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RAW REFUGE

The 7-Day Fasting *Preparation Guide*

PREPARE THE BODY ·
QUIET THE NOISE ·
RETURN TO YOURSELF

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Raw Refuge Retreat Center
FILÍ FOREST · CARIBBEAN COSTA RICA

— THE REASON BEHIND THE PRACTICE

Why do we use *fasting?*

Because it is the fastest way we know to return a person to themselves.

Most of us are living a life that was partly decided for us. Beliefs we inherited. Fears we absorbed from people who were never ours to carry. Patterns we repeated because they were what we were shown. These things sit underneath the noise of ordinary life, and the noise is constant enough that we rarely get to hear what is actually ours and what never was.

Fasting removes the noise. When digestion stops, an enormous amount of energy is freed and the mind gets quiet in a way that nothing else produces. What has been held down begins to rise. This is why people weep on day three, and why so many of them reach the end of a fast knowing exactly what has to change.

Nothing was added. Something was taken away, long enough for what was underneath to become visible.

That is the real opportunity here. Not weight. Not a cleanse in the way that word is usually sold. A window in which you can get clear on your direction, release emotional conditioning and mental programs that were never yours, and remember what you actually came here to do.

— ON THE PHYSICAL LEVEL

> *"When you activate the body's healing mechanism, everything heals."*
>
> CHARLOTTE GERSON

We are not treating anything. We are not fixing you. We remove the hindrances, the food that obstructs, the stimulants, the constant input, and the body begins to do what it has always known how to do. The healing mechanism is not something we hand you. It is already in you, waiting for the conditions.

That is all this week is doing. Removing hindrances. Allowing what has been buried to come to the surface, so that the body and the soul can do the healing themselves.

Everything in the next seven days is built on this one idea. Each day you take away one more obstruction. By day seven there is very little left standing between you and what is already trying to happen.

— BEFORE YOU BEGIN

It’s important that you do not start to fast *overnight.*

The preparation is part of the practice. What you do in the 7 days before your fast is as important as the fast itself.

One of the most common mistakes people make when approaching a cleanse or water fast is treating it like a switch. Eating normally one day, fasting the next. What follows is usually intense detox symptoms, cravings, emotional turbulence, and often, giving up.

This can become a very challenging cycle that some people loop through for years without understanding why they can’t just eat the way they want to eat.

The body has layers, physical accumulation, emotional holding, habitual patterns, and each one needs time to shift. The transition period is where those layers begin to dissolve, gently and deliberately, so that by the time you begin fasting, your body is already moving in that direction.

> "*Your process of cleansing, healing and detoxifying is constantly moving and changing. That is why having proper guidance that you can trust is very helpful.*"
>
> ÅLAM NEVILL

This guide gives you a clear, day-by-day path for the 7 days before your fast or a fasting retreat at Raw Refuge. Each day you remove something that obstructs the body. Each day you add something that supports it. The transition is done slowly so that you can lean deeper and deeper into what is coming up, and process and integrate slowly, so that it is sustainable.

A quick detox is not actually healthy and can be dangerous for the body, rot the teeth, and damage the liver.

— THIS WEEK YOU RELEASE

- ☐ Caffeine including coffee, black tea, chocolate, and energy drinks
- ☐ Alcohol and nicotine
- ☐ All animal products
- ☐ Fried and processed foods
- ☐ Salt, vinegars, condiments
- ☐ Refined sugars
- ☐ Grains and legumes
- ☐ Nuts, seeds, and oils
- ☐ Late night eating

— THIS WEEK YOU BRING IN

- ☐ Fresh water throughout the day
- ☐ Ripe tropical and seasonal fruit
- ☐ Fresh-pressed juices
- ☐ Tender leafy greens and salads
- ☐ Steamed vegetables (early days)
- ☐ Morning silence or meditation
- ☐ Gentle movement and walks
- ☐ Early, light evening meals
- ☐ Rest and early sleep

— THE JOURNEY AT A GLANCE

Seven days.
Slow transition.

Each day moves you further from obstruction and closer to the lightness your body is already seeking.

DAY	FOCUS	WHAT CHANGES
Day 1	Begin the release	Remove caffeine, alcohol, nicotine. Eat earlier. Drink more water.
Day 2	Simplify meals	Remove animal products and processed food. Fruit in the morning. Simple cooked vegetables for dinner.
Day 3	Go lighter	Remove grains and legumes. Raw till 4pm. Steamed vegetables or sweet potato in the evening.
Day 4	Remove the fats	No nuts, seeds, oils, or avocado. Fruit meals all day. Simple salad in the evening.
Day 5	Fruit only	Whole fruit only. No cooked food. The shift begins to be felt.
Day 6	Juice and fruit	Fresh juices and whole fruit only. Digestion quieting. Clarity arriving.
Day 7	Juice only	Cold-pressed juices only. The body is ready. Tomorrow the fast begins.

> "*The most important aspect is to remember that your process is unique. There is no one size fits all when it comes to planning your transition.*"
>
> ÅLAM NEVILL

Move through this at your own pace. If day 3 feels too fast, stay with day 2 for another day. The body will tell you. What matters is the direction not the speed.

Note: If you are coming to Raw Refuge for a fully held fasting experience, you only need to complete day 1 and 2 before your arrival. You can repeat day 2 for as many days as you want before your arrival. Of course you may do more if you have your own juicer and would like to go deeper before arriving, however at Raw Refuge you will be guided step by step with all juices and food served to you as you prepare and transition into your water fasting days with us.

DAY 01 OF 07

Begin the *release.*

The first step is always the most important one.

Today you remove what is actively obstructing the body including caffeine, alcohol, and nicotine. These stimulants create a false energy. Removing them now means detox symptoms come gently across days, not all at once when the fast begins.

If caffeine withdrawal gives you a headache, that is the body beginning to move. Drink water. Rest. Stay with it. If symptoms are very strong you can take a binder such as zeolite that will bring you relief. If you are a heavy coffee drinker, you may want to reduce slowly over a couple of days.

— REMOVE TODAY

- ☐ Coffee, black tea, energy drinks and chocolate
- ☐ All alcohol
- ☐ Nicotine in any form
- ☐ Processed snack foods
- ☐ Eating after 7pm

— PRACTICE

- Sit quietly 10 minutes in the morning. Write your intention for this week.
- Take a gentle walk barefoot on the earth if possible.

— EAT TODAY

- Morning: 2-3 pieces of fresh fruit. Watermelon or melon first because they digest fastest.
- Midday: Simple salad or cooked vegetable meal. No salt. Lemon juice instead of dressing.
- Evening: Light cooked dinner before 7pm. Sweet potato, steamed greens, or simple soup.
- All day: Water. Herbal teas such as peppermint, chamomile, ginger.

> "*Please remember there will be bumps along the way physical, emotional, spiritual. As we cleanse, we begin to feel more.*"
>
> ÅLAM NEVILL

DAY 02 OF 07

Simplify the *plate.*

Remove what takes the most energy to process.

Animal products require more digestive energy than almost anything else we eat, and they dull the senses along with our connection to ourselves. When we remove them, the body gets an immediate reprieve. You may feel lighter within hours. Cravings you notice are old habits, not genuine hunger.

— REMOVE TODAY

- ☐ All meat, poultry, and seafood
- ☐ All dairy, milk, cheese, butter, yoghurt
- ☐ Eggs
- ☐ Fried foods of any kind
- ☐ Refined and packaged foods
- ☐ Salt and most condiments

— PRACTICE

- Notice how long you feel full after a fruit meal.
- Reduce screen time in the evening. Give the nervous system quiet before sleep.
- Walk 20 minutes after your evening meal to support digestion.

