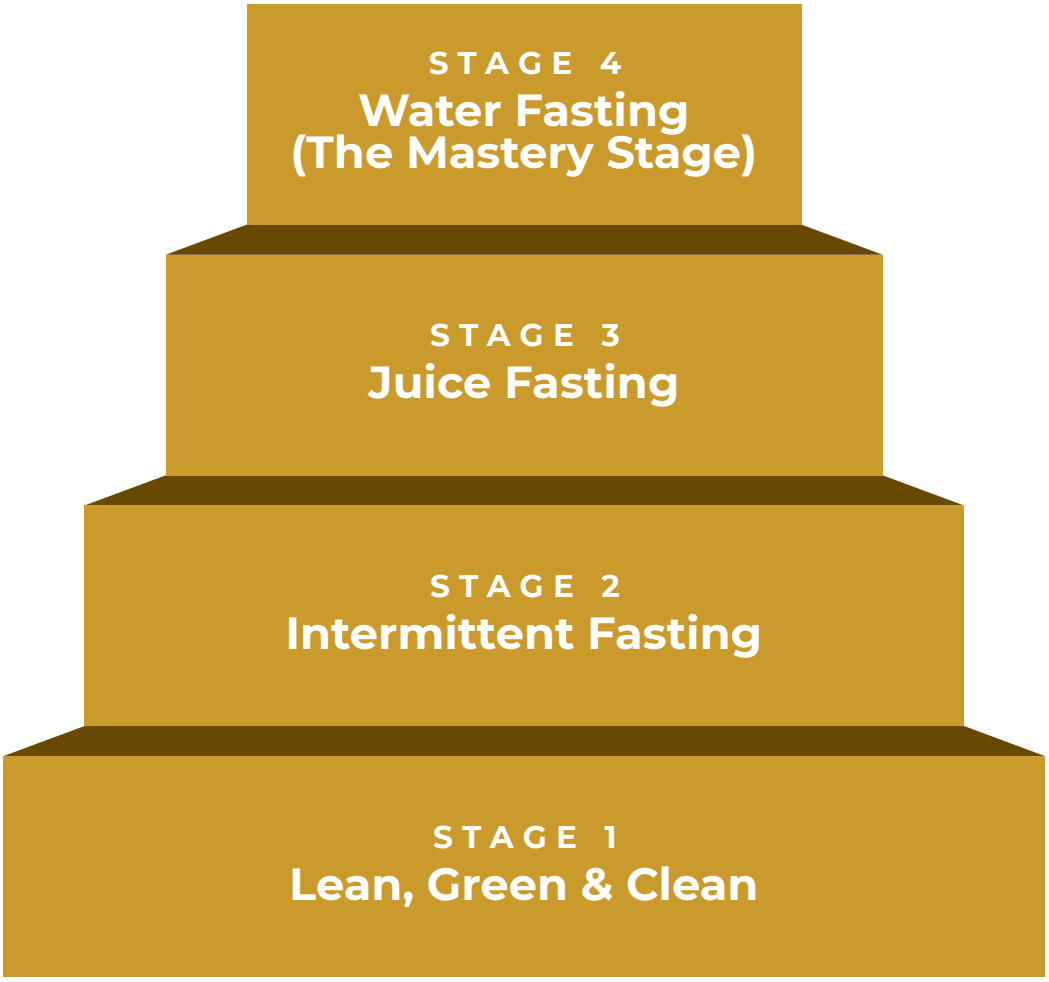
Never ignore dizziness, fainting, confusion, palpitations, or persistent weakness during a fast. Stop and seek appropriate medical care.

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4 The Four Stages of Fasting for Mastery

The Four-Stage Framework

These are four different levels of dietary restriction, not a ladder everyone needs to climb. The later stages carry greater nutritional and medical risks.



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5 Stage One: Lean, Green & Clean

Ten Days of Conscious Nutritional Reset



The first stage is about returning to simplicity.

For ten days, the framework I introduce removes all processed foods, meat, fish, eggs, and other animal products.

The focus is on whole vegetables and fruits, preferably organic.

I call this *Lean, Green & Clean*.

It is important to distinguish this short-term reset from my regular lifestyle.

Approximately 80% of the time, I focus on eating lean, green, clean, and preferably organic foods. I also eat meat, fish, eggs, nuts, seeds, fruits and superfoods.

I am not advocating that everyone permanently eliminate animal products, only for periods of fasting.

For this particular ten-day stage, however, the intention is to create a conscious break from habitual food choices.

Because a diet of only vegetables and fruits may not provide adequate protein, essential fats, and other nutrients, I recommend having a qualified dietitian adapt this stage into a nutritionally complete, whole-food plant-based reset before following it.

The Science: Why Removing Ultra-Processed Foods Matters

Ultra-processed foods are industrial formulations that often contain combinations of refined ingredients, flavourings, chemicals, emulsifiers, sweeteners, and other unknown potential poisons.

