



## Words of Encouragement from a few who fasted last year

**Kevin Krueger**: *It went surprisingly smooth. I wasn't hungry, but did have headaches from missing my diet cokes. Going 36 hrs isn't as hard as it sounds. It's a great story. So it isn't that hard to ask people for pledges.*

**Steve Jacoby** – *“I had no significant issues. I started too early, right after lunch on Thursday and went through until breakfast on Saturday. I learned more about my friends and I think they learned a bit more about me. Biggest thing I would say is it is a great way to catch up with friends and family you don't routinely see or communicate with. I found out a lot of changes and information I would have totally missed out on for who knows how many months or years to come. Plus breakfast as simple as it was never tasted so good. And it gave me a greater appreciation for things I pretty much take for granted – food, water, energy.”*

**Tim O'Hearn**: *It was a little more difficult than I thought. I now have a lot of respect for people who regularly fast as a part of their walk with God. Being hungry is a humbling experience and I realize how very fragile life can be. Giving up a few meals in order to secure some funding for EIA is a small price for a huge benefit.*

*As a distraction I would play my mandolin which is a hobby of mine. I would recommend to anyone that is considering a fast that they plan to work on a hobby or anything past time that they enjoy to distract them and help keep their mind off of eating.*

*I was also pleasantly surprised how much support and encouragement I received from my wife and children and friends who told me they were proud of what I was doing. I really wasn't expecting that.*

### If you decide to Fast from drinking anything other than water:

Many, if not most, of us are addicted to caffeine. If you decide to fast from coffee and/or soft drinks, we would recommend that you take some Excedrin or other headache medicine which has caffeine in it. Those headaches are tough to get rid of.