

Risk Managing a Wilderness Fast:

Why, When and How to Facilitate a Fast in the Backcountry.

Paul Stonehouse, PhD



Outdoor Leadership

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Fingers and Pats

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Fingers and Paws



Road Map

- Programs that Fast
- Professional Expectations
- Purposes of a Fast
- Risk Management Implications
- Ethical Considerations for a Backcountry Fast
- Pedagogical Strategies

Programs that Fast

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Little Written on Backcountry Fast

Professional Expectations

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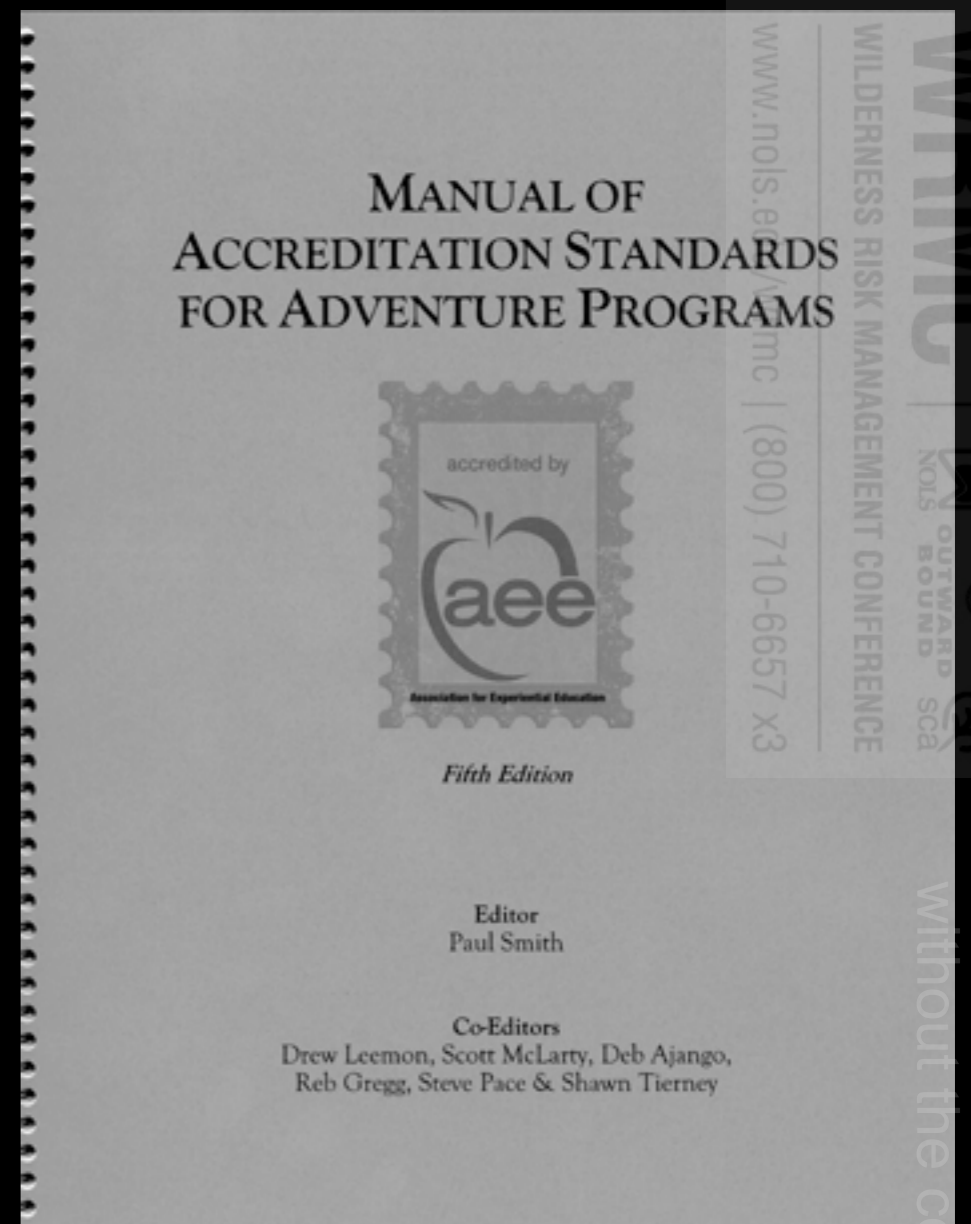
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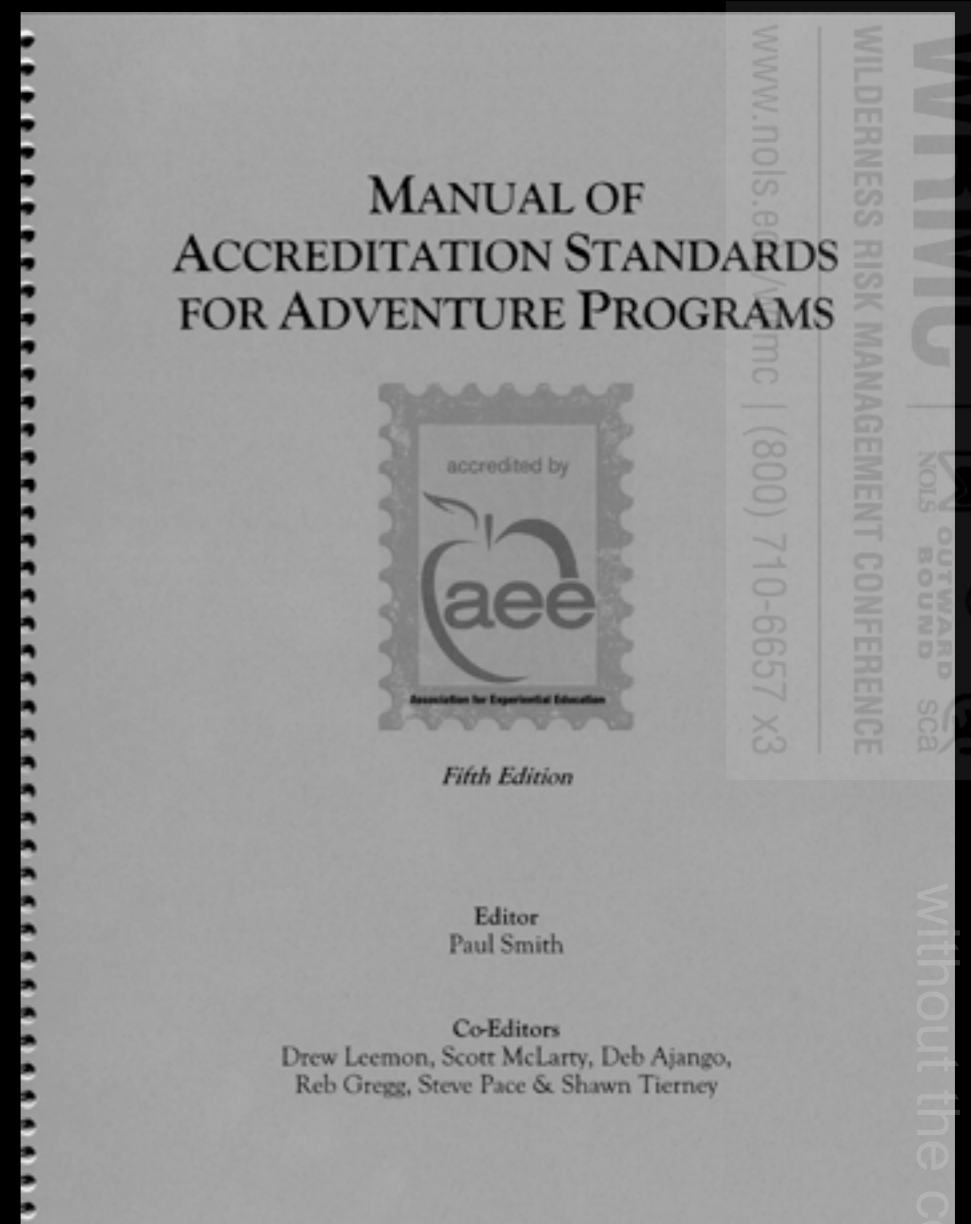
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7.06 Participants are provided with or have access to adequate nourishment



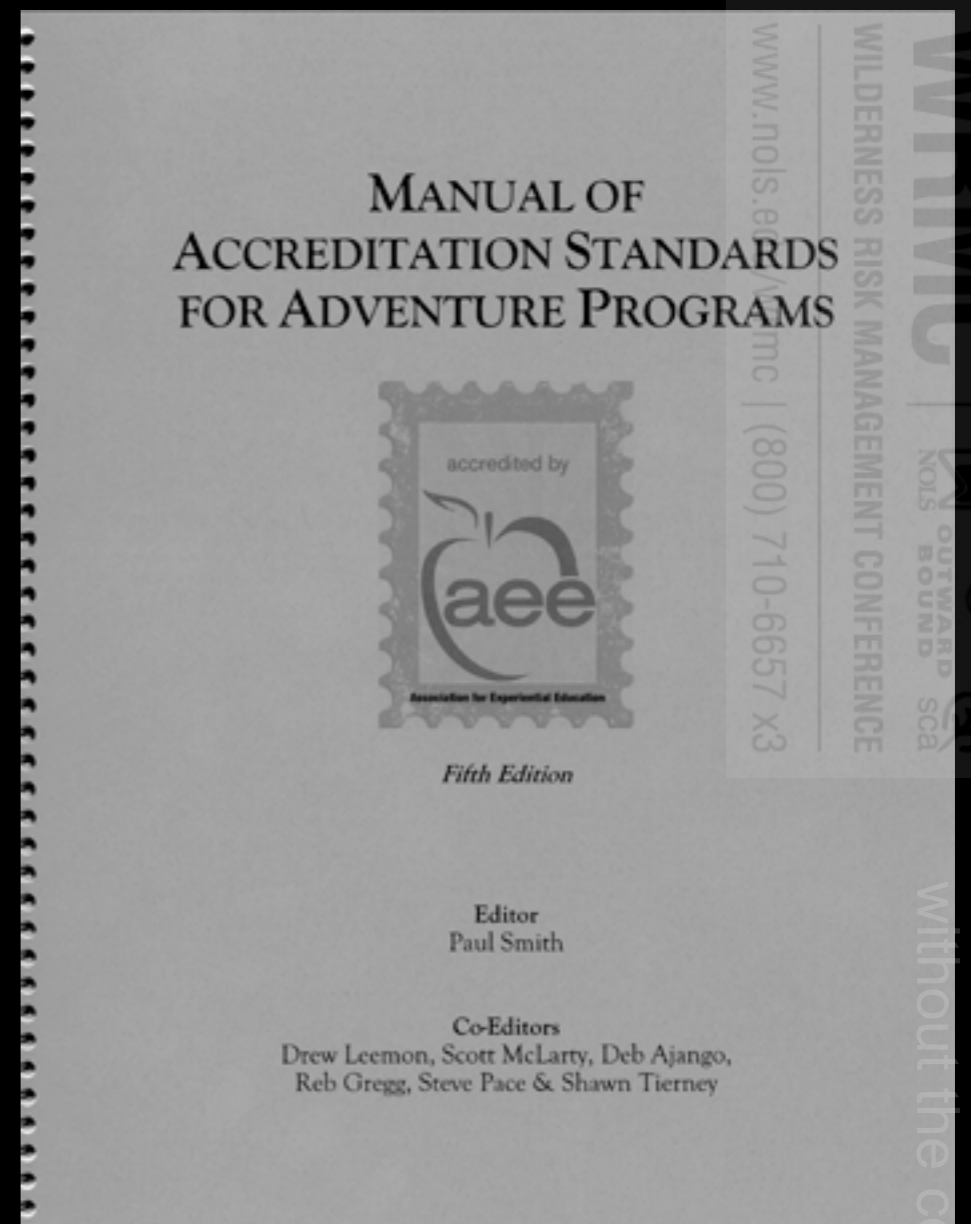
“Programs that permit fasting will explain that aspect of the program to participants before they agree to participate. If the program allows fasting, emergency food supplies will be available.”

7.06 Participants are provided with or have access to adequate nourishment



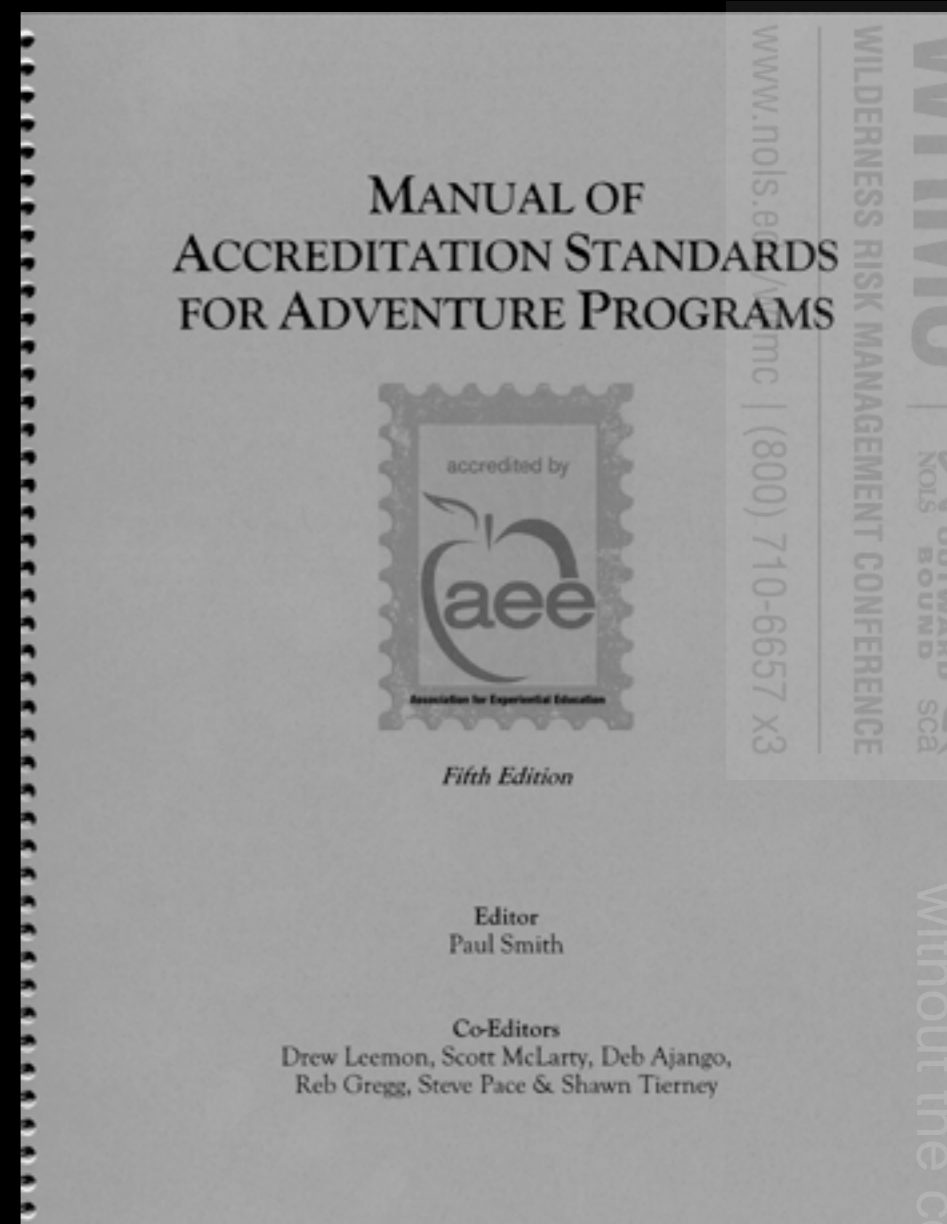
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7.06 Participants are provided with or have access to adequate nourishment



“Programs that permit fasting will explain that aspect of the program to participants before they agree to participate. If the program allows fasting, emergency food supplies will be available.”

Purposes of a Fast

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Why and why not fast?

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Why and why not fast?

01:00

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Widespread Value

- "All the major religions of the world recognize its merit. Zoroaster practiced fasting as did Confucius and the Yogis of India. Plato, Socrates, and Aristotle all fasted. Even Hippocrates, the father of modern medicine, believed in fasting."
- Foster



Abrahamic Religions



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BUT



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BUT



Health

- Rest
- Detoxification



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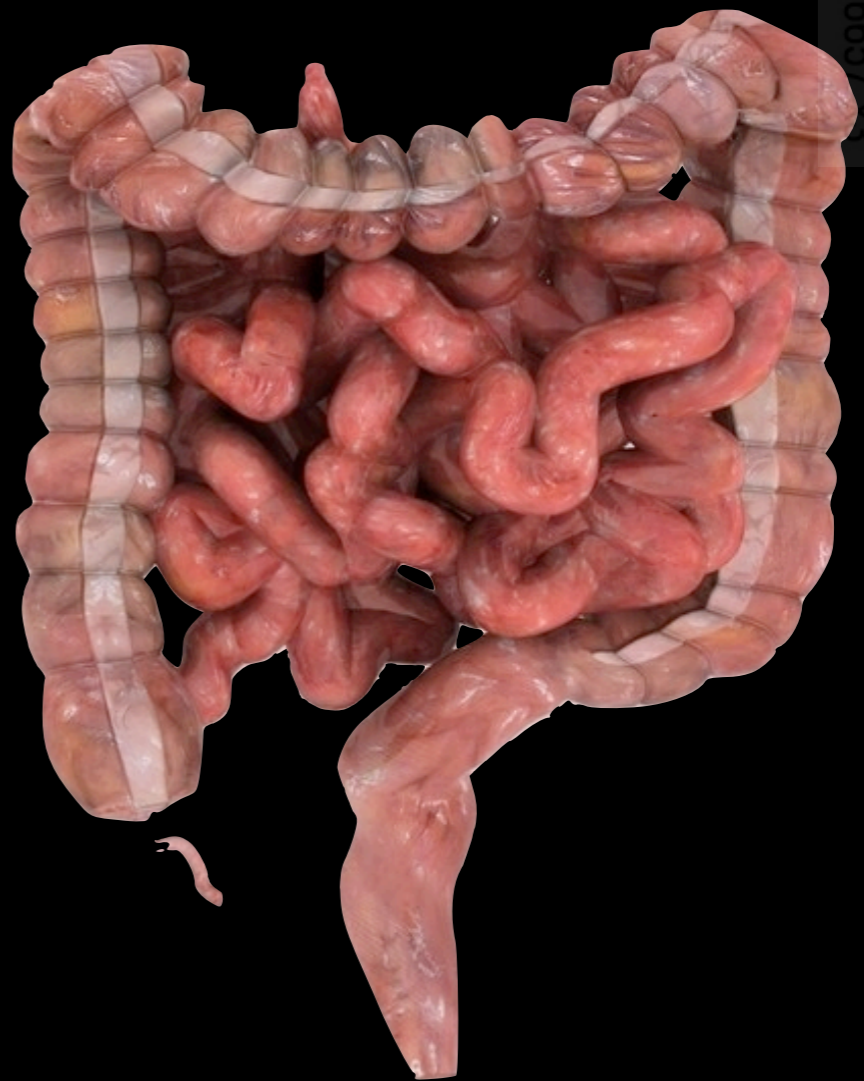


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Health ?