A major 2019 randomised controlled trial led by Kevin Hall at the US National Institutes of Health found that participants eating an ultra-processed diet consumed approximately 500 additional calories per day compared with participants eating a minimally processed diet, despite the diets being designed

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to match several nutritional characteristics. Participants gained weight during the ultra-processed phase and lost weight during the minimally processed phase.[1]

A 2024 umbrella review published in *The BMJ* examined evidence across nearly 9.9 million participants and found that greater ultra-processed food exposure was associated with numerous adverse health outcomes, including cardiovascular and metabolic conditions. Because much of this evidence is observational, it cannot establish that ultra-processed foods directly caused every reported outcome.[2]

Seven Potential Benefits		
1	**Improved regulation of calorie intake**	*Replacing highly processed foods with minimally processed alternatives may make it easier to recognise fullness and reduce unintentional overeating.*[1]
2	**Better long-term weight management**	*Dietary patterns lower in ultra-processed foods can support healthier energy intake, although overall diet quality and calorie balance remain important.*[1]
3	**Improved cardiometabolic health**	*Lower consumption of ultra-processed foods is associated with more favourable long-term cardiovascular and metabolic outcomes in population research.*[2]
4	**Greater dietary fibre intake**	*Replacing packaged convenience foods with vegetables, fruits, and other whole plant foods can increase fibre consumption, supporting bowel regularity and beneficial gut microbial activity.*
5	**Increased intake of beneficial micronutrients**	*Vegetables and fruits provide vitamins, minerals, and phytochemicals that contribute to normal immune function, tissue maintenance, and cellular protection.*
6	**Potential cardiovascular protection**	*A systematic review and meta-analysis published in The BMJ found that higher fruit and vegetable consumption was associated with lower all-cause and cardiovascular mortality.*[3]
7	**A healthier relationship with food**	*Preparing simple meals and reducing habitual snacking can create opportunities to recognise whether eating is being driven by hunger, convenience, boredom, or emotion.*

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My Teaching: Master Your Choices



When you remove foods you habitually reach for, you may begin noticing the emotions and patterns that previously operated beneath your awareness.

That awareness is powerful.

You begin recognising the difference between a conscious choice and an unconscious reaction.

And that is where mastery begins.

Reflection:

When do I reach for food even though I am not physically hungry?

What emotion am I trying to suppress?

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6 Stage Two: Intermittent Fasting

Sixteen hours fasting. Eight hours eating.

For those already comfortable with a healthy, balanced diet, the second stage introduces time-restricted eating.

The structure I personally live by and invite you to explore is known as **16:8 intermittent fasting.**

This means consuming your daily meals within an eight-hour window and avoiding caloric intake during the remaining sixteen hours.

My preferred approach is to finish eating by 6 PM.

For example, an eating window could run from 10 AM to 6 PM, with two or three nourishing meals (I don't eat after 6pm).

During the fasting window, plain water and unsweetened, natural non-caloric beverages are commonly used.

The goal is not to compensate by eating too little. Adequate nutrition, hydration, and energy intake remain essential.

The Science: Metabolic Flexibility and Ketosis

Our bodies use several sources of energy, including glucose and fatty acids.

After eating, carbohydrates can provide glucose for immediate energy, while the body stores some energy for later use.

During fasting, insulin levels generally decline and the body increasingly mobilises stored energy.

As fasting continues, the liver can produce molecules called ketone bodies from fatty acids.

Ketones provide an alternative fuel source for organs including the brain.

This process is known as **ketogenesis**, and a measurable rise in circulating ketones is referred to as nutritional ketosis.

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It is important to understand that fat burning and ketosis are not identical. The body can oxidise fat without entering substantial ketosis, and a 16-hour fast does not guarantee ketosis.

A major review by de Cabo and Mattson in *The New England Journal of Medicine* discusses how intermittent fasting can influence metabolic switching, cellular stress responses, and metabolic health. [4]

Seven Potential Benefits		
1	**Greater awareness of hunger patterns**	*Structured meal timing may help distinguish habitual snacking from genuine physiological hunger.*
2	**Weight management**	*Some clinical studies show that time-restricted eating can support weight reduction, often by reducing total calorie intake. It is not consistently superior to conventional calorie restriction when calories are comparable.* [4,5]
3	**Improvements in insulin-related markers**	*Some trials report improvements in insulin sensitivity or fasting insulin, although effects vary according to the individual, eating schedule, and study design.* [4]
4	**Increased metabolic flexibility**	*Fasting periods encourage the body to draw more heavily on stored energy between meals.* [4]
5	**More consistent eating rhythms**	*Earlier eating windows may help align food intake with the body's daily biological rhythms.*
6	**Reduced late-night snacking**	*A defined evening cutoff can reduce habitual evening eating and create a clearer separation between meals and sleep.*
7	**Greater discipline and conscious choice**	*Maintaining an appropriate eating window may help some people develop a more intentional relationship with food.*

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My Teaching: Become the Master of Your Impulses

One of the greatest lessons fasting has taught me is that an impulse does not have to become an action.

You can feel hunger without immediately reacting.

You can experience discomfort without escaping it (in fact regularly getting into discomfort is a key habit of successful people)

You can observe a thought without becoming that thought.

This is where physical discipline becomes a practice of emotional and mental mastery.

Reflection:

Which impulses in my life am I ready to stop obeying automatically?

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7 Stage Three: Juice Fasting



Liquids only. No solid foods.

The third stage explores a more intensive form of dietary restriction: juice fasting.

In my personal practice, I have explored juice fasts lasting from 72 hours to ten days, depending on my experience and circumstances.

My preferred approach is to use organic, cold-pressed juices containing approximately 80% vegetables and 20% fruit.

This is intended to prioritise vegetables while limiting the concentration of naturally occurring fruit sugars.

However, experience with intermittent fasting or ketosis does not automatically make a prolonged juice fast safe.

A juice-only diet generally contains inadequate protein, essential fatty acids, and fibre, and may supply insufficient calories, sodium, and other nutrients. A multi-day juice fast should therefore be undertaken only after professional assessment, with monitoring appropriate to its duration.

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The Science: What Happens When We Consume Juice?



Juicing extracts liquid from vegetables and fruits, providing water and varying amounts of vitamins, minerals, and plant compounds.

Depending on the ingredients and preparation, juices can contain vitamin C, potassium, carotenoids, and polyphenols.

These nutrients participate in normal physiological processes, including antioxidant defence and immune function. This provides your body with quality nutrition and at the same time gives your body and digestive system rest to recover and regenerate.

However, juicing usually removes much of the fibre found in whole produce.

Whole fruits and vegetables are generally more filling than their juices and provide nutritional advantages that should not be overlooked.

Research associating fruit and vegetable intake with improved health outcomes largely concerns whole produce or overall dietary patterns. It does not establish that a juice-only fast provides superior benefits. [3]

New Research: Juice Fasting and the Microbiome

A 2025 study published in *Nutrients* investigated the effects of short-term juicing on oral and gut microbial communities.

Fourteen participants followed one of three dietary interventions over three days: juice only, juice plus food, or plant-based whole foods.

The researchers identified changes in microbial composition associated with the juice-only intervention, raising questions about the consequences of reducing dietary fibre.

Because the study was small and short, it cannot establish long-term clinical effects. Nevertheless, it reinforces the importance of distinguishing the nutritional value of vegetable juices from claims that a juice-only fast improves gut health. [9]
pubmed.ncbi.nlm.nih.gov

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Seven Potential Benefits		
1	**Increased vegetable exposure**	*Vegetable-forward juices may help people consume a wider variety of plant ingredients, although they are not a substitute for whole vegetables.*
2	**Intake of plant micronutrients**	*Juices can supply vitamins, minerals, and phytonutrients, depending on their composition.*
3	**Temporary reduction in ultra-processed food intake**	*A juice-only period necessarily removes packaged meals and many highly processed snacks. However, the same benefit can be achieved through balanced whole-food eating without the risks of prolonged restriction.* [1,2]
4	**Greater awareness of habitual eating**	*A temporary change in eating patterns may reveal how frequently someone eats from routine, boredom, or emotional discomfort.*
5	**Opportunities for mindful reflection**	*Some people use a period of dietary simplification to reflect, journal, meditate, and examine their habits.*
6	**Possible changes in body weight**	*Weight may decrease during a very-low-calorie juice fast, but this can include water and lean tissue, and does not establish lasting fat loss.*
7	**A renewed appreciation for whole foods**	*Returning to balanced meals after a period of restriction may encourage more intentional food choices.*

These potential experiences should not be confused with proven detoxification or disease treatment. There is insufficient clinical evidence that juice fasting removes accumulated toxins, heals organs, or produces superior long-term health outcomes.

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My Teaching: Listen to What Comes up

For me, fasting has been about far more than what enters my body.

It's about what begins to surface when I stop reaching automatically for food.

Sometimes we use eating as a distraction.

Sometimes we use busyness.

Sometimes we use technology.

And sometimes we use all three.

When those distractions become less dominant, we may notice what we've been avoiding.

But remember: you don't need to deprive yourself of nourishment to develop emotional awareness.

The deeper practice is learning to observe your internal experience with compassion, courage, and conscious presence.

Reflection:

What emotions or habits become more noticeable when I create space and stillness?

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8 Stage Four: Water Fasting (The Mastery Stage)

Exploring the Science of Fasting, Ketosis, and Autophagy

Water fasting is the most restrictive stage discussed in this guide.

It involves consuming water without food or other sources of calories.

In my personal practice, I have explored fasting periods ranging from 72 hours to 21 days.

I believe these experiences have contributed to my sense of discipline, presence, and spiritual connection.

However, I want to emphasise that extended water fasting is not a requirement for self-mastery.

It is also not a practice I recommend students attempt independently.

A fast of this duration requires medical supervision because of risks involving electrolytes, blood pressure, hydration, blood glucose, lean tissue loss, and refeeding.

The Science: What Is Autophagy?

One of the most fascinating areas of fasting research concerns a biological process called **autophagy.**

The word comes from Greek and means *self-eating*.

Autophagy is a normal cellular process in which cells break down and recycle certain damaged or unnecessary components.

Think of it as part of the body's internal maintenance, recycling and self-healing system.

Autophagy contributes to cellular quality control, nutrient recycling, and responses to metabolic stress.



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Researchers have investigated how nutrient availability, fasting, and pathways such as mTOR and AMPK influence this process.

Autophagy is occurring in the body even when we are not fasting. It is not a switch that suddenly turns on after a fixed number of hours.

Animal and laboratory studies provide important evidence that fasting can influence autophagy-related pathways. However, accurately measuring autophagic activity throughout the human body remains challenging.

Even though I personally believe it is the case, there is currently no scientifically established rule that autophagy begins at approximately 72 hours of fasting, nor that a ten-day fast necessarily produces greater health benefits than a shorter intervention.

The review by de Cabo and Mattson discusses fasting-related metabolic adaptation, stress resistance, and cellular maintenance pathways. [4]

New Research: Prolonged Water Fasting



A 2024 clinical study investigated prolonged water-only fasting followed by a whole-plant-food diet in 29 adults with hypertension.

The participants fasted at a residential fasting centre under medical monitoring. The median fasting duration was 11 days, followed by a structured refeeding period.

Researchers reported improvements in blood pressure and body weight.

However, the study also documented 453 adverse events across the preparation, fasting, and refeeding phases, including eight severe events. None were classified as life-threatening or serious under the study's reporting criteria.

