

# FASTING 101

## A beginners Guide to Intermittent Fasting

### What is Fasting?

Fasting is not a new thing. Its been done for hundreds of years in a deliberate manner for religious reasons, therapeutic or health reasons, and even reasons beyond control. Simply explained, fasting is just a term for any period of time between meals.

You can fast for a short time, or longer periods of time. We are discussing daily or intermittent fasting as a lifestyle.

### Why Fasting?

Fasting has benefits. If we look back in history we can see several reasons people fasted, and its becoming more popular due to its health benefits, which include; detoxification, rest for the body, mental clarity, reduce inflammation, fat loss, etc.

### How do You Fast?

Its a fairly simple process to do your own fast. Actually the fast is the easiest part. Coming off the fast, or breaking the fast is where you need guidance. Watch for more on this.



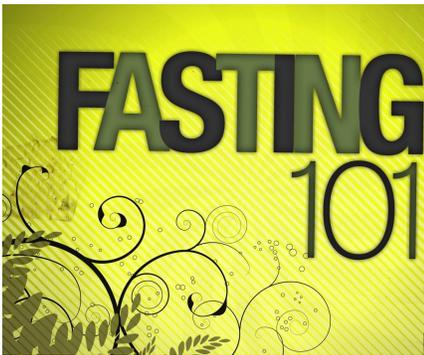
## Fasting as a Lifestyle

I fast for about 15-17 hours every day. Many people in the health/fitness industry are recommending fasting as a way to jumpstart a new lifestyle, or diet. I do sometimes recommend longer fasts to people for this reason (24, 48 or 60 hours), but I recommend that they follow the intermittent fasting rules as a general lifestyle for long term health benefits. It's easier for your body to **burn fat** in a fasted state because insulin levels are low.

### *Intermittent fasting rules*

- Do not eat for 16 hours, usually when sleeping.
- Eat all your meals in an 8 hour window during the day
  - ✦ If your last meal is at 6pm, then don't eat again until 10am
- Drink lots of water 1/2 your body weight in ounces
- Do not eat a big heavy meal before bed. It takes about 8-12 hours to process a large meal. Eat a light dinner.

This process allows your body to detoxify, heal and repair overnight.



## Benefits of Fasting

**Detoxification** - allowing the body to rest from the digestive process allows room for healing and cleansing.

**Ketosis** -fasting encourages a state of nutritional ketosis, which offers many benefits of its own.

**Prevention** -May reduce the risk of cancer

**Longevity** -May extend lifespan

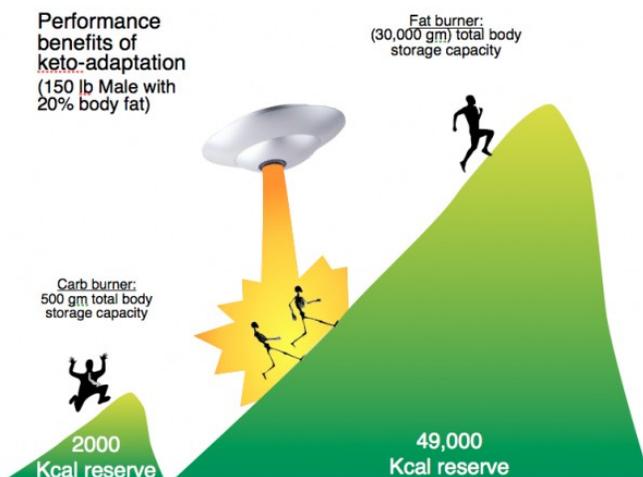
**Cardiovascular Health** -  
Reduce cardiovascular disease  
Less **Inflammation** - Reduce inflammation

**Fat Loss** - Weight Loss

Many studies have been done on the benefits of fasting. It's been found that it decreases cholesterol, limits inflammation, prevents progression of type 2 Diabetes, reduce disease, increase longevity, etc. For more information check out this study on the International Journal of Health Sciences.

In addition, being in a state of ketosis is beneficial as well, and may be the reason that fasting is so beneficial for health. Keeping this in mind, a longer duration fast (more than 12 hours) is better for you than a short one. This is because it takes the body a period of time to switch to ketosis, which in simple terms is "burning its own fat". This period of time can be longer for some people than others depending on their metabolic code (hours to days in some cases). Teaching your body to switch between sugar burning mode into fat burning mode can be a bit challenging, because the body is programmed to burn sugar (glucose/glycogen) for energy. The challenging part about this period is what is often called "Keto Flu". Keto flu can present as fatigue, sugar cravings, poor focus or brain fog, nausea, difficulty sleeping or irritability. The body can also burn muscle for energy and often does before switching into a state of "fat burning".

Recently, research has been ongoing using therapeutic levels of ketones, induced by drinking a ketone supplement. The benefit of drinking a ketone supplement is that it provides ketones to the cells for energy immediately and allows you to jump straight to fat mode, and not lose valuable muscle. This process also prevents the "Keto Flu". As you can see the benefits of ketosis mirror the benefits of fasting.



## Benefits of Ketosis

*Focus and Mental Clarity*

*Neuroprotection - Protects the brain*

*Energy - Better physical efficiency*

*Burns fat and **saves** muscle*

*Reduces insulin resistance*

*Clearer skin*

*Better digestion*

*Better Insulin Sensitivity*

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