- Rest
- Detoxification



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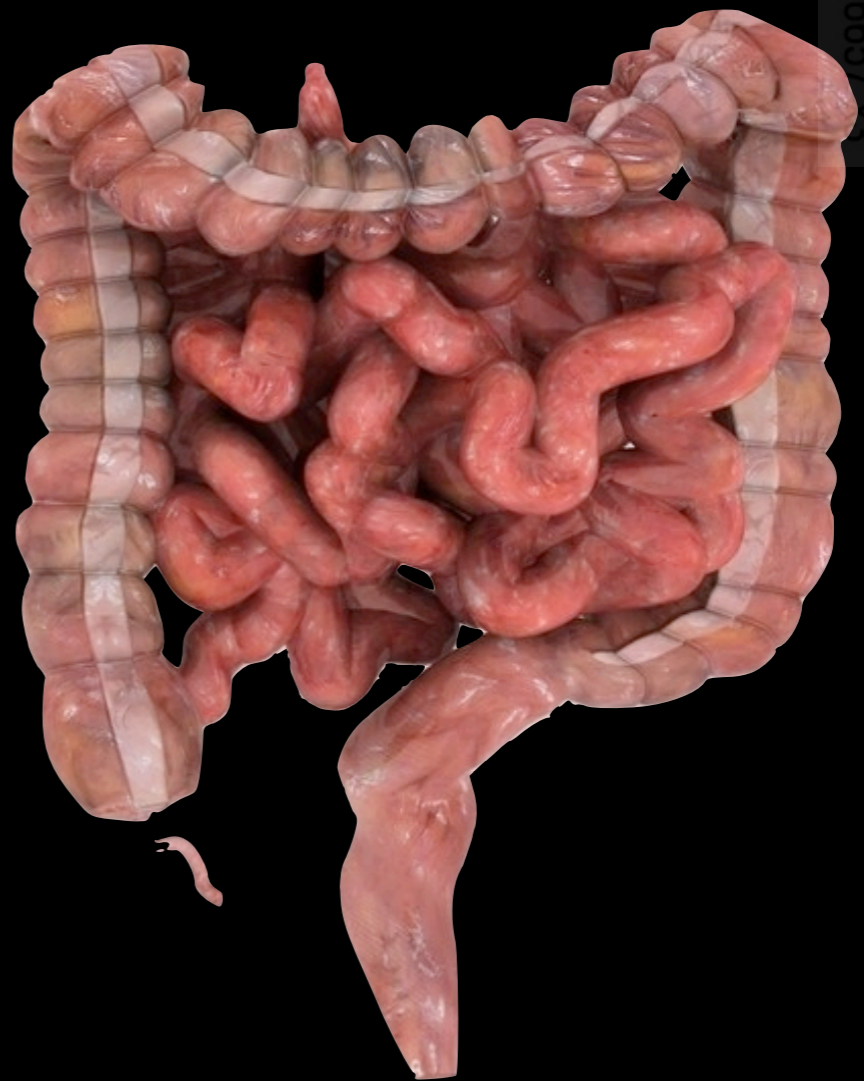
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Health ?

- Rest
- Detoxification



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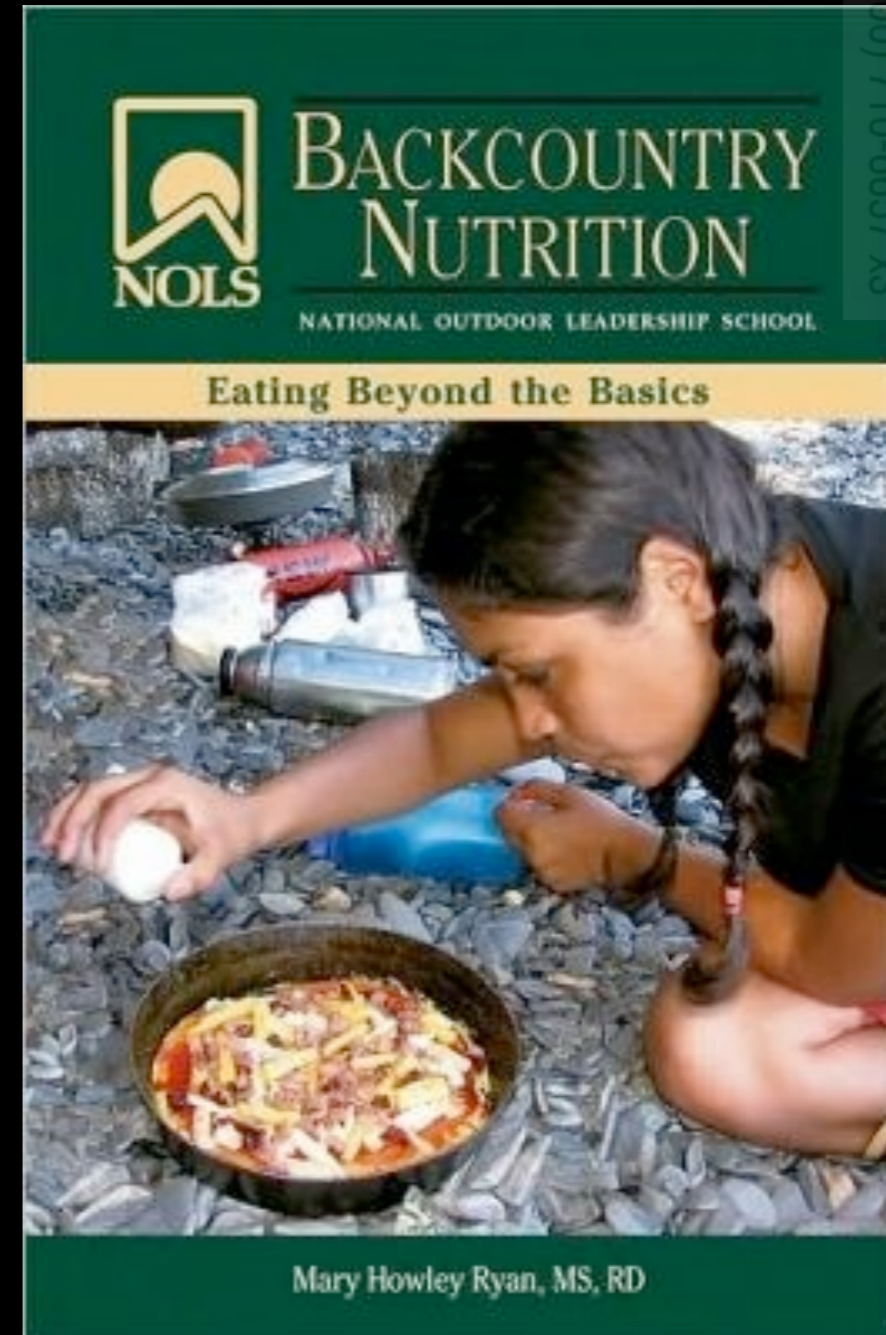


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Health ?

- Rest
- Detoxification





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Welcome to Beyond Broccoli™

The ever-changing, often confusing world of nutrition can be tough to navigate in this age of information overload. Beyond Broccoli nutrition counseling combines nutritional science, behavioral change theory, the many lessons learned from clinical practice, as well as a strong belief in the value of whole foods as fuel, medicine, and perhaps most importantly a source of daily pleasure.

At Beyond Broccoli we love food. We also believe food has a major impact on our health and well being. Everyday what we eat and drink affects our energy levels, our moods, our ability to focus and concentrate, how we feel when we exercise, and how we sleep. Beyond Broccoli keeps the emphasis on food to get well, stay well or manage illness. While Beyond Broccoli is not anti-supplement our mission is to educate, counsel, and coach using a "food first" approach.

Beyond Broccoli individual nutrition consults also recognize that behavior change is at the core of successful nutrition counseling and coaching. We know that even simple change is not always easy and we must go beyond merely providing information to help you improve your nutrition. At Beyond Broccoli it is all about you. The plan we come up with, together, is based on your nutrition and health needs including the skills and tools you need to make changes. We also know that even small changes can be significant and are the ones you are most likely to sustain for a lifetime.

Recipe of the Month:

Pumpkin Chocolate Chip Muffins

This favorite Beyond Broccoli recipe is a delicious way to enjoy pumpkin! Pumpkin is an excellent source of the antioxidant beta-carotene (that our body converts to vitamin A as needed), as well as a good source of dietary fiber and several other nutrients including potassium, magnesium, iron, vitamins C and K. All of this for less than 80 calories per cup! Mini muffins make great snacks or a nutritious dessert.

