



Intermittent Fasting

Intermittent fasting (IF) is a pattern of eating that controls *when* you eat rather than *what* or *how much*. There are 2 general types: WEEKLY (eat regular 5 days, fast 2) and DAILY (eat in ~8 hour window, fast for ~16 hours). Each can have wonderful benefits for metabolism, cell regeneration, digestive rest, immune health, hormone balance, weight management, and healthy aging.

Fasting can be a form of eustress (like exercise) that trains your body to be better for next time. However, just as you cannot get up off the couch and run a marathon on a whim, you need to gradually work up to a fasting period that your body can handle. Otherwise, long fasts can actually rock the boat too much and cause unhealthy stress on your body. If you have a history of disordered eating, you should not practice IF.

The keys to successful IF are to focus on nutrient-dense foods during your feeding window, gently build fasting endurance, and to listen to your body (fast intuitively).

For example, if you are a cycling woman, you will probably find that it feels best to fast during your follicular phase (10-14 days after period). Fasting should be minimal during the week before menstruation.



If you experience headaches, dizziness, nausea, or constipation when fasting, try replenishing your body with unflavored electrolytes or Himalayan salt in your water.

TRANSITION TO FASTING

1. START WHERE YOU ARE

you are already fasting overnight, so you can gradually condense your eating window (by eating earlier in the evening and later in the morning)

2. EAT REGULAR MEALS

snacking keeps your metabolism slave to constant feeding (if you are stuck in a "sugar-burning mode", fasting will be very difficult)

3. INCREASE FAT & PROTEIN

support your body's ability to thrive in a "fat-burning mode" while fasting (which means eating enough healthy fats and protein to feel satiated)

4. PRIORITIZE SLEEP

this is key to supporting detoxification and hormone balance (which are essential for reaping fasting benefits)