The study was small, lacked a randomised control group, and combined fasting with subsequent dietary changes. Consequently, the findings cannot establish that prolonged water fasting independently caused the improvements or that it is safe outside supervised clinical settings. [10] pmc.ncbi.nlm.nih.gov

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Eight potential physiological effects		
1	**Increased reliance on stored energy**	*As food-derived energy becomes unavailable, the body draws more heavily on stored glycogen and fat.* [4]
2	**Increased ketone production**	*Longer periods without food generally increase hepatic ketone production, providing an alternative fuel source for several tissues.* [4]
3	**Changes in insulin and glucose regulation**	*Fasting reduces incoming dietary glucose and can alter circulating insulin and glucose concentrations. These changes are not automatically beneficial for every individual.* [4]
4	**Activation of metabolic stress-response pathways**	*Experimental research suggests fasting can influence pathways involved in nutrient sensing, cellular adaptation, and maintenance.* [4]
5	**Possible changes in inflammatory signalling**	*Fasting can alter some inflammatory biomarkers, but findings vary and do not establish that prolonged fasting treats inflammatory diseases.*
6	**Changes in body weight**	*Prolonged fasting generally produces weight loss, but some of this may be water and lean tissue rather than fat.* [10]
7	**Potential cellular maintenance effects**	*Autophagy-related pathways are a promising research area, but the clinical benefits of deliberately extending human fasts to increase autophagy remain unproven.* [4]
8	**Heightened spiritual and "Quantum Field" awareness of habitual behaviour**	*Some individuals report greater reflection or mental clarity during fasting. Others experience headaches, irritability, fatigue, or impaired concentration (as sometimes referred to these as fleeting symptoms).*

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My Teaching: Dominion Over The Flesh

For me, one of the greatest lessons of fasting has been learning that I am not defined by every sensation, impulse, or desire that passes through my body.

There is tremendous freedom in recognising that I can observe an experience without automatically reacting to it.

I call this developing dominion over the flesh.

Not rejecting the body.

Not fighting the body.

And certainly not punishing the body.

But becoming more conscious of how I respond to it.

I believe our bodies are extraordinary instruments through which we experience life.

And the more consciously we care for them, the more fully we can participate in the life we're here to create.

Reflection:

Where in my life could greater awareness and discipline create more freedom?

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9 Fasting Safety and Warning Checklist

Before beginning any significant dietary restriction, take a moment to assess whether it is appropriate for you.

My Fasting Safety Review

Checking every item does not constitute medical clearance. This checklist is for reflection and preparation only.

10 The Morning Mastery Ritual



Win your morning before the world enters your mind.

Regardless of which stage of fasting or nutritional reset you choose, I encourage you to develop a consistent morning practice.

For me, this is non-negotiable.

My phone stays on flight mode until I've completed my morning routine.

I don't want the first thoughts entering my mind to be someone else's priorities, notifications, messages, or problems.

I want to begin my day connected to myself and to God.

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My Recommended Morning Framework

Morning Mastery Checklist

Win your morning before the world enters your mind. My morning routine is sacred. Before I take my phone off flight mode, I prioritise connecting with myself, my body, my spirit, and the people I love.

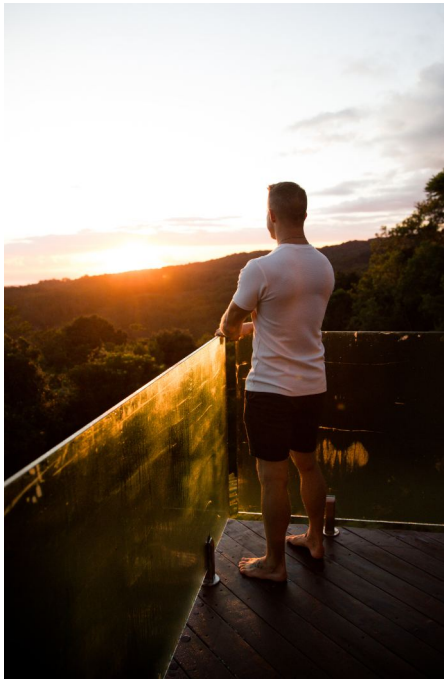
Here are the eight practices that form the foundation of my Morning Mastery Ritual:

8 Morning Mastery Ritual			Check
1	**Gratitude Statement & Prayer**	*Begin the day by expressing gratitude, connecting with God, and setting a conscious intention for the day ahead.*	
2	**Make My Bed, Brush My Teeth & Hydrate**	*Start with simple acts of discipline and self-care, including drinking clean, filtered water.*	
3	**Conscious Movement**	*Awaken the body through movement, which may include yoga, QiGong, stretching, or other gentle physical practices*	
4	**Quantum Breathwork**	*Connect with my breath, regulate my nervous system, and cultivate greater emotional awareness, presence, and clarity.*	
5	**Journaling**	*Reflect on my thoughts, emotions, intentions, and insights. Create space for greater self-awareness and conscious transformation*	
6	**Organic Ceremonial Cacao**	*Enjoy organic ceremonial cacao as part of my morning ritual, unless I am water fasting.*	
7	**Love & Uninterrupted Presence With My Son**	*Prioritise meaningful connection, love, and quality time with my son, without distractions, screens, or competing priorities.*	
8	**Clear Targets & Goals for the Day**	*Establish my priorities, identify my most important outcomes, and consciously direct my energy toward what matters most*	

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My Teaching: Master Your Morning, Master Your Life

I believe that how we begin our morning has a profound influence on how we experience the rest of our day.



Before we give our attention to the world, we must first give our attention to ourselves.

This is why I keep my phone on flight mode until my morning practices are complete.

My morning belongs to God, my health, my consciousness, and my family—not to notifications, emails, or social media.

Remember, mastery isn't about perfection. It's about consistency, conscious choices, clear boundaries and creating daily rituals that support the person you are becoming.

Your morning is your opportunity to consciously create your day rather than unconsciously react to it.

Why These Habits Matter

Quantum Breathwork and emotional regulation. A 2023 meta-analysis of randomised controlled trials found that breathwork interventions were associated with reductions in self-reported stress, anxiety, and depressive symptoms. The findings support further investigation, but do not establish that all breathing methods produce identical effects. [6]

Meditation and mental wellbeing. A systematic review published in JAMA Internal Medicine found that mindfulness meditation programs can produce small-to-moderate improvements in certain psychological outcomes, including anxiety and depression. [7]

Morning sunlight and circadian rhythms. Natural daylight helps synchronise the body's circadian timing system, which influences sleep-wake patterns, alertness, and daily hormone rhythms.