[Click here for recipe.](#)

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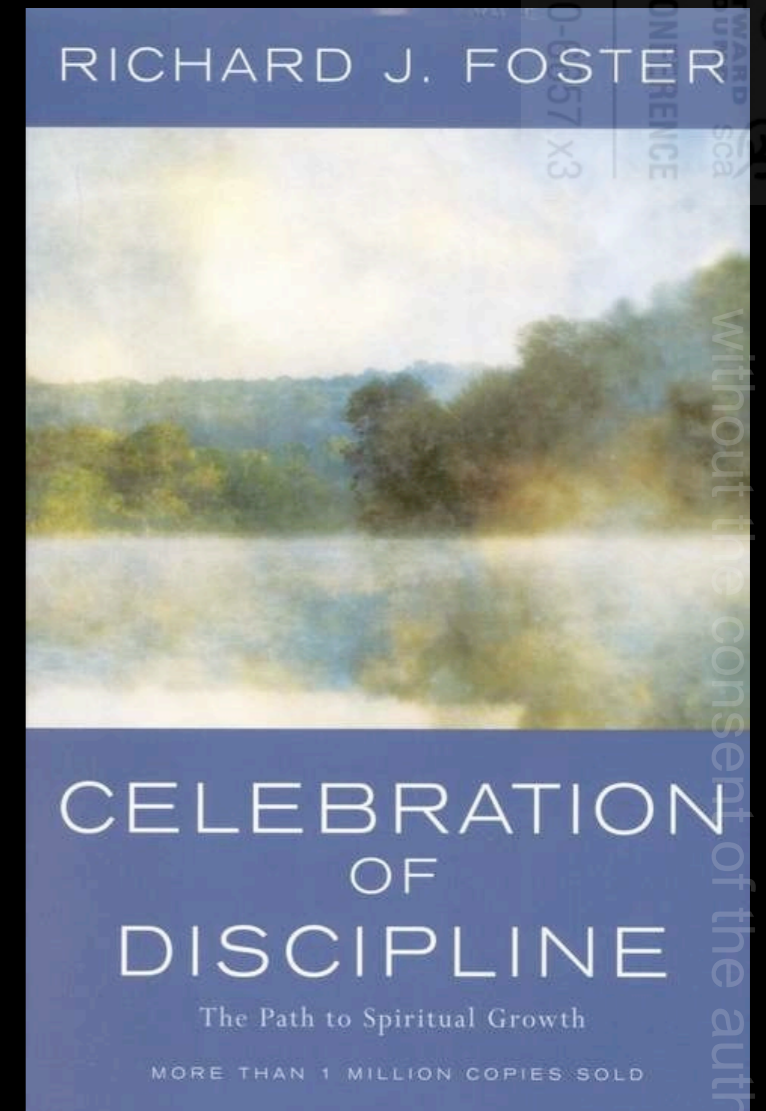
Mary Ryan, MS, CEDRD, RDN

www.beyondbroccoli.com

mary@beyondbroccoli.com

Self-Revelation

- Fasting reveals the things that control us



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Anger



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Anger



Pride



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Anger



Pride



Fear

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Anger



Pride



Fear

Anxiety

Anger



Pride

Self-contempt



Fear

Anxiety

Anger



Pride

Self-contempt



Jealousy

Fear

Anxiety

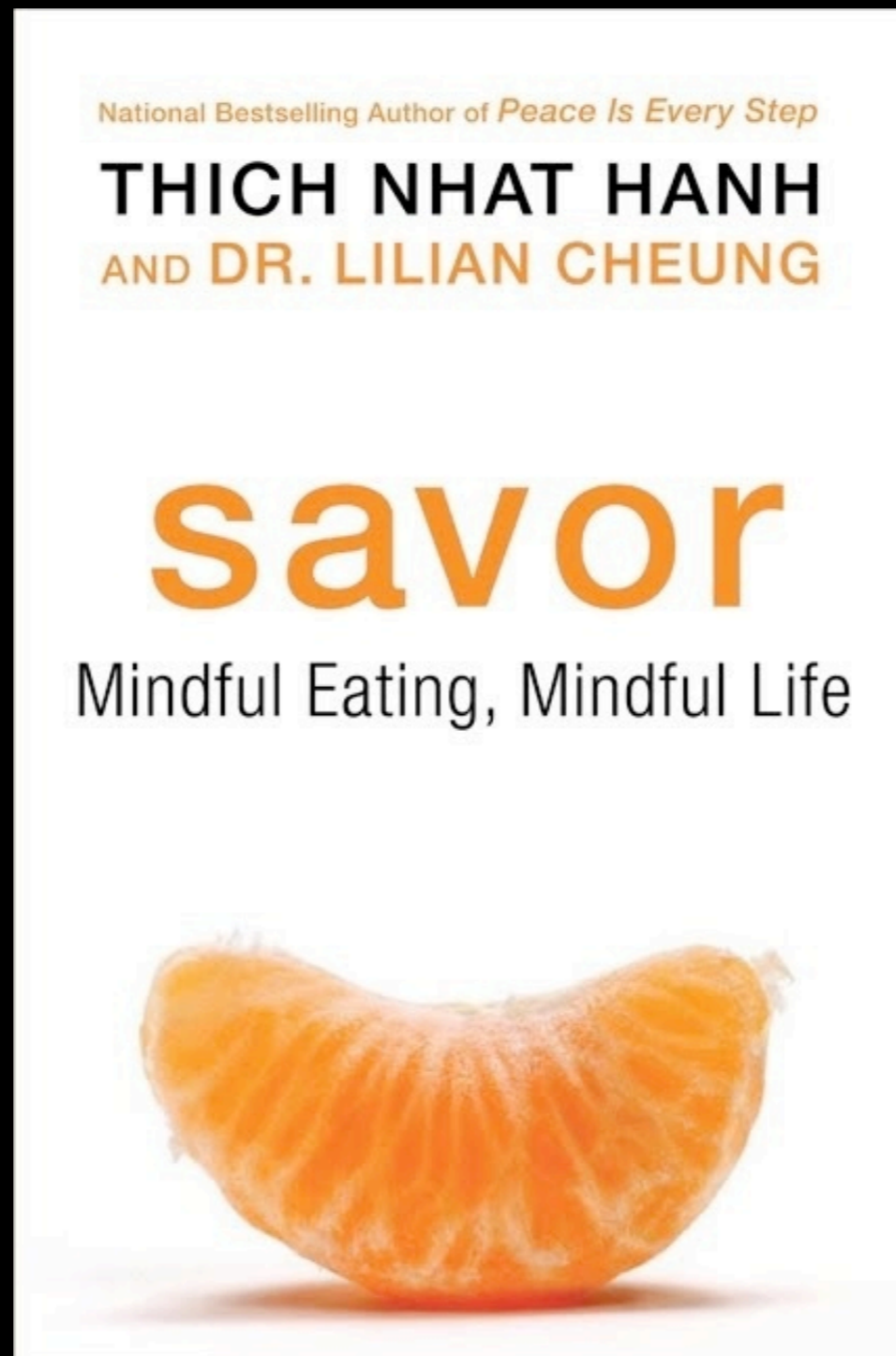
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Mindful Eating



Identification



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Simplification



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Character/Discipline/ Self-control



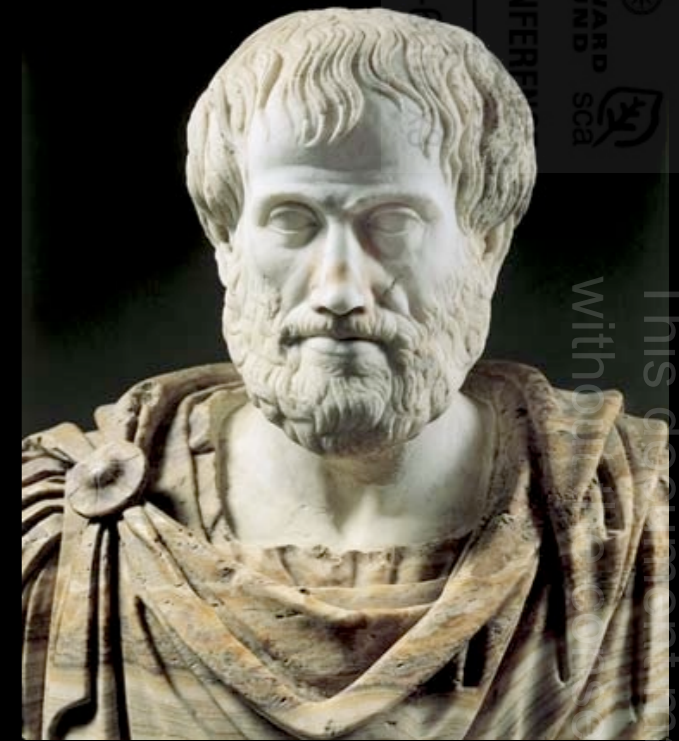
Aristotle

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Character/Discipline/ Self-control

- Character is the sum of virtue and vice over a lifetime (110§11),



Aristotle

Character/Discipline/ Self-control

- Character is the sum of virtue and vice over a lifetime (110§11),
- Virtues are those thoughts and actions that lead to human flourishing (e.g. honesty, courage, self-control, etc.)



Aristotle

Character/Discipline/ Self-control

- Character is the sum of virtue and vice over a lifetime (I 10§11),
- Virtues are those thoughts and actions that lead to human flourishing (e.g. honesty, courage, self-control, etc.)
- “We become just by doing just actions and become temperate by doing temperate actions” (II 4§1).