— EAT TODAY

- Morning: 2-4 fruit meals. Watermelon first, then bananas or mangoes. One type at a time.
- Midday: Large simple salad such as lettuce, cucumber, tomato, celery, fresh herbs. Lemon juice and tahini dressing.
- Evening: Steamed sweet potato or baked potato with greens. No oils, no salt.

COMING ON RETREAT

If you are coming on retreat with us at Raw Refuge, this is the last required day before arrival. You can stay on this day until you travel and be fully held through the next days with us, or go deeper into the following days before you come.

DAY 03 OF 07

Raw till *4pm.*

Give the body the whole day to do what it knows how to do.

Raw till 4 means eating only fruit-based meals until late afternoon, then a simple cooked dinner if needed. This gives the body a long daily window of light, easy-to-digest food where the real cleansing happens.

— REMOVE TODAY

- ☐ All grains: rice, pasta, bread, oats
- ☐ All legumes: beans, lentils, chickpeas
- ☐ Any remaining processed foods
- ☐ Cooked food before 4pm

— PRACTICE

- Notice what emotions or cravings arise without cooked food before 4pm. Write them down.
- Drink a large glass of water first thing in the morning before anything else.
- Spend time outside. Nature accelerates what this transition is trying to do.

— EAT TODAY

- Morning and midday: Fruit only. 3-5 fruit meals. Try monomeals, one type at a time. This is the easiest thing the body can digest.
- Afternoon: Salad of leafy greens, cucumber, tomato. Lemon only.
- Evening before 6pm: Steamed sweet potato or cooked vegetables only. No oil, no salt.

> *"The key is to get comfortable with uncomfortable emotions, and if you sit with them long enough they will be released and food cravings will pass."*
>
> ZOEY JEVAUGHN

DAY 04 OF 07

Remove the *fats.*

The body shifts into a deeper cleanse when fat is removed.

Even healthy fats like avocado, nuts, seeds and coconut will suppress detox and slow digestion significantly. When removed, the body can cleanse at a much deeper level. Many people feel noticeably lighter and more energised today than any day so far. You may not feel the same heavy fullness you did before, and this lighter but satisfied feeling will take some getting used to.

> "*Many people replace satisfying foods with fatty raw meals like avocados, nuts, nut butters. This is taxing on the body. The real transition is toward simplicity.*"
>
> ÅLAM NEVILL

— REMOVE TODAY

- ☐ Avocado
- ☐ Nuts and nut butters
- ☐ Seeds of all kinds
- ☐ All oils like olive, coconut, sesame
- ☐ Coconut flesh (coconut water fine)

— EAT TODAY

- Morning: Watermelon or melon first. Then bananas, mangoes, or papaya. Eat slowly.
- Midday: More fruit. 3-5 bananas as a meal is appropriate and deeply nourishing.
- Afternoon: Large salad of tender greens, cucumber, tomato, celery, fresh herbs. Lemon only.
- Evening: Small amount of steamed vegetable if needed. Nothing after 6pm.

— PRACTICE

Start to really notice what emotions come up when you get food cravings. Sit with them long enough for them to pass instead of trying to numb them with food. Often we think we feel hungry, but it is really more of a habit of suppressing uncomfortable emotions.

DAY 05 OF 07

Fruit *only.*

No cooked food. The body is beginning to remember itself.

Today there is no cooked food at all. Only fruit, in its whole form, eaten one type at a time. Many people feel the change significantly today, a lightness, a clarity, a clean energy that does not feel forced.

If you feel emotional today, that is normal. The body and the mind release together. Let what needs to move, move.

— REMOVE TODAY

- ☐ All cooked food of any kind
- ☐ Salads and vegetables just for today
- ☐ Eating after sunset

— FOOD COMBINING NOTE

Eat only one type of fruit per meal. Mixing sweet and acid fruits creates fermentation. Melons must always be eaten alone and should never be mixed with other fruits.

— PRACTICE

Sit in silence for at least 20 minutes. No phone, no music. Just breathe and see what arises.