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A systematic review of 45 studies found that brighter morning light was generally associated with earlier sleep timing, while brighter evening light was associated with later sleep timing. The researchers also reported associations between morning light and improvements in certain subjective sleep outcomes. [11] pmc.ncbi.nlm.nih.gov

Fifteen minutes of morning daylight is a practical starting point, not a universally proven optimal dose. Exposure needs vary with weather, season, latitude, and individual circumstances. Avoid staring directly at the sun and protect your skin appropriately.

Digital boundaries and attention. Reducing unnecessary screen exposure creates space for more intentional thinking and less reactive behaviour. This is a lifestyle recommendation rather than a medical detoxification process.

My Teaching: Own Your First Hour

Your first hour is an opportunity to decide who you want to be before the world starts asking you to become something else.

Create space for yourself.

Breathe.

Become still.

Connect with your body.

And consciously choose the energy you want to bring into your day.



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11 Quantum Breathwork: The Missing Connection

Your Breath Is a Bridge Between Your Body, Your Internal World and the Quantum Field / God

I believe one of the most powerful ways to deepen any conscious lifestyle practice is through regular Quantum Breathwork.

Over the years, I've observed how breathwork, meditation, fasting, and emotional awareness can complement one another in my personal experience.

The breath is particularly fascinating because it operates both automatically and under conscious control.

We breathe without thinking.

Yet we can also deliberately change the rhythm, depth, and pace of our breathing.

This gives us a practical way to influence certain physiological responses associated with stress and relaxation.

Research suggests that some structured breathing interventions can improve psychological wellbeing. [6]

Breathwork and Detoxification

Research suggests that breathing is one of the body's important pathways for eliminating metabolic waste, particularly carbon dioxide.

The lungs continuously remove carbon dioxide through exhalation, helping regulate the body's acid-base balance.

The liver, kidneys, gastrointestinal tract, and lungs all contribute to the body's normal processes of waste elimination and physiological regulation.

For me, the breath represents something even more profound.

It is a bridge between the conscious and unconscious.

Between our physical experiences and our emotional states.

And between the person we have been and the person we are becoming.

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Quantum Breathwork and Emotional Healing

In my experience, combining Quantum Breathwork with conscious reflection can help people explore emotional patterns, develop greater self-awareness, and reconnect with their sense of purpose.

I believe that as we become more aware of our thoughts, emotions, and behaviours, we can begin changing the trajectory of our lives.

I sometimes describe this as accelerating our quantum timeline.

For me, that language represents the experience of making more conscious decisions, recognising new possibilities, and moving toward the life we feel called to create.

It is a spiritual framework rather than an established scientific mechanism.

Certain intensive breathwork practices can cause dizziness, tingling, fainting, or significant changes in carbon dioxide levels. They are not suitable for everyone, particularly during prolonged fasting. Gentle breathing practices are a more appropriate starting point, and intensive Quantum Breathwork should be discussed with an appropriately qualified clinician when health risks are present.

Go Deeper with Quantum Breath

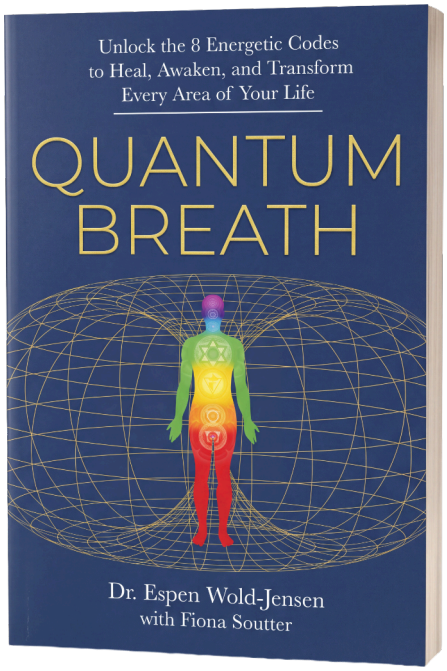
Quantum Breath (Hay House)

Unlock the 8 Energetic Codes to Heal, Awaken, and Transform Every Area of Your Life

In my Hay House book, I explore Quantum Breathwork, emotional awareness, and the eight energetic codes as a framework for personal transformation.

The book is available in physical and audiobook formats through participating retailers.

Click here to explore Quantum Breath and get two free audiobook chapter!



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12 Put Yourself First: Designing Your Personal Biohacking Routine

Self-care is not selfish. It is a responsibility.

One of the most important lessons I've learned is that you cannot continually pour from an empty cup.

If you want to be an extraordinary parent, partner, leader, teacher, or entrepreneur, you need to create an environment that supports your own physical, mental, emotional, and spiritual wellbeing.

For me, biohacking is not simply about technology, supplements, or expensive equipment. It's about consciously choosing the way I live.

It's about taking responsibility for the daily habits that shape my health, energy, and state of consciousness. And guess what, the most ancient, most powerful (I believe), yet least expensive Bio hack of them all is, you guessed it... Your breath!

My Personal Biohacking Philosophy

Quantum Breathwork: I use breathwork as a foundation for emotional awareness, presence, and connection with myself. Research into structured breathwork suggests potential psychological benefits, particularly for stress and anxiety. [6]

Sauna: Heat exposure is one of the practices I value for relaxation and recovery. A long-term Finnish observational study found that more frequent sauna use was associated with lower cardiovascular and all-cause mortality, although it did not prove that sauna use caused these outcomes. [8]

Ice baths and cold exposure: I use cold exposure as an opportunity to practise remaining calm in the presence of physical discomfort.