Aristotle

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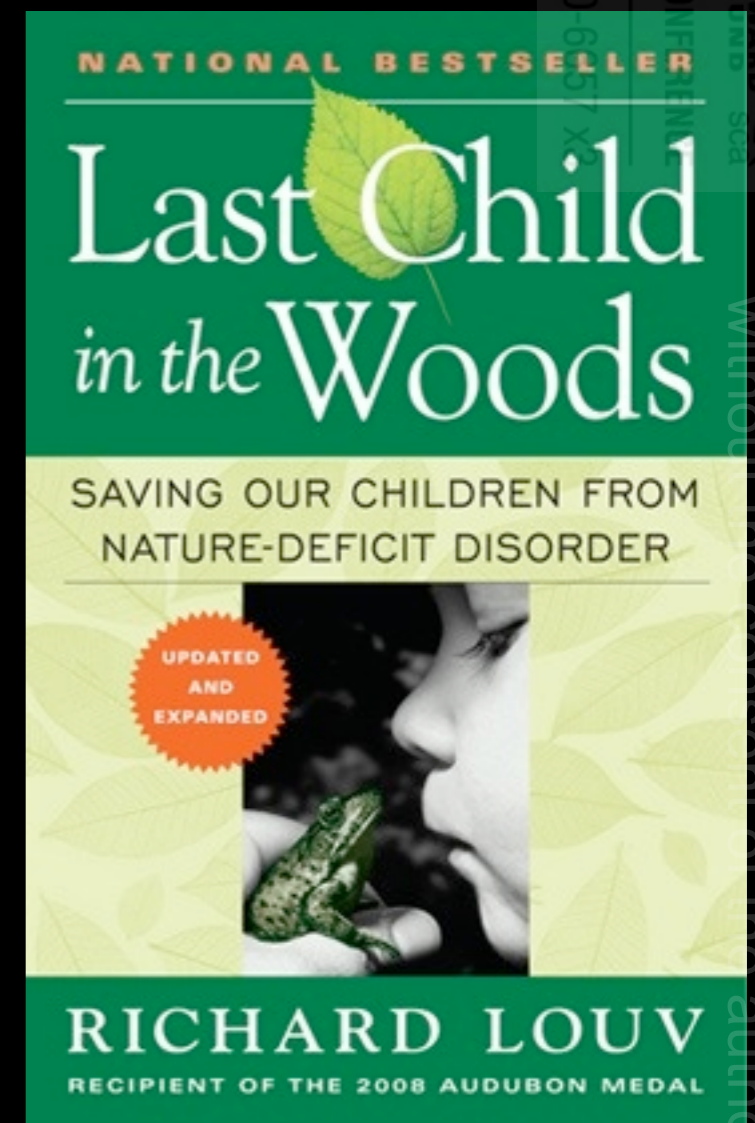
Character/Discipline/ Self-control

- Fasting has a bad rap from the medieval excesses



Character/Discipline/ Self-control

- The disciplined person can do what needs to be done when it needs to be done



Risk Management Implications

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Health: Nutrition?

- How nourished are your participants? Will vary.



Health: Special Cases

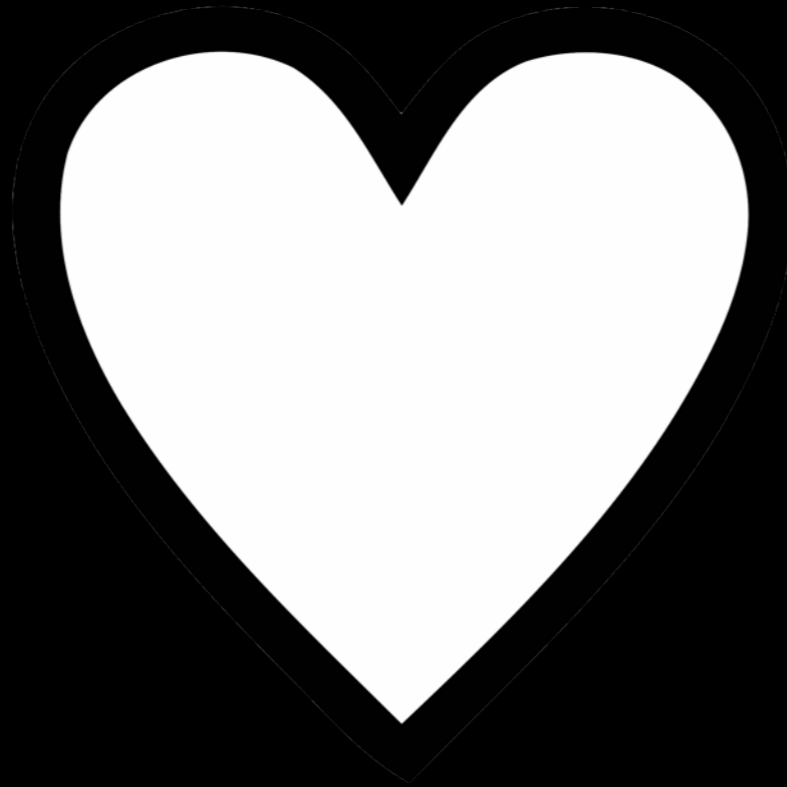
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Health: Special Cases

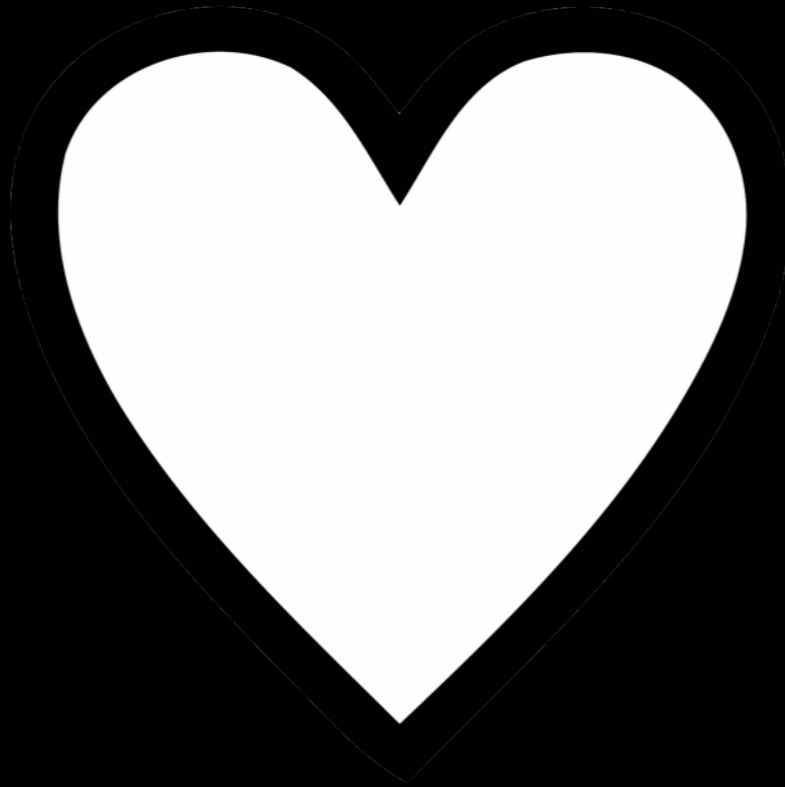


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Health: Special Cases



Health: Special Cases



VEGAN

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Health: Eating Disorders



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Medical Risks and Fasting

- Dehydration
- Hyponatremia



Environmental Risks and Fasting

- Temperatures
- Precipitation
- Altitude
- % Humidity
- Wind
- Sun
- Site exposure



Policies, Protocols, and Procedures

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Water Fast?

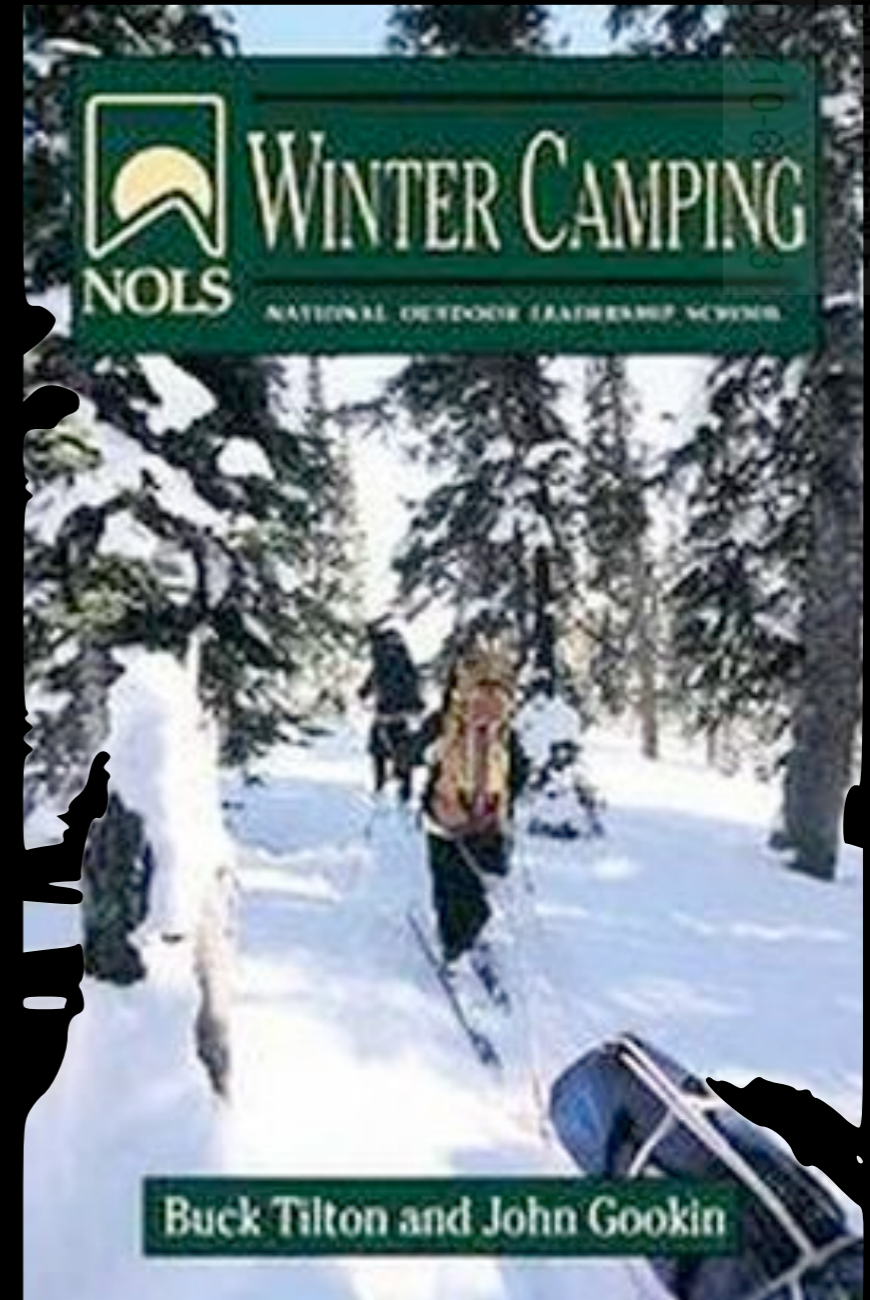
- NEVER!



