

## Intermittent Fasting | Time Restricted Feeding

### Benefits of Rest from Digestion

Intermittent Fasting (IF) is intentional rest from digesting food for more than 12 hours. IF will simplify your day by reducing the number of meals you eat and prepare. It will also save you money because you are eating less meals and therefore spending less money on food. IF promotes autophagy which is the body's ability to detoxify and recycle old and damaged cells. It is consumption of the body's own tissue as a metabolic process occurring in starvation and certain diseases and is the natural, regulated mechanism of the cell that disassembles unnecessary or dysfunctional components.

IF can increase your life span. Science has shown for some time that restricting calories can lengthen life. It activates many of the same mechanisms for extending life as calorie restriction. However, IF doesn't damage metabolism like calorie restriction does. It also has beneficial impact on microbial make-up of the gut and the ratio of "good" to "bad" bacteria.

IF may reduce the risk of cancer. There is a small amount of medical research indicating that fasting might be helpful in preventing and fighting cancer. It is an easier way to manage and control weight than traditional diet approaches. The eat less, move more advice simply doesn't work and most diets fail because they are not sustainable over the long-term. IF is a sustainable weight loss method that is relatively easy to maintain when you learn to do what works best for you and what makes you feel best.

IF lowers insulin levels which can help you get lean and improve health outcomes. IF puts our bodies into a fat burning state that we rarely achieve when eating around the clock. IF will also increase our body's sensitivity to insulin. It is a useful tool to reverse pre and type 2 diabetes. It helps promote weight loss and is helpful for sustained weight loss.

Your mental clarity will be enhanced and will likely be more focused in the mornings. If nutritional ketosis is a goal, fasting will also help you get into ketosis faster as well as stay in ketosis.

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### Fasting Types and Options

**Time restricted eating:** this is basically daily intermittent fