

Intermittent fasting: a primer

What is fasting?

- Any period of time you don't eat
- Must stay hydrated (water, tea, coffee, etc.)

Why fast?

- Stimulates removal of damaged cells (autophagy)
- Stimulates removal of damaged mitochondria (mitophagy)
- Improves metabolism
- Antioxidant
- Anti-inflammatory
- Improves neural plasticity

Talk to your doctor before fasting

- Women who are pregnant or trying to get pregnant
- Children under age 18
- People with diabetes or on medications that lower blood sugar
- People with serious underlying disease
- People with history of eating disorders
- People who are underweight or malnourished

How to fast

Start small and build into it – longer fasting period for more days

The goal is to make this a lifelong habit

No need to use ketosis strips – benefits go beyond ketosis

Break fast with healthy, unprocessed, whole foods

Different ways to go about it:

- 16:8 time restricted (16 hour fast; 8 hour eating window)
- 5:2 calorie restricted (eat normally for 5 days, low calories for 2 days)

16:8 – time restricted



Month 1
5 days a week



Month 2
5 days a week



Month 3
5 days a week



Month 4 onward
7 days a week

5:2 – calorie restricted

Month 1

1 day/week: Restrict eating to 1000 calories

Month 2

2 days/week: Restrict eating to 1000 calories

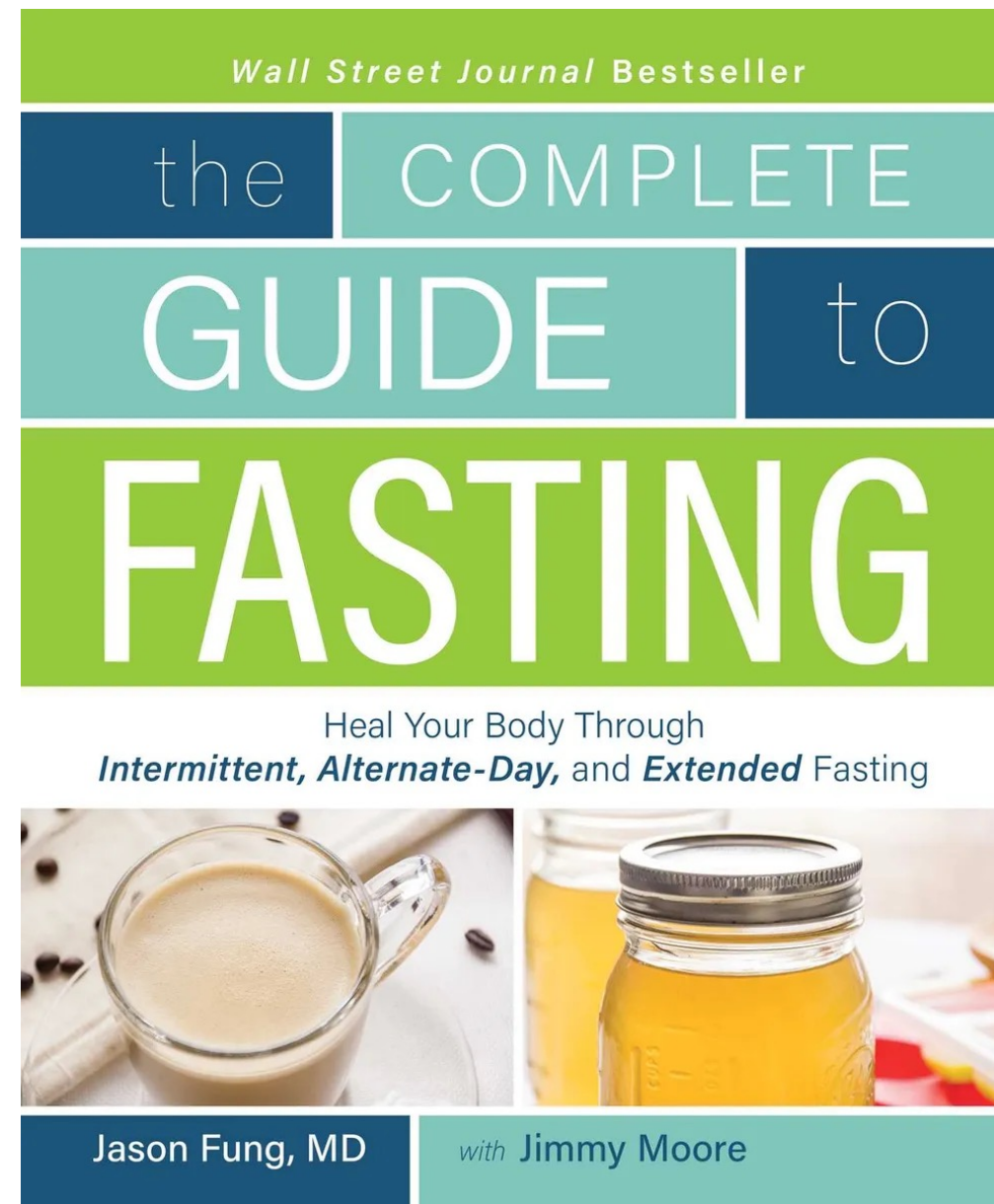
Month 3

2 days/week: Restrict eating to 750 calories

Month 4
onward

2 days/week: Restrict eating to 500 calories

A Useful Resource



The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting

By Jason Fung, MD, with Jimmy Moore