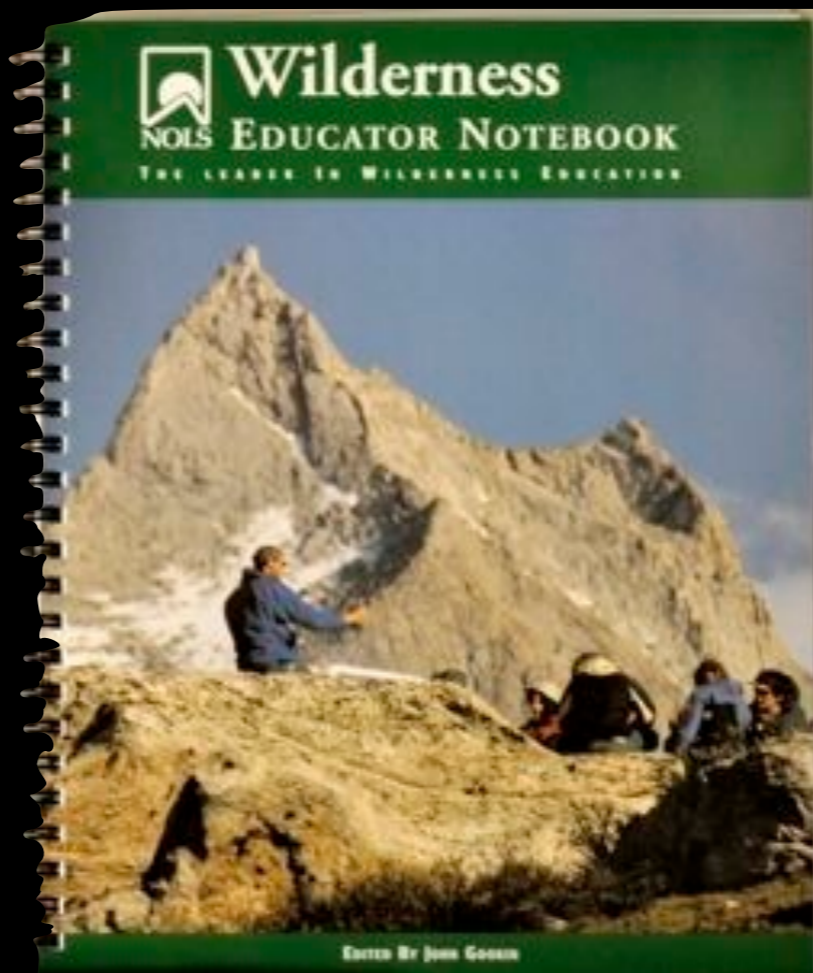
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Winter Camping

- **STRONGLY** discouraged



Dynamic ?



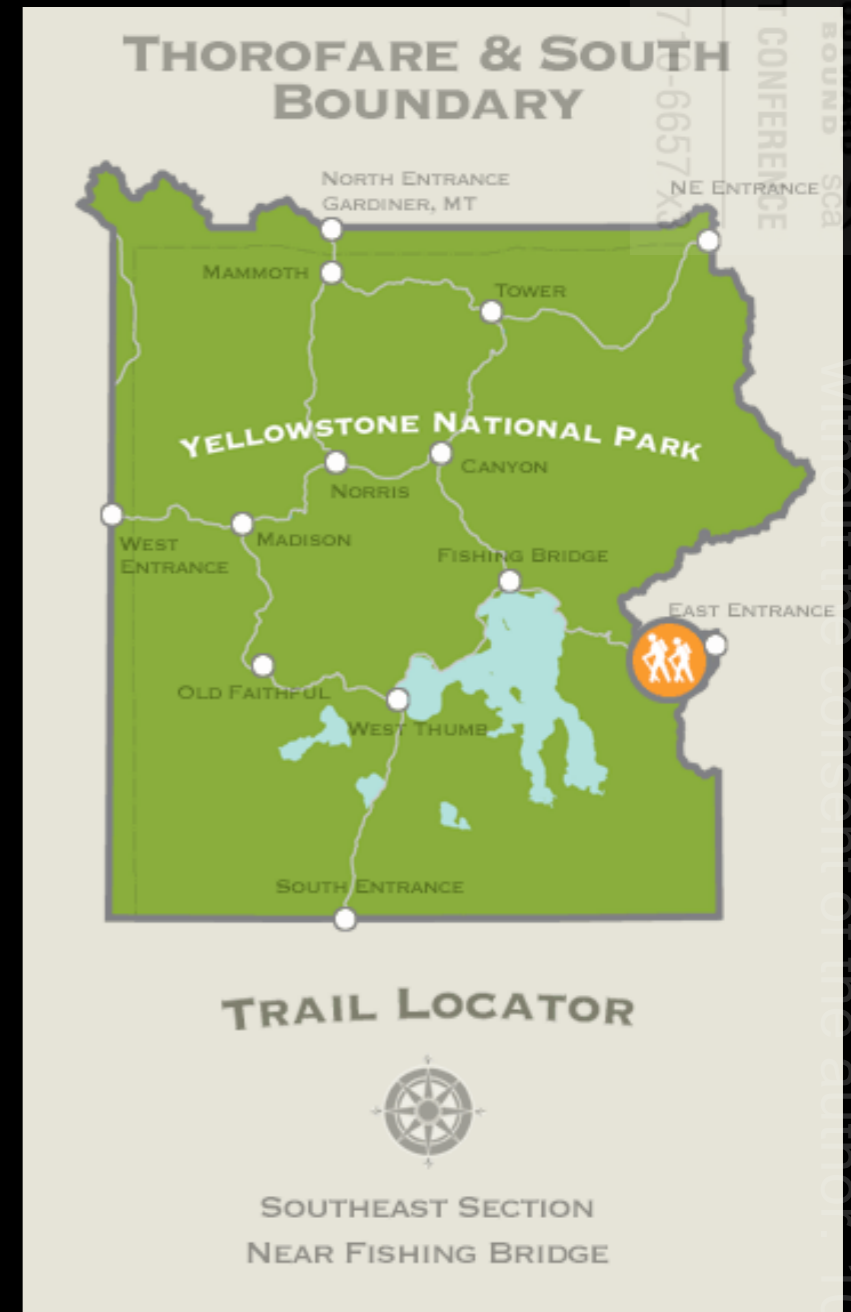
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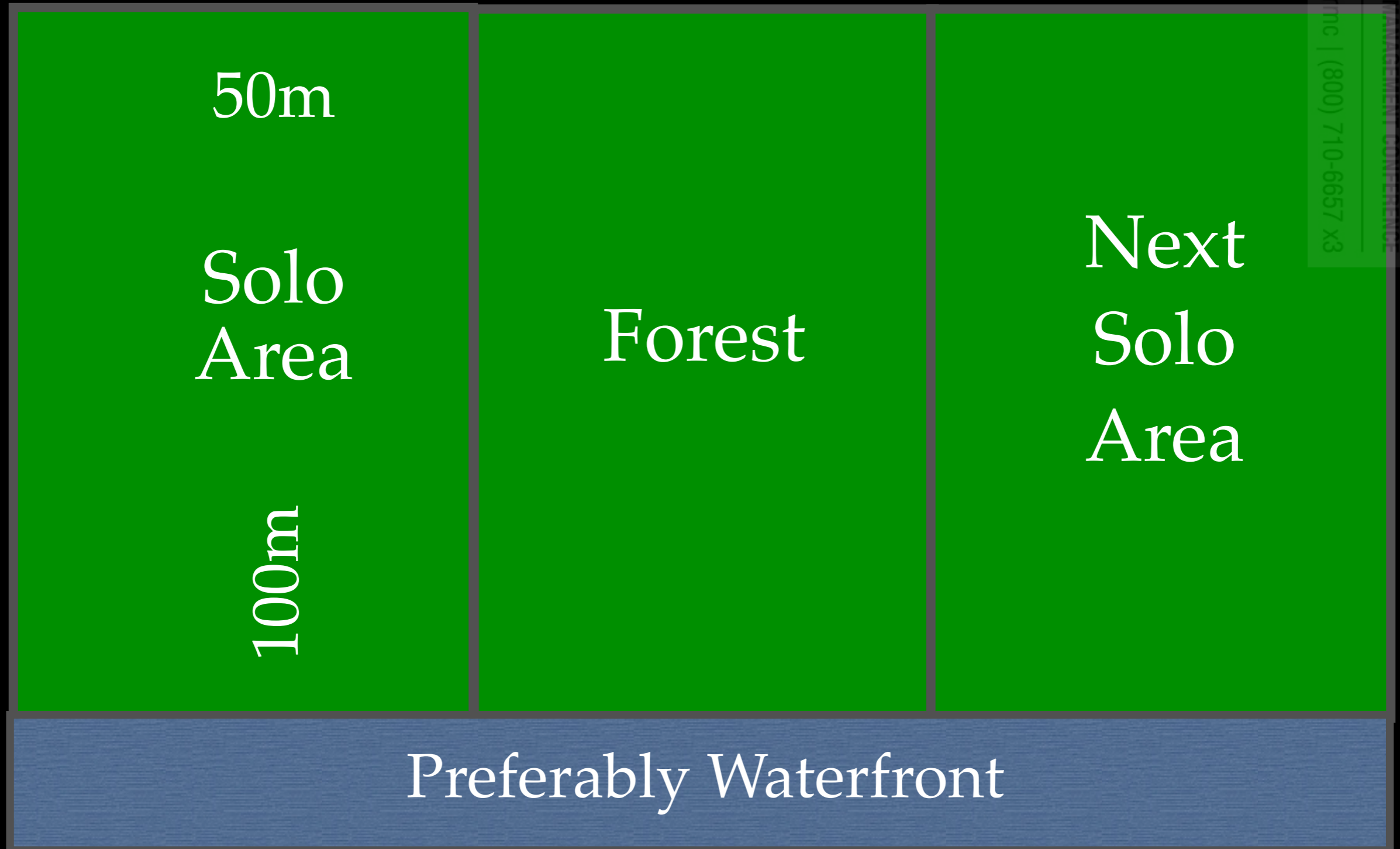
Dynamic: Fasting & Judgement

ISGT & Fast?

