



# 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 satisfied)*

### 4. PRIORITIZE SLEEP

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