

Intermittent Fasting – Tip- Sheet

How to start Fasting:

Gentle method: Ease in in 5 steps:

1. Start by skipping snacks.
2. Then eat supper early (before 6pm) and breakfast late (after 8 am) to have a nightly 14 hour fast
3. Then skip breakfast every other day.
4. Next skip lunch every other day.
5. Increase your fasting periods, if desired, to fasting every other day completely.

Dive right in:

Do not eat for a whole day, then eat 3 meals during 12 hours (or less) on the second day. No snacking.

General rules:

1. Do NOT eat sugar, wheat flour. Avoid maple syrup and honey or other syrups.
2. Do NOT drink fruit juices or soda pop.
3. Avoid artificial sweeteners (except for a few drops of liquid stevia or a pinch of erythrol/stevia mix if you absolutely need it)
4. When you eat, prefer low-carb meals (low in starches)
5. Eat high-quality fats and meat, organic vegetables if possible (follow the rules in my e-book which is part of the course)
6. Avoid high-sugar fruit (bananas, grapes, pineapple, melons). Eat small amounts of berries, apples, pears, lemons or limes. Avoid grapefruit if it interferes with your medications (if in doubt, ask your pharmacist or doctor)

DO

Eat vegetables and high-quality fats when you eat. Have enough fat and protein to satisfy your hunger, but do not eat more than 0.5-1 g of protein per kg lean body mass per day.

Drink enough. Prefer good quality water (tap water is mostly fine; I recommend letting the chlorine gas off by letting the water stand a while or boiling it and then cooling it.). Add a pinch of salt (preferably Himalayan salt) to your water (not so much that you taste it)

On Fast days, have 1-2 cups (or more) of a good quality broth. Make some bone broth (recipe included in the reading materials) and drink that.

Have a cup of coffee or two per day, if desired

Enjoy herbal teas and green tea.

What to do when you feel hungry:

1. Try to ignore it and distract yourself. Hunger will pass. Drink some fluids, enjoy some carbonated water or have a teaspoon or even a tablespoon of coconut oil to curb hunger.
2. Eat enough salt. My preference is Himalayan salt (it contains many trace minerals), but you have to either eat seafood a lot or substitute with iodine to avoid iodine deficiency.
3. If you crave sweets or carbs, try adding a supplement containing chromium-picolinate.
4. Take a good quality multivitamin and mineral supplement every day.
(Ask me for your individualized supplement plan and recommendation for a special price)

DON'T

1. Fast more than 3 days in a row
2. Break the Fast with a big meal "celebration". Break the fast with small meals.
3. Continue or force yourself to fast if you feel unwell while doing it.
4. Break the fast by eating sweets, ice cream, candy or chips...
5. Eat extra large meals in the non-fast days
6. Don't weigh yourself every day. Your weight normally fluctuates with hormonal changes, stress levels and more. Once a week is enough.

What to do if you plateau:

1. You may have overdone it. Go back to eating 3 vegetable-based meals daily for 1-2 weeks, then start again.
2. If Stress is the cause: Use Stress-relief techniques (exercise, mindfulness meditation, fun activities, journaling)
3. Mix it up. Eat 3 meals for a week, then fast for 1 day every other day for a week, then start over.
4. Go with your intuition and do what feels right for you.
5. AskDocChristine!