- Backcountry travel judgement needs?
- Mixed with symptoms of Hypoglycemia?



Stationary?



Stationary: EAP



Stationary: Instructor Visits & PO System

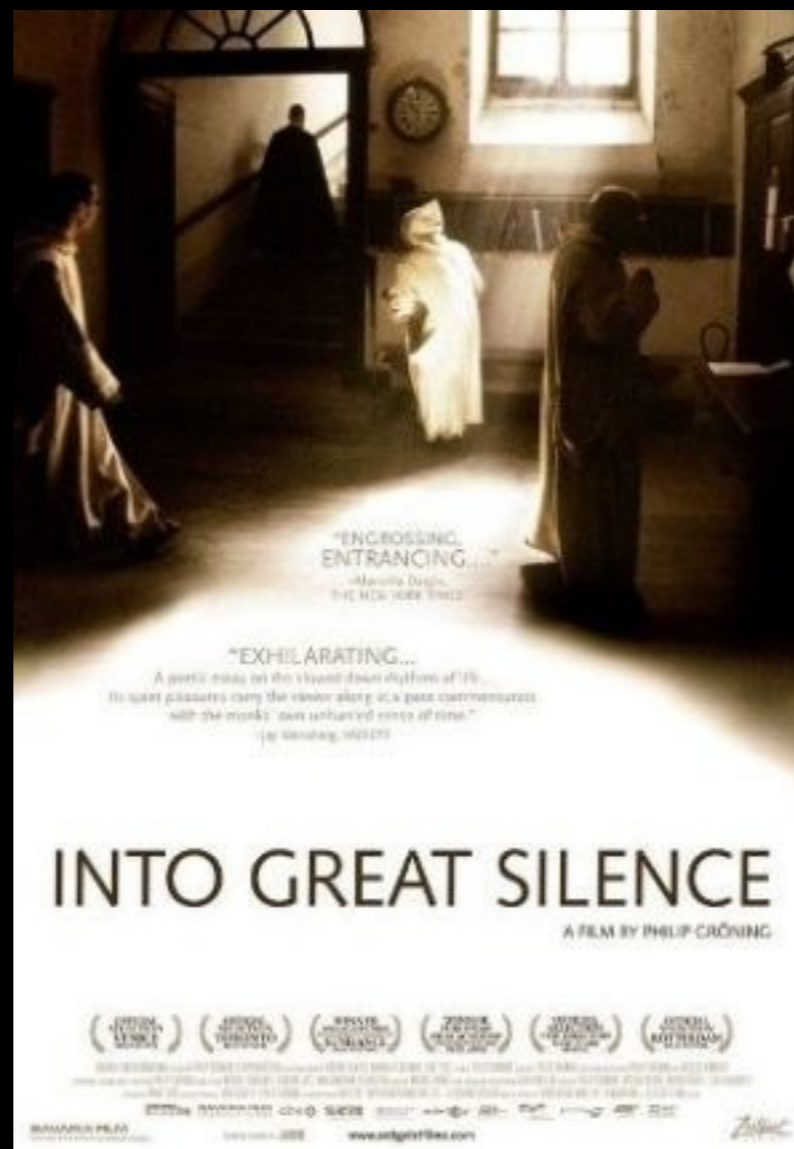


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Stationary: Instructor Visits & PO System

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Stationary: Instructor Visits & PO System



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Stationary: Instructor Pack

- Food
- (Hot) Water
- Clothes
- Bivy
- Shelter repairs
- Pens/PO cards
- FA supplies



Dynamic or Stationary: Backcountry Skills

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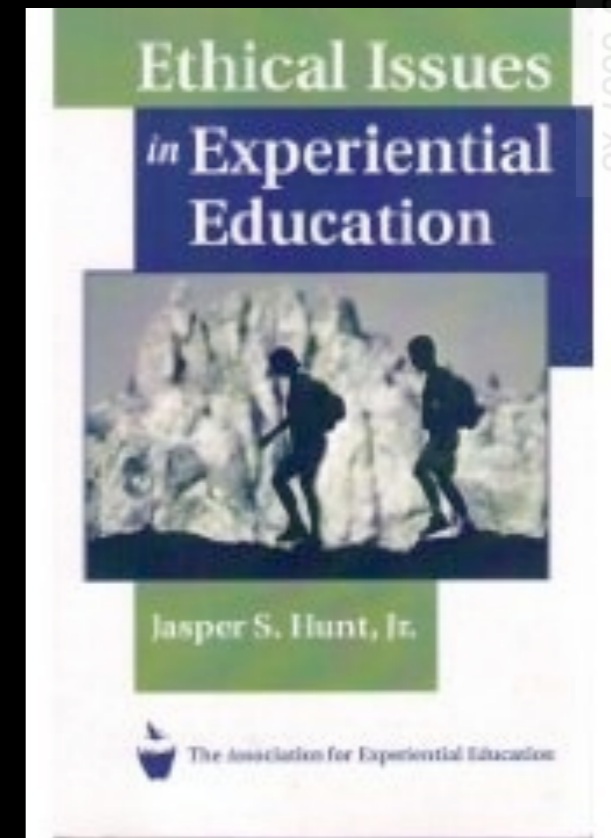
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Ethical Considerations of a Backcountry Fast

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Ethical Issues

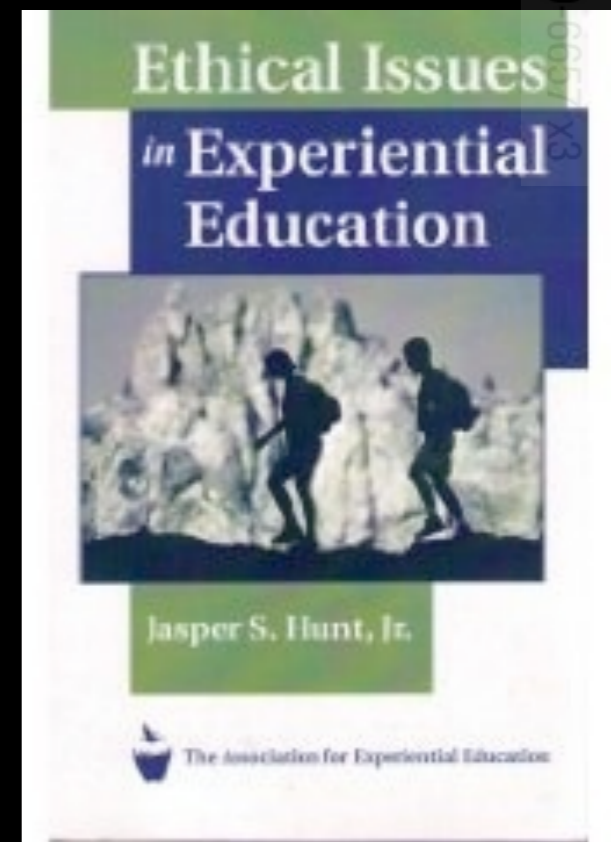
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Waivers, Course Materials, & Marketing

Ethical Issues

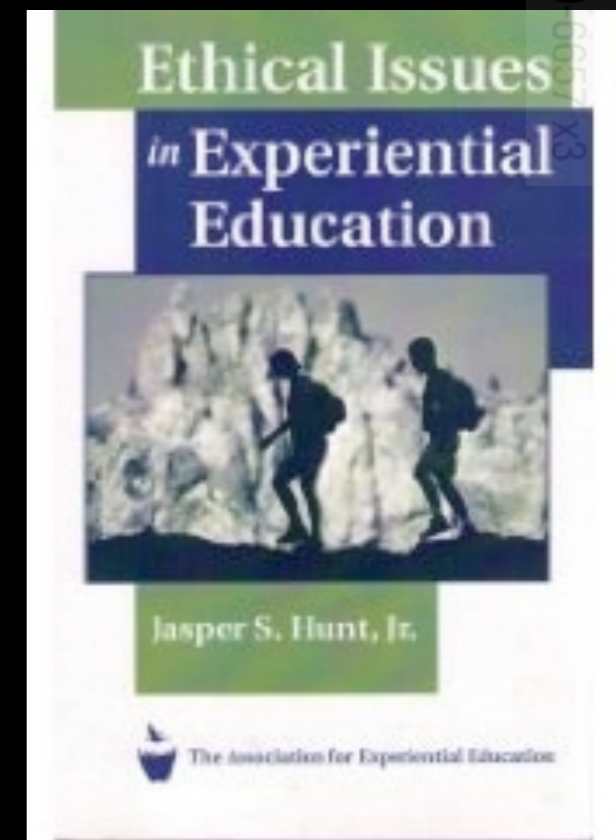
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Ethical Issues

