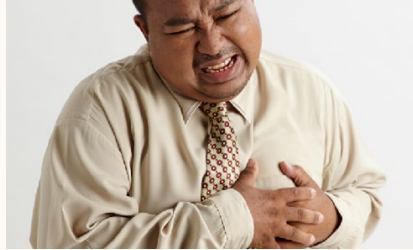


When should I not fast?

When you are or have any of the following



Frequent hypoglycaemia (low blood sugar) or **poorly controlled diabetes**



Serious conditions such as nerve disorders, heart problems or uncontrolled hypertension



Pregnant or **breastfeeding**



Sick



Not been following your prescribed medication, diet and physical activities