A 2025 systematic review and meta-analysis examined 11 randomised studies involving 3,177 participants. Researchers identified some time-dependent effects on stress and possible improvements in sleep quality and quality of life. [12] journals.plos.org

Cold exposure is not essential for good health and may trigger dangerous cardiovascular responses, especially in susceptible individuals.

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Meditation and stillness: I intentionally create time to become quiet, disconnect from stimulation, and observe my internal world. Meditation has evidence supporting benefits for some psychological outcomes. [7]

Natural light and time outdoors: I value regular daylight exposure and time in nature as part of maintaining healthy daily rhythms. 11 I also use blue light blocking glasses after the sun has set, particularly if I'm in front of a screen (can find links to the yellow and red glasses that I use in the addendum at the bottom of the document).

Clean nutrition: I prioritise nourishing, minimally processed foods, adequate protein, hydration, and consistency rather than relying on short-term interventions.

Meaningful human connection: I make time for people who genuinely love and respect me for who I am.

That final practice deserves particular emphasis.

You can have the best nutritional routine in the world, meditate every morning, and invest thousands of dollars in biohacking technology.

But if your life is filled with relationships where you cannot be yourself, something essential is missing.

We are relational beings.

We need belonging.

We need genuine connection.

We need people around us who celebrate our growth without demanding that we abandon our authenticity.

Surround yourself with people who love you for who you are—not simply for what you achieve, provide, or do for them.

Create Your Own Biohacking Routine

I invite you to write down your personal commitments.

Not what you think you *should* be doing.

Not what someone on social media tells you is optimal.

But what genuinely supports your wellbeing.

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13 Leading by Example: Creating a Healthier Family Legacy

"Our children learn more from what we do than what we say or teach"

One of the most important reasons I prioritise my own health is my son.

I want to lead by example - I love the expression *"it ran in my family, until it ran into me"*.

I want him to grow up seeing what it means to take responsibility for your body, your thoughts, your emotions, and your choices.

I want him to understand that health is not something we think about only when something goes wrong.

It's something we consciously cultivate.

Through the way we eat.

Through the way we speak to ourselves.

Through the way we manage stress.

Through the way we treat others.

And through the way we create time for genuine connection.

For me, this is about much more than physical fitness.

It's about raising a child who understands the value of self-respect, emotional intelligence, personal responsibility, and authenticity.



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Creating a Healthier Household



If you're a parent, I invite you to examine the environment you're creating at home.

What foods are regularly available?

How often are devices present during family time?

How do you respond when you're stressed?

Do your children see you making time for your own health?

Do they see you practising self-love and emotional awareness?

Do they see you surrounding yourself with people who genuinely respect you?

Our children are constantly learning from our example.

The objective is not perfection.

It's conscious leadership.

Children have different nutritional and developmental needs from adults. The restrictive fasting stages in this guide are not intended for children. A healthy family environment should emphasise balanced nutrition, movement, adequate sleep, emotional security, and a positive relationship with food.

Complimentary Parenting Resource



Discover additional perspectives on conscious parenting, emotional awareness, and creating a healthier family environment.

Watch the podcast episode *(and don't forget to subscribe for more content)*

Click here to watch The Top 10 Most Dangerous Parenting Mistakes

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14 Take Your Transformation Further: The Accelerator Program

Master Every Area of Your Life

Throughout my work, I've come to recognise that lasting transformation requires more than changing one habit.



We need to examine the different dimensions of our lives.

Our physical health.

Our mental and emotional wellbeing.

Our relationships.

Our finances.

Our purpose.

Our spiritual connection.

And the habits and beliefs that influence all of them.

This is why I created the Accelerator Program.

The Accelerator is designed to support participants in examining and transforming different areas of their lives through structured education, reflection, and personal development.

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We dedicate approximately two weeks to each major area of life, allowing participants to explore their existing patterns and implement meaningful changes.



This includes two weeks focusing on physical health, two weeks on mental and emotional wellbeing, two weeks on financial empowerment, two weeks on relationships, and further areas of personal and professional mastery.

Rather than simply collecting information, the intention is to integrate what we learn into daily life.

To move from knowing to doing.

From unconscious patterns to conscious choices.

And from limitation to greater personal freedom.

The Accelerator is available by application only.

Click Here to Apply The Accelerator Program

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15 Become a Quantum Breath Practitioner

Learn to Facilitate Transformational Breathwork Experiences



For those who feel called to take their journey further, For a limited time applications are open for the **Quantum Breath Practitioner Training.**

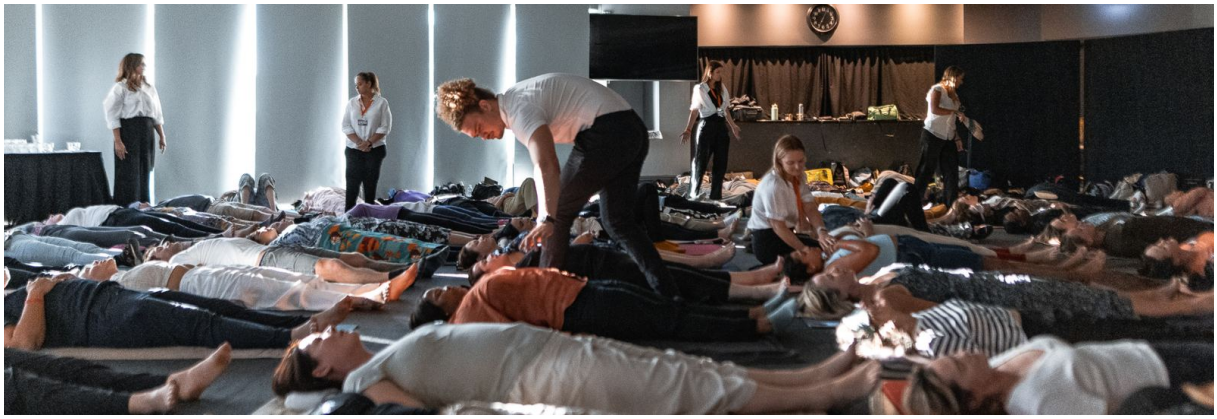
This training is designed for individuals who want to deepen their understanding of Quantum Breathwork and learn how to facilitate breathwork experiences for others.