- Captive Populations



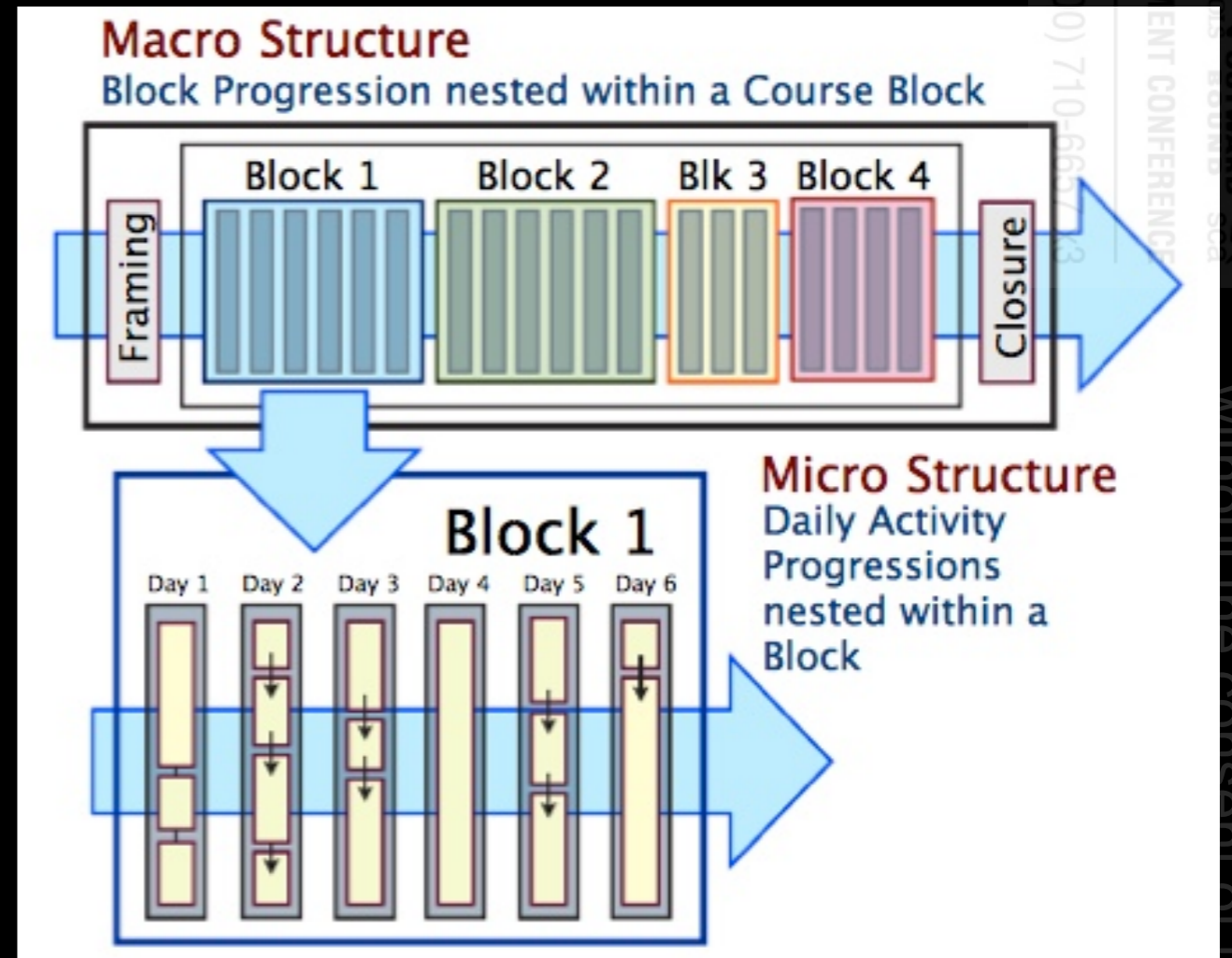
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Pedagogical Strategies

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Timing: Pre-fast

- Delay the fast:
- Health/nutrition
- Wilderness Skills



Paul Nicolazzo

Effective Outdoor Program
Design & Management Workshops

Timing: Pre-fast

- The day before:
 - ↑ Glycogen
 - Hydrate + Lytes
 - Adequate fiber

DONNA ORR'S GADO-GADO SPAGHETTI a NOLS favorite

Suggested servings: 2-3
Contributed by former NOLS employee and previous coauthor of *NOLS Cookery* Donna Orr

1/2 lb. (2 cups) spaghetti or 2 packages ramen noodles	1/2 Tbs. or one packet broth 3 Tbs. brown sugar	3/4 cup water, or more as needed 3 Tbs. vinegar
4 cups water	1 tsp. garlic	3 Tbs. soy sauce
3 Tbs. + 1 tsp. oil	1/2 tsp. black pepper (optional)	3 Tbs. peanut butter
2 Tbs. sunflower seeds	1/2 tsp. hot sauce (optional)	sliced green or wild onions, if available
1 Tbs. dried onion, rehydrated	1/2 tsp. spike (optional)	

Break pasta in half and put into boiling unsalted water to which 1 tsp. of oil has been added. Cook until done; drain immediately. In a fry pan, heat 3 Tbs. oil and add the sunflower seeds and rehydrated onions. Cook and stir over medium heat for 2 minutes. Add the broth with the brown sugar, garlic, other spices if desired, and 3/4 cup water. Add the vinegar and soy sauce. Add peanut butter and stir. Do not burn! To eat this hot, heat the sauce thoroughly and pour over hot spaghetti. However, the recipe is best cold. Mix sauce and spaghetti, cool quickly, and serve chilled. If available, sliced green or wild onions add to the flavor as a garnish.

Variations:

- Add fresh vegetables such as broccoli, onions, and cabbage, chopped and sautéed lightly.
- This dish can have a fairly salty taste. Cut back or eliminate the broth if you are concerned about saltiness. It also loses some of its saltiness as it cools.

Nutrient information: 1 serving = 634 calories, 81g carb, 17g protein, 28g fat, 8g fiber

Timing: Pre-fast

“A Fasting Talk”

- Purpose and value
- S&S for Dehydration
- S&S for Hyponatremia
- S&S for Hypoglycemia
- Give out electrolyte tabs
- Emergency Action Plan



Timing: During Fast

- Interrupting a fast
 - ↑ Glycogen
 - Bland
 - Warmth = comfort



Timing: Post-fast

Breaking a Fast

- Soup!
 - Fluid & Lytes
 - Minerals & Vitamins
 - Little fat
 - Carbs
 - Complete Protein



Time with
resupply

Timing: Post-fast

Breaking a Fast

- More important than “what” is “how much” (little)



Hara Hachi Bu

Private Contracts

- Social pressure to fast
- Challenge by choice?

Pre-Solo Reflection Sheet	
Name: _____	
What are your goals for the solo?	

Modifications: Choose your own adventure

False Dichotomy

- Complete food fast
- Smaller food intake
- MORE whole foods
- Abstain from sweets
- Perhaps fasting from conversation is enough



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Conclusion

Action Steps:

If you choose to fast...

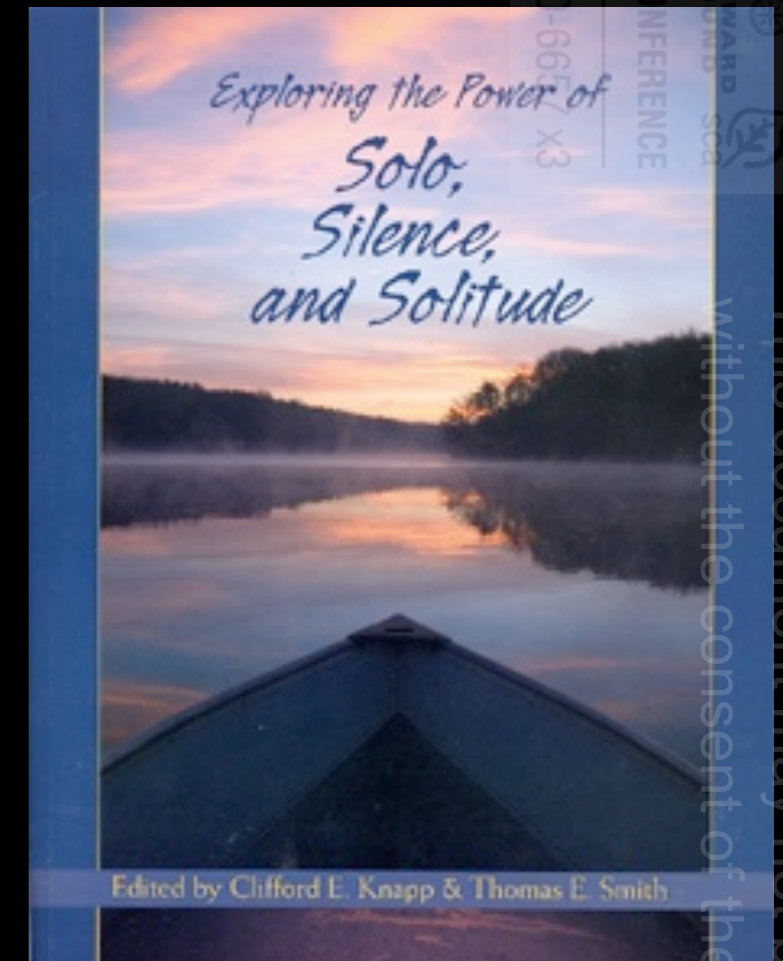
- Make adjustments to waiver, course description, and marketing materials to reflect the possibility of a fast.
- Use this presentation information to make an addition on fasting to a risk management plan and/or instructor manual.
- If necessary, adjust a ration plan to accommodate pre-fast, during-fast, and post-fast needs.

Action Steps

- Alter instructor equipment list to ensure adequate risk management of a stationary backcountry fast.
- Alter a course plan/progression to increase the likelihood of a meaningful (and less risk-prone) fasting experience.
- Start developing a “Fasting Talk.”

Priorities

- "I'm less concerned about what they can't take, or can't do, because I now believe that maybe if they are a bit more comfortable while they are out there, they will get more out of it."
p. 6 of S3



Celebration!





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