

## How to do Fasting for Health & Weight loss

Fasting for 72 hours is the best medicine on the planet. It triggers your body to eat cancer, repair DNA, and reverse aging. It's literally a doctor within. Here's how it works (& how to do it safely):

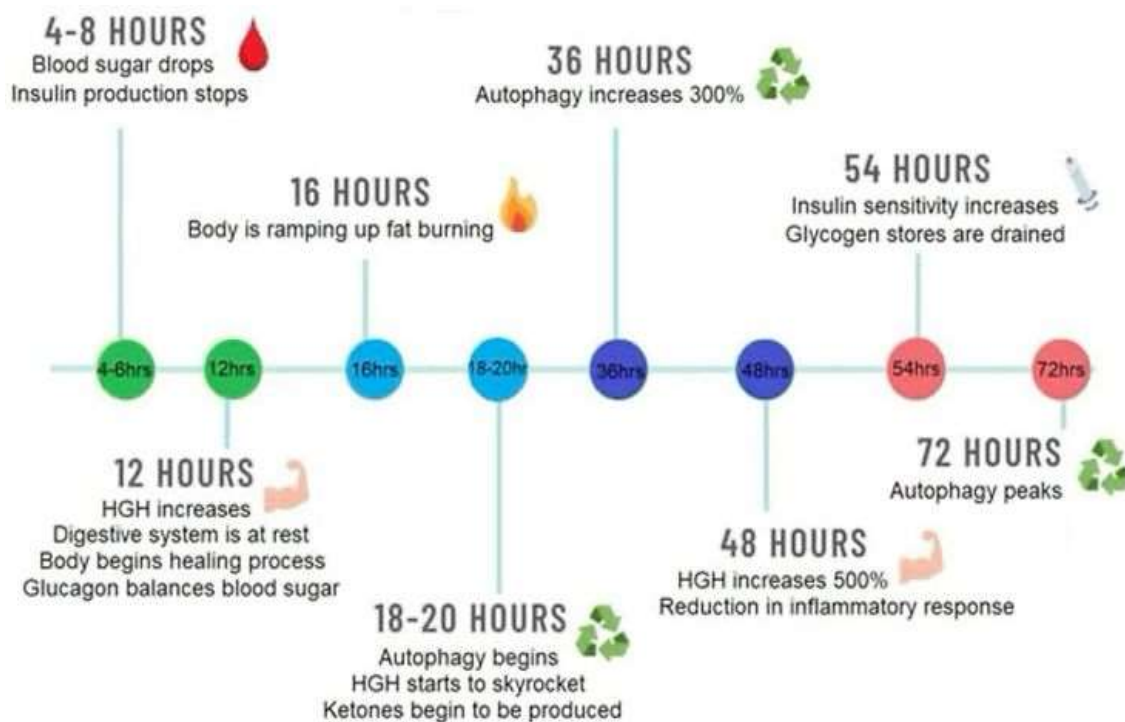
### Benefits of fasting:

- Gut reset • Reduced inflammation • Lower blood pressure • Improved insulin sensitivity • Fat loss without muscle loss • Mental clarity (ketones feed your brain) • Stimulates stem cells (in extended fasts)

When you fast, 3 things happen:

- Your insulin drops
- Your body burns fat
- Your cells begin repair (autophagy)

Fasting is giving your body time to clean house and heal.



### How to start a 16:8 fast:

- Finish dinner by 8 pm
- Skip breakfast the next day
- First meal at 12 pm
- Drink water, black coffee, or tea during the fasting window.

Do this 3–5 days a week to begin.

### How to start a 24-hour fast:

• Eat a high-protein, high-fat dinner (no sugar) • Stop eating after that meal • Fast until the same time the next day • Hydrate heavily—add salt if needed Use this once a week to break plateaus or reset your appetite.

### How to enter a 48–72 hour fast safely:

• Eat clean for 1–2 days beforehand • No alcohol, no sugar, no seed oils • Start the fast after an early dinner • Stay busy during the day • Use salt, magnesium, and potassium to avoid crashing

### **Foods that prepare you for fasting:**

• Eggs • Grass-fed meat • Avocados • Bone broth • Steamed greens • Fermented foods (kimchi, sauerkraut) • Olive oil • Water with sea salt These stabilize blood sugar and reduce cravings.