The program explores the principles, practices, and facilitation methods associated with the Quantum Breathwork system, including the eight breathwork tracks and ceremonies connected with my book *Quantum Breath*.

It is intended for those who feel called to bring greater presence, awareness, and conscious transformation into their own lives and the lives of others.

Whether you're a coach, wellness practitioner, educator, or someone exploring a new direction in life, this training provides an opportunity to deepen your practice and develop facilitation skills.

Learn More and Apply The Quantum Breath Practitioner Training



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16 My Personal Biohacking Tools and Resources

Over the years, I've explored a wide range of tools, technologies, and practices designed to support my health, recovery, and overall wellbeing.

Some have become regular parts of my routine.

Others are tools I use depending on my circumstances and goals.

I've created an additional resource where you can explore some of the products and technologies I personally use.

Some of these recommendations may include affiliate partnerships, meaning I may receive a commission if you purchase through my links, at no additional cost to you.

I encourage you to evaluate every product independently and seek professional advice where appropriate.

Dr Espen's Biohacking Tools

Gaia TV Quantum Breathwork series

Health Secret: Red Life / Infrared & Red Light Therapy
Red light panels, infrared sauna, recovery lights, home light therapy devices, accessories, and setup support.
Discount / Promo Code: RL25

Kangen Water Filters
Kangen Water machine, water filtration/hydration system, installation support, replacement filters, education, and setup guidance.

Blue Blocking Glasses
Daytime computer lenses, evening blue blockers, nighttime light-blocking glasses, accessories, and cases.
Discount / Promo Code: DRESPEN

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17 Fasting for Women: Understanding Your Hormones and Honouring Your Cycle

Why women may need a different approach to fasting

One of the most important things I want women to understand is that fasting is not necessarily a one-size-fits-all practice. Men and women share many of the same metabolic processes, including the ability to use stored fat for energy and produce ketones during fasting.

However, women also experience important hormonal changes throughout the menstrual cycle, pregnancy, postpartum recovery, perimenopause, and menopause. These changes can influence appetite, energy levels, sleep, exercise recovery, and nutritional requirements.

For women who menstruate, oestrogen and progesterone fluctuate throughout the month. These hormones interact with metabolic and reproductive processes, which is why paying attention to your cycle can be a valuable part of understanding your body.

Research suggests that intermittent fasting can influence some reproductive hormone markers, although results vary between populations. For example, studies involving women with obesity or polycystic ovary syndrome (PCOS) have reported changes in androgen-related markers. Researchers also emphasise that more high-quality studies are needed to understand the longer-term effects on women's reproductive health.

When might women need to adjust their fasting?

During menstruation: Some women feel comfortable maintaining their normal eating routine, while others experience fatigue, cramps, headaches, or increased hunger. It can be appropriate to reduce fasting intensity or avoid fasting when symptoms are significant.

During the follicular phase: This phase begins with menstruation and continues until ovulation. Some women find their energy and exercise tolerance improve as the cycle progresses. A shorter overnight fast may be easier to tolerate, but there is no established evidence-based fasting duration specifically prescribed for this phase.

Around ovulation: Hormonal changes occur as the body prepares to release an egg. Maintaining adequate nutrition and avoiding excessive energy restriction are important, particularly for women trying to conceive.

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During the luteal phase: Progesterone rises after ovulation, and some women experience increased appetite, sleep changes, or premenstrual symptoms. This may be a sensible time to prioritise nourishing meals, sufficient calories, and flexibility rather than pushing through prolonged fasting.

During perimenopause and menopause: Hormonal patterns change significantly. Some women explore time-restricted eating for metabolic health, but the approach should account for sleep, bone health, muscle preservation, medication, and adequate protein intake.

These are considerations for personalising a routine, not scientifically established rules requiring fasting on particular menstrual-cycle days.

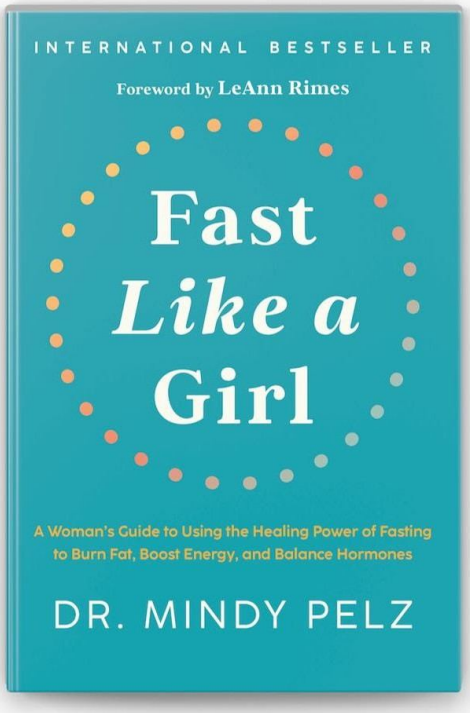
When women should avoid fasting or seek medical guidance

Extended fasting is especially inappropriate during pregnancy and breastfeeding, when nutritional requirements increase.

Women should also avoid restrictive fasting or seek specialist advice if they are experiencing an eating disorder, significant menstrual irregularities, unexplained weight loss, undernutrition, or fertility-related concerns.

