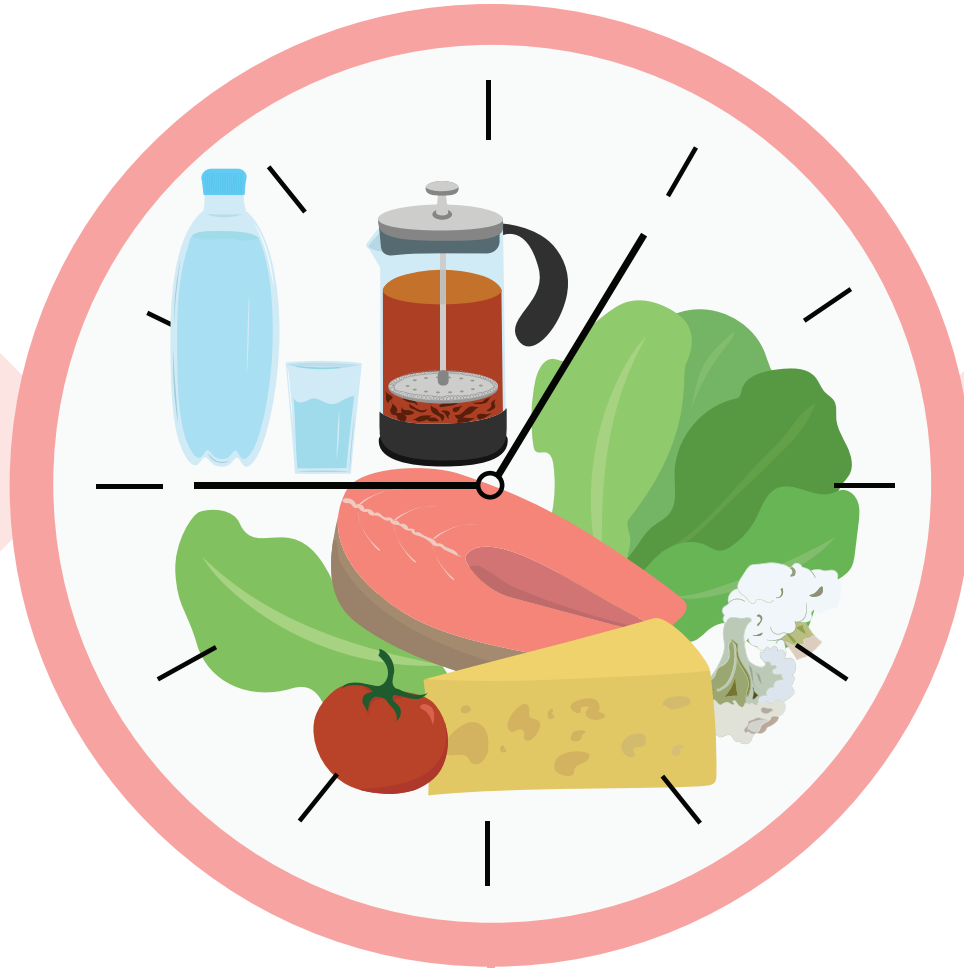


BEGINNER'S GUIDE TO FASTING

By Julie Hartley, RD, CHC, LDN



WHAT IS FASTING AND WHY HAS IT GAINED SO MUCH POPULARITY?

Fasting is going a period of time without eating. The time can vary depending on the goal of the fast. Different lengths of time trigger different changes in the body. You can gain benefits of fasting as soon as you've completed 13 hours of it. With intermittent fasting, which has been the most popular, it is between 13 to 18 hours or longer. During this time, your body turns on a switch to a process called "autophagy" (this discovery won the Nobel prize in 2016) that tells your cells to repair while regulating important hormones like insulin and growth hormone and increasing energy and fat burning – all the while decreasing hunger hormones and offering better sleep.

I like to say "You don't have to eat less, just less often." With so many research-backed health benefits, we are seeing everyone trying it, from performance athletes to patients dealing with Alzheimer's, cancer and diabetes. It is one of the most ancient healing methods because it's free and simple, but, most important, it has powerful results. Fasting also works with any type of diet, so whether you like to eat paleo, vegan or keto, fasting can pair with your preference. Hippocrates and Ben Franklin were among many in history who were fans of fasting.

BENEFITS OF FASTING INCLUDE:



- ✓ Increased human growth hormones (HGH)
- ✓ Reduced inflammation
- ✓ Fat burning to overcome weight loss resistance
- ✓ Improved energy and focus
- ✓ Reduced glucose and insulin resistance

7 TYPES OF FASTS

13-15 Hours – **INTERMITTENT FASTING (IF)** – insulin goes down, growth hormone is triggered. Psychological hunger, not physical. Recommend for body composition benefits.

16-18 Hours – **AUTOPHAGY FASTING** – autophagy kicking in, blood sugar lowers, ketones rise and hunger subsides. Increased fat-burning, increase energy. Should be feeling good!

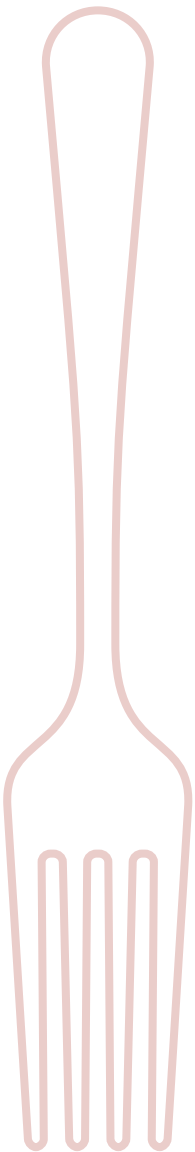
24 Hour Fasting – **OMAD (one meal a day)** - intestinal stem cells get stimulated; GABA increases and has a calming effect. Dopamine receptors get rebooted. Glycogen depleted, increase in growth hormone. Might start feeling hungry, and lethargic. Electrolytes recommended here.