YES Foods		NO Foods	
	Water: Water will help facilitate fasting by reducing feelings of hunger.		Sugar: Sugar is highly addictive and causes you to store fat.
	Fatty fish: Reduce inflammation and help you feel full.		Refined oils: Refined oils are inflammatory.
	Fruits and veggies: Among the most nutrient dense foods.		White bread and baked goods: White bread and baked goods are poor in nutrients and they increase food cravings.
	Legumes: Increase longevity and reduce cancer risk.		Fruit juices: Fruit juices are empty calories. Plus, they spike your blood sugar.
	Eggs: Eggs are an affordable superfood.		
	Nuts and seeds: Nuts and seeds are rich in protein and healthy fats.		

### What to do when you get hungry during a fast:

- Drink water with sea salt • Sip black coffee or green tea • Chew sugar-free gum or brush your teeth • Go for a walk or do light movement • Take a hot shower

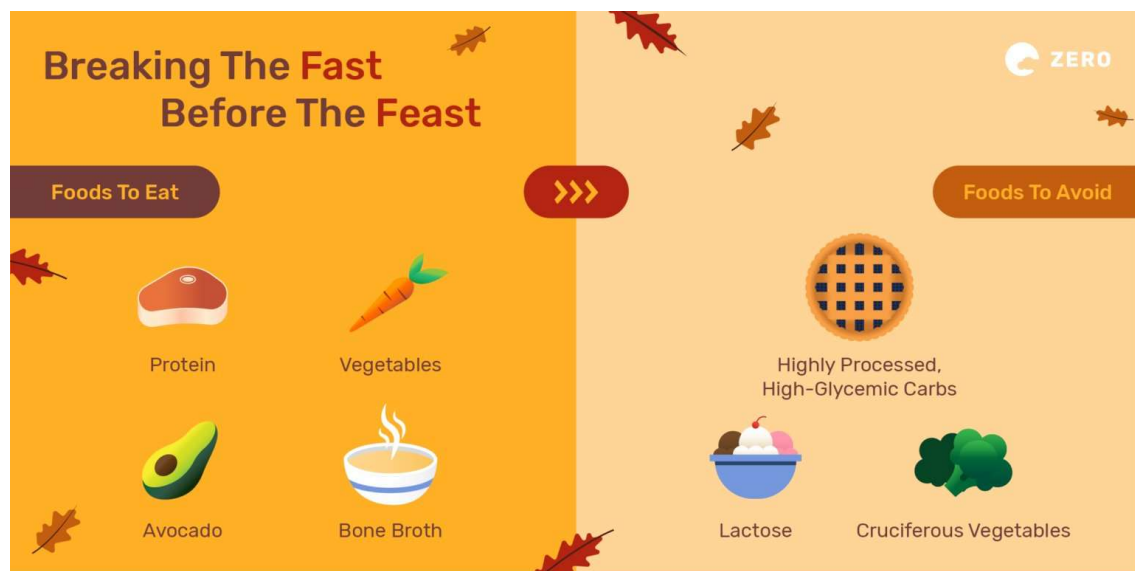
### How to break a 16:8 fast:

- Start with protein + fat (eggs + avocado, salmon + greens) • Avoid high carbs and sugars • Eat slowly Your first meal sets your insulin tone for the day.
- Why it's important:
- A poor first meal (sugar, starch, junk) = crash, bloat, cravings
- A clean first meal (protein + fat) = stable energy, fat burn stays active
- Your gut is sensitive post-fast, especially after 24+ hrs Breaking a fast properly = continuing the benefits.

### How to break a 24-hour fast:

- Bone broth or a small veggie soup
- Followed by a light protein meal (eggs, fish, chicken)
- Avoid heavy starches or large portions

Reintroduce food gently because your digestion has slowed down.



### How to break a 48–72hr fast:

- First meal (small): • Bone broth • Lightly steamed greens • Fermented veggies
- Second meal (2–3 hrs later): • Protein + fat (meat, fish, avocado)

Remember: Electrolytes are essential during any fast. • Sodium • Potassium • Magnesium Lack of electrolytes = fatigue, headaches, and dizziness during the fast.