



# Intermittent Fasting

There are various types of fasting: intermittent, alternate-day, and extended. We only recommend Intermittent Fasting, and not the alternate-day or extended fasting unless a client is working under doctor's supervision.

## Benefits of Intermittent Fasting:

- Alleviates digestive distress, particularly with issues such as SIBO
- Improves glucose regulation when glucose levels are elevated (be cautious with those taking medication for Type I and Type II Diabetes)
- Lowers triglycerides and total cholesterol
- Weight loss
- Boosts brain health
- Slows the aging process
- Plays a role in cancer prevention

## Sample intervals of eating vs. intermittent fasting:

- 8hr window of eating; 16hr window of fasting
- 10hr window of eating; 14hr window of fasting

## Important considerations when fasting:

- Stay hydrated
- Consume adequate electrolytes and sea salt
- Don't binge when fast is over
- Best approach is to vary the times of eating vs. fasting from day to day

For more information on fasting, see ***The Complete Guide to Fasting*** by Dr. Jason Fung and Jimmy Moore.