

## **Starting an Easy Intermittent Fasting Routine:**

***\*Special note: Fasting is advanced and not appropriate for everyone. This is a guide to get started in the case that it is appropriate for you.***

Starting an intermittent fasting routine can go a long way in healing your body. **The key to fasting is to not eat any food during your fasting window.** Eating just a little and then fasting can send your body into starvation mode. You **do** need to drink water, supplement with a high quality sea salt and you can drink black coffee or tea while fasting. (do not add sweetener or cream to the coffee, as this can raise insulin levels which is not a good idea with no food coming in. Also, tea or coffee *can* cause insulin spikes in some individuals. If you feel hungry soon after drinking tea or coffee, do not use this during a fast)

If you feel well fasting, it can be a great tool for weight loss. It will be different for everyone. Some people have great results with a fasting routine, while it does not work as well for others. The length of time where you feel good will vary. Listen to your body. More fasting does not always equal more weight loss. Also, it is VERY important to fast when you fast, but also feast when you feast. Do not restrict nutrients during your feasting window.

### **Individuals who should NOT fast include:**

- Pregnant or nursing women
- Individuals who display a carb burner imbalance (correct before fasting)
- Individuals who display low electrolytes (correct before fasting)
- If you have previously had an eating disorder, fasting may be a trigger
- Individuals with poor adrenal or thyroid function

### **How to start a simple fasting routine:**

An easy way to start a fasting routine is to **stop eating 3 hours before you go to bed.** Wait at least 1 hour after you wake up to eat. 3+ 8 hours of sleep + 1 = 12 hours of fasting so your insulin can rest / you give your body the ability to burn fat.

When starting fasting, it is ok to feel hunger. Every time you feel hunger, remind yourself that the longest faster went over a year without eating, so if you go another hour you will be ok. Usually the hunger pangs go away after a short time. Staying busy or drinking a large glass of either hot or cold water can help with hunger pangs.

It is **NOT** ok to feel sick. If you start to feel unwell, then you need to eat. You can always try fasting longer next time. You need to listen to what your body is telling you.

**Hungry = OK, keep going**

**Sick = stop and eat something with fat and whatever else your body is asking for**

If you can work up to daily 16:8 (meaning you fast for 16 hours and eat only in an 8 hour window), you may see weight loss improve and find more energy. **This is also a great strategy to reduce insulin levels** (although even a 12-14 hour daily fast can help with that) The weight may also start to come off effortlessly. Also, you do not have to do this every single day. Take a day or two off if you feel you need it. Keep your body guessing.

To fast for 16:8 means you will most likely only be eating 2 meals per day. Make them big meals to keep you satiated. Big meals with lots of fat. But again, don't start this tomorrow. Work up to it to give your body time. You have most likely been eating 3 meals plus snacks per day for your entire life. Your body needs time to retrain itself. Once it does, you will be amazed at how you feel actually eating less times per day.

Also, fasting for 16 hours a day isn't necessary for everyone to lose weight. It is up to you to decide where you feel good. You can even go only 12 hours or 14 hours to give your insulin a chance to rest. If you feel better eating for 16 hours a day, **fasting is not a requirement**. It is just an extra tool to help you heal and lose weight. Eating a high fat, low carb diet will make your ability to fast easier.

To learn even more about fasting, check out *Fasting Talk with Jimmy Moore and Friends* on iTunes or Stitcher. Listen for my story on episode 27!

*Disclaimer: Nissa Graun is not a doctor. Any information listed above should not be viewed as medical advice. This and all other forms are for educational purposes only and you should contact your doctor for all medical advice. Any messages found within these forms are informational based on ideas or processes that may have helped other individuals in a similar situation. You need to decide what is best for your body.*