



INTERMITTENT FASTING

the lifestyle nutrition

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Intermittent Fasting *Benefits:*

- Check with your physician before starting any fasting regimen
- Designed to help heal the gut, improve insulin sensitivity, break food addictions
- Allows your body to "clean house" when you are not digesting food
- Can remove oxidative stress and inflammation from the body
- Can aid in weight loss and reduction of belly fat

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Intermittent Fasting How To:



Start with a 12 hour daily fast for 1 week



End your last meal pre-fast with protein and fats, stay low on starchy carbs



Break your fast with proteins and fats. Start starchy carbs about an hour after breaking fast







Each week build by 1 hour to your fast time, as long as no side effects, max at 16 hours



You may drink water, black coffee or plain tea. You can also take Essential Amino Acids or collagen

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Intermittent Fasting Precautions:

-  Do not fast if you are hypoglycemic
-  If you are ravenous after a fast, reduce your fasting hours
-  If your energy level drops or you feel worse than before you started fasting, reduce fasting hours or days
-  Make sure to drink plenty of liquids