— EAT TODAY

- Eat fruit only, all day. Aim for 6-10 pieces across 4-6 small meals.
- Start with watery fruits: watermelon, melon, oranges. These digest the fastest.
- Move to sweeter fruits later: bananas, mangoes, papaya, fresh figs.
- Leave at least 2 hours between each fruit meal. Do not snack continuously.
- Drink water and herbal teas between meals.

SOURCING YOUR FRUIT

If you are not coming to Raw Refuge, where we have access to a diverse selection of abundant ripe fresh tropical fruit, then depending on the season and where you live you may have to search and get creative. It is VERY important to find seasonal ripe fruit if possible. Local is best.

DAY 06 OF 07

Juice and *fruit.*

Digestion quieting. Clarity beginning to arrive.

Today we begin cold-pressed juice alongside whole fruit. Juice takes digestion even further offline, nutrients are absorbed almost immediately, without the body needing to extract them from fibre. This is a profound rest for the digestive system and clarity can begin to arise.

— EAT AND DRINK TODAY

- Morning: Fresh fruit, watermelon, melon, or citrus. 2-3 pieces, slowly.
- Midday: Large cold-pressed juice: cucumber, celery, green apple, ginger.
- Afternoon: More whole fruit if hungry. Bananas, papaya, mango.
- Evening: Cold-pressed juice or coconut water.

— PRACTICE

- Move gently, walking, stretching. Nothing strenuous. The body is working.
- Rest when called to. The rest is part of the healing.
- Write a few sentences about how you feel compared to day one.

Green Cleanse Juice

DAYS 6 & 7 · ANY TIME

Celery · Cucumber · Green apple · Fresh ginger · Lemon

Cold press or blend and strain through a nut milk bag. Drink immediately.

Orange Sunrise Juice

DAYS 6 & 7 · MORNING

Fresh-squeezed oranges · Grapefruit · Small piece of ginger

Squeeze by hand or juice. Drink immediately while alive.

DAY 07 OF 07

Juice *only.*

You are already in it. Tomorrow the fast begins, or you will have already arrived and are being served fresh juices and guided through this process with us at Raw Refuge.

Today is juice only. No whole fruit, no food of any kind. Cold-pressed juices, coconut water, and still water throughout the day. The body is ready. You have done the work this week to make today gentle rather than shocking.

If you are arriving at Raw Refuge today, the next steps will be customized based on how deep you want to go into the process.

— DRINK TODAY

- Morning: Warm water with lemon to open the day.
- Mid-morning: Fresh green juice, cucumber, apple, ginger.
- Midday: Citrus juice or coconut water.
- Afternoon: Another cold-pressed juice. Alternate greens and citrus.
- Evening: Warm herbal tea, chamomile or peppermint. Rest early.
- Throughout: Still water as much as feels right.

— PRACTICE

- Sit in silence this morning and acknowledge what you have done this week. Seven days of intention. See if you can deepen your practice of trusting your body as it releases and you find clarity.
- Write your intention for the fast ahead. Who are you when everything else that is not you is removed?
- Sleep early. Tomorrow is the first day of the real thing.

> "*It is not a question of whether transformation happens here. It is whether or not you are ready for it.*"
>
> ÅLAM HARRY NEVILL · FOUNDER, RAW REFUGE

— ESSENTIAL KNOWLEDGE

Food combining is *not optional.*

How you combine foods has a direct influence on digestion. Fruits digest very fast and when eaten with other foods, they ferment and create gas, bloating, and acidity. The rules below are essential during any cleanse.

— THE CORE RULES

- Eat fruit alone or only with tender greens like lettuce and celery. Never with fats, starches, or proteins.
- Melons always alone, they digest faster than any other food and ferment immediately when combined.
- Do not mix sweet and acid fruits. Bananas and oranges together create fermentation.
- Once you eat cooked food, no more fruit that day.
- Leave 2-3 hours minimum between each meal.
- Do not drink with meals, water dilutes digestive enzymes.
- Do not mix fats with carbohydrates.