36-48 Hours Water Fasting – **also called Block Fasting** – recommended for weight loss resistance, blood sugar regulation and to metabolize and mobilize fat. Growth hormone five times higher around 48 to 52 hour mark.

3-5 Day Fasting – multiple day fasting. Improves immune and other chronic conditions. BDNF neurogenesis starts to happen (brain food!). Not recommend unless you are working with an HCP or fasting health coach.

5 Day and Beyond – increase in stem cells and metabolic rate. Anything over three days is not recommend without coaching and/or supervision.

Fasting Mimicking Diet – low protein, limited calories, specific macros to mimic fasting and see some autophagy benefits while still consuming some food. Recommended if you are new to fasting and want to do longer fasts or if you are nervous about going without food. Very good options but can require purchases or products.



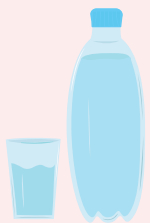


HOW TO GET STARTED:

After you have decided on the fast that will be the perfect fit for your goals, the best place to start is at least one week prior to the actual fast. Remove inflammatory foods such as alcohol, fried foods, sugar, and refined carbohydrates (think cookies, cakes, bread, crackers, etc.). Removing these foods from your diet will allow your blood sugar to stabilize, reduce cravings, and promote more steady energy. This will make your fasting efforts much easier and more enjoyable. I recommend starting slowly to see how your body responds. This is especially important for people taking medicine that is dependent on food. Start eating more whole foods and vegetables and stop snacking in between meals.

Next, simply start compressing your eating window by pushing dinner up an hour or breakfast back an hour until you get to 13 to 18 hours without foods. It might take a week or two or maybe a month, depending on how metabolically flexible you are when you start. Remember, you wouldn't run a marathon without training, and fasting is like strengthening a muscle. It gets better the more you do it. I also recommend other fasting resources like joining a fasting community online and even fasting apps, such as Zero, to help you stay engaged and accountable.

PREP PHASE FOOD CATEGORY CHOICES



Beverages

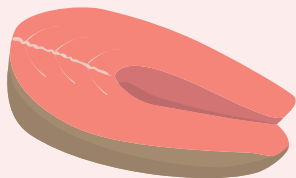
- filtered water
- mineral water
- organic mold-free coffee
- herbal and green/matcha teas
- macadamia milk
- less often, fresh juiced juices or A1 milk

Oils & Fats

- pastured egg yolks
- grass-fed butter and/or ghee
- extra virgin olive oil
- avocado and avocado oil
- macadamia nuts & oil
- MCT oil
- nut butters
- bone broth
- sesame seeds and oil
- coconut butter and oil
- most nuts and seeds except for peanuts

Protein

- grass-fed/finished beef
- lamb
- pastured eggs
- collagen protein
- pea and hemp powder
- bone broth protein powder,
- fish (specifically anchovies, sockeye salmon, sardines, other clean or wild caught fish)
- pastured chicken



Veggies

- artichokes
- asparagus
- avocado
- bok choy
- broccoli
- brussels sprouts
- butternut squash
- cabbage
- cauliflower
- celery
- cilantro
- cucumber
- green beans
- green onion
- leeks
- lettuce
- olives
- parsley
- radish
- summer squash
- zucchini



Nuts/seeds

- coconut
- coconut flour
- cashews
- macadamia
- walnuts
- pecans
- almonds
- pumpkin

Sweeteners

- stevia extract
- monk fruit,
- xylitol – (limited amounts)

Fruit

- avocado
- blackberries
- coconut
- cranberries
- lemon
- lime
- raspberries
- blueberries
- pineapple
- strawberries
- tangerine
- grapefruit
- pomegranate



WHAT IS ALLOWED DURING THE FASTING WINDOW?

This answer depends on your goal. If you stick to black coffee or herbal tea, you will likely not break your fast. However, when you start to add calories to your coffee in the form of sugar, cream, butter, or MCT oil, the above-mentioned benefits may be decreased, depending on the amount. Coffee with cream, butter, or MCT oil is likely allowable if fasting for gut health and potentially for weight loss but it should be avoided if fasting for longevity and cellular health.

HOW DO YOU BREAK A FAST?

Don't gorge, make sure it's healthy, go slowly. Many of the fasting benefits are enhanced during the refeeding phase, so it is equally important. Bone broth is a great thing to have about 30 minutes before your break, then refeed with other foods like liquid smoothies, eggs, cultured yogurt or things that are easy on the digestive system. Longer fasts require slower refeeds, and I recommend breaking for half the length of the fast to avoid any refeeding syndrome.

IS THERE ANYONE WHO SHOULD BE CAUTIOUS OR WHO SHOULD NOT FAST?

Several groups of people who should take caution and only fast under the direct supervision of their physician are: people with gout, individuals on prescription medication; extremely lean individuals; diabetics (Type 1 or 2), and premenopausal women.

For a few groups, fasting is not beneficial and is not recommended: pregnant and nursing women, people with severe kidney disease, anyone recovering from a major illness or surgery, frail or elderly people and someone who has struggled with eating disorders in the past.

TIP: Remember, there is no such thing as a failed fast. Every fasting experience makes you stronger, healthier and better adapted. Make fasting part of your healthy lifestyle, not some fad to try one time.

Resources: [The Longevity Diet](#) by Valter Longo

[The Complete Guide to Fasting](#) by Dr. Jason Fung

[ZERO](#) fasting app

[Fasting for a Purpose](#) Facebook page.

Disclaimer: This information is not intended to treat or cure any condition and is not a substitute for medical advice from your doctor.