Women with diabetes, PCOS, thyroid disorders, or other medical conditions should discuss fasting with their healthcare professional before beginning.

My message to women is this: your body is not something to conquer. It is something to understand, respect, nourish, and work in harmony with.



Recommended Reading: Fast Like a Girl by Dr. Mindy Pels

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For women who want to explore this subject further, I recommend reading **Fast Like a Girl by Dr. Mindy Pelz.**

This bestselling book focuses specifically on fasting for women and introduces a cycle-conscious approach to nutrition and fasting.

Dr. Pelz explores how women can consider their hormonal patterns when deciding when to fast, when to eat, and when to prioritise nourishment and recovery.

The book includes guidance on transitioning into intermittent fasting, different fasting durations, breaking a fast, food choices, and a 30-day fasting framework. It also includes more than 50 recipes.

I particularly appreciate the book's emphasis on encouraging women to pay attention to their own physiology rather than automatically following fasting routines developed without consideration of reproductive health.

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18 Final Message: Your Greatest Investment Is Yourself

If there's one thing I want you to take away from this guide, it's this:

Your greatest investment will always be the investment you make in yourself.

Not because you need to become someone else.

But because there's so much more of who you already are waiting to be expressed.

Through greater awareness, we can begin changing our habits.

Through conscious discipline, we can begin reclaiming our choices.

Through breathwork, meditation, and reflection, we can deepen our relationship with ourselves.

And through genuine human connection, we can create lives filled with greater meaning, love, and belonging.

You don't need to complete a ten-day fast to begin.

You don't need expensive biohacking equipment.

And you don't need to be perfect.

Start with one conscious decision.

One nourishing meal.

One morning without your phone.

One breathwork session.

One moment of stillness.

One meaningful conversation with someone you love.

And allow those choices to become the foundation for something extraordinary.

With Love and Gratitude,

Dr. Espen Wold-Jensen

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18 Scientific References

The following twelve peer-reviewed publications correspond to the numbered citations throughout this manual. Each title is linked to the research.

1 **Ultra-processed foods, calorie intake, and weight gain**

Hall KD, et al. (2019). Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake. *Cell Metabolism*.

Randomised controlled trial demonstrating higher calorie intake and weight gain during an ultra-processed diet.

2 **Ultra-processed foods and long-term health**

Lane MM, et al. (2024). Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses. *The BMJ*.

Large evidence synthesis linking higher ultra-processed food exposure with numerous adverse health outcomes.

3 **Fruits, vegetables, and mortality risk**

Wang X, et al. (2014). Fruit and vegetable consumption and mortality from all causes, cardiovascular disease, and cancer. *The BMJ*.

Systematic review and meta-analysis examining associations between fruit and vegetable intake and mortality.

4 **Intermittent fasting and metabolic adaptation**

De Cabo R, Mattson MP. (2019). Effects of Intermittent Fasting on Health, Aging, and Disease. *The New England Journal of Medicine*.

Review of fasting, metabolic switching, cellular stress responses, and related research.

5 **Time-restricted eating versus calorie restriction**

Liu D, et al. (2022). Calorie Restriction with or without Time-Restricted Eating in Weight Loss. *The New England Journal of Medicine*.

Randomised trial comparing time-restricted eating plus calorie restriction against calorie restriction alone.

6 **Breathwork, stress, and mental health**

Fincham GW, et al. (2023). Effect of breathwork on stress and mental health: A meta-analysis of randomised-controlled trials. *Scientific Reports*.

Meta-analysis reporting reductions in stress and related psychological symptoms from breathwork interventions.

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7 **Meditation and psychological wellbeing**

Goyal M, et al. (2014). Meditation Programs for Psychological Stress and Well-being: A Systematic Review and Meta-analysis. *JAMA Internal Medicine*.

Review of randomised trials examining meditation's effects on psychological stress and wellbeing.

8 **Sauna bathing and cardiovascular health**

Laukkanen T, et al. (2015). Association Between Sauna Bathing and Fatal Cardiovascular and All-Cause Mortality Events. *JAMA Internal Medicine*.

Prospective observational study examining sauna frequency and long-term cardiovascular outcomes.

9 **Juice-only diets and the microbiome**

Savo Sardaro ML, et al. (2025). Effects of Vegetable and Fruit Juicing on Gut and Oral Microbiome Composition. *Nutrients*.

Small intervention study investigating short-term juice-only diets and microbial composition.

10 **Prolonged water-only fasting**

(2024). Prolonged Water-Only Fasting Followed by a Whole-Plant-Food Diet Is a Potential Long-Term Management Strategy for Hypertension and Obesity.

Single-arm clinical study of medically supervised prolonged fasting and refeeding in adults with hypertension.

11 **Light exposure and circadian rhythms**

Dautovich ND, et al. (2019). A Systematic Review of the Amount and Timing of Light in Association with Objective and Subjective Sleep Outcomes in Community-Dwelling Adults. *Sleep Health*.

Systematic review examining how the timing and intensity of light exposure relate to sleep outcomes.

12 **Cold-water immersion and wellbeing**

Cain T, et al. (2025). Effects of Cold-Water Immersion on Health and Wellbeing: A Systematic Review and Meta-Analysis. *PLOS ONE*.

Review examining cold-water immersion, stress, sleep, inflammation, and other health outcomes.

13 **Intermittent fasting and reproductive hormones in women and men**

Cienfuegos S, et al. (2022). Effect of Intermittent Fasting on Reproductive Hormone Levels in Females and Males: A Review of Human Trials. Nutrients.

14 **Intermittent fasting and female reproductive function**

Effects of Intermittent Fasting on Female Reproductive Function: A Review of Animal and Human Studies (2024). This review examines the differences between findings from animal experiments and human studies, including research involving women with PCOS.

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