CATEGORY	FOODS
SWEET FRUITS	Banana, date, fig, dried fruit, jackfruit, sapote, durian
SUB-ACID	Mango, papaya, apple, pear, peach, cherry, blueberry, grape
ACID FRUITS	Orange, grapefruit, lemon, lime, pineapple, strawberry, kiwi, tomato
MELONS	Watermelon, cantaloupe, honeydew: always eat alone
GREENS	Lettuce, spinach, celery, cucumber, herbs: combine with almost anything
STARCH	Sweet potato, potato, yam, carrot: combine with greens and vegetables
FATS	Avocado, coconut, olives, nuts: combine with greens and acid fruits only

— WHAT TO EAT THIS WEEK

Simple, *alive,* and nourishing.

The simpler the meal, the easier the body can process it. These are Ålam and Zoey's recipes from Simply Fruit, adapted for the transition week.

Banana Apple Porridge

DAYS 1 TO 4 · BREAKFAST

3-4 bananas · 1-2 apples. Optional: spoon of carob powder or 2-3 medjool dates

Pulse in a food processor until a thick porridge forms. Or mash bananas with a fork and grate the apple in. Carob is sweet and alkaline, do not use cacao, which is acidic and stimulating.

Classic Green Smoothie

DAYS 1 TO 5 · BREAKFAST OR MIDDAY

3-4 bananas · 1 mango · coconut water · handful spinach or katuk

Blend until smooth. This is a meal, not a drink. Eat slowly and intentionally.

Simple Savoury Salad

DAYS 1 TO 5 · MIDDAY OR EVENING

Lettuce · cucumber · tomatoes · celery · fresh herbs · lemon juice

No oil, no salt. Lemon juice only. If adding avocado (days 1-3), omit tomatoes, acid fruits and fats should not be mixed.

Banana Mango Lettuce Boats

DAYS 3 TO 5 · ANY TIME

Banana · mango · romaine or cos lettuce leaves

Chop bananas and mangoes into small pieces and spoon into lettuce leaves. Delicious with bananas alone if mango is not available.

— COOKED TRANSITION MEALS

For evenings on *days 1 to 3.*

Four simple options for the early transition days - light, nourishing, and easy to digest.

Banana Carob Cream

DAYS 1 TO 4 · BREAKFAST

3 ripe bananas · 1 tsp carob powder · optional: 1–2 medjool dates

Blend or mash until smooth. Add carob and dates if using. Serve immediately. No nuts, seeds, oil, or cacao.

Simple Pumpkin Soup

DAYS 1 TO 3 · EVENING

2 cups pumpkin · 2–3 celery stalks · fresh herbs · water as needed

Simmer pumpkin and celery in just enough water until soft. Blend until smooth and finish with fresh herbs. No oil, no salt.

Steamed Potatoes with Greens

DAYS 1 TO 3 · EVENING

2–3 medium potatoes · tender greens · fresh herbs · lemon or lime

Steam potatoes until tender. Serve warm with a generous handful of fresh greens and herbs. Finish with lemon or lime. No oil, no salt.

Baked Plantains with Greens

DAYS 1 TO 3 · EVENING

2 ripe plantains · tender greens · fresh herbs · lemon or lime

Bake plantains until soft and lightly caramelised. Serve with fresh greens and herbs and a squeeze of lemon or lime. No oil, no salt.

— WHAT TO EAT THIS WEEK

Fresh, *simple,* and nourishing.

A few more options that work beautifully with the plan — simple fruit, salad, and fresh juices.

Papaya Lime Bowl

DAYS 1 TO 4 · BREAKFAST OR MIDDAY

1 ripe papaya · juice of 1/2 lime · optional: fresh mint

Cut the papaya in half, remove the seeds, and cube or scoop the flesh. Finish with lime and mint if desired.

Cucumber Herb Salad

DAYS 1 TO 4 · MIDDAY OR EVENING

cucumber · celery · tender greens · fresh herbs · lemon juice

Chop and toss gently. Dress with lemon only, and keep it crisp, simple, and oil-free.

Pineapple Cucumber Juice

DAYS 6 & 7 · ANYTIME

pineapple · cucumber · optional: a little ginger

Juice and drink immediately. Hydrating, bright, and easy on the body.

Orange Ginger Juice

DAYS 6 & 7 · MORNING OR ANYTIME

oranges · a little fresh ginger

Juice fresh oranges with a small piece of ginger. Drink slowly and enjoy right away.

— COMING TO FAST WITH US

You do not have to do this *alone.*

This guide was written for someone preparing at home, alone, with no support around them. If you are coming to Raw Refuge, your week looks very different. You only need the first two days.

BEFORE YOU TRAVEL

Days 1 and 2 of this guide. That is all.

Release the stimulants, animal products, processed food, salt and condiments. Repeat day 2 for as many days as you like before you travel. Arrive already moving in the right direction.

ONCE YOU ARRIVE

We hold the rest of the transition.

The fruit days, all the juicing and the entry into the fast are guided here by Zoey, Ålam and other experienced co-facilitators.

COMING OUT

The refeeding is held and guided too.

How you break a fast matters as much as the fast. We stay with you through the full refeeding schedule, day by day, so the work is not undone in a weekend.

— CUSTOMIZED EXPERIENCES

Seven days. Or *twenty-one.*

Every cleanse or fast here is built around the person doing it. We offer experiences of 7 to 21 days, customized to meet you where you are and to hold you gently through the experience of releasing what no longer serves you.

Nothing here is rigid. The day has a shape, and inside that shape we adjust to what your body is actually doing.

— A DAY HERE

DAWN · 6:30 TO 7:30AM

Wake with the jungle.

Howler monkeys and birds before any alarm. Coconut water or spring water depending on where you are in your fast. No screens.

MORNING · 7:30 TO 10:30

Practice and nourishment.

Guided meditation on the yoga deck, Chinese lymphatic release, then fruit, fresh juice, or the continuation of your fast. Bodywork sessions often happen in this window.

LATE MORNING · 10:30 TO 12

One to one.

A check-in with Zoey or Ålam about what is moving and what is surfacing. Your day is adjusted from here, never forced.

MIDDAY · 12 TO 4PM

Nature or stillness.

A national park hike, beach time, fruit farm tour, or deep rest on the land. Community events and spontaneous conversations about the path.

AFTERNOON · 4 TO 6PM

Nourishment from the land.

A raw living foods dinner created from what grows around us. For those fasting, quiet, rest, and integration.

EVENING · 6PM ONWARD

Return to stillness.

Herbal sauna and sound journey at the local community. Or simply the canopy, the stars, and the quiet of a Caribbean night.

— THE INVITATION

A break from the noise and space to *return to yourself.*

The reality is that it is extremely challenging to do what you already know you want to do in the environment you are currently in.

You are probably without access to:

- A quiet place to really listen to yourself.
- An abundance of local properly ripe fruit.
- A supportive environment with no outside temptations.
- A daily rhythm and practices that allow you the opportunity to lean into the intensity and discomfort of the transition.
- Guides to help you understand what is happening as you shed all of the layers, the toxins, the emotional baggage and the mental programs keeping you stuck in habits you have wanted to break free of for a very long time.

We bring all of those things together here at Raw Refuge.

We welcome you to apply to come and stay with us, be held and guided by us, discover the light of who you truly are and tap into the deep knowing you hold, so you can build a life that reflects that authentic truth.

> WHO ARE YOU WHEN ALL THE NOISE IS REMOVED?

Book a Free Discovery Call

Click the link below to apply to come on retreat with us.
On the call we will get clear on where you are now, what your intentions are, and what you need.

Choose a Time

calendly.com/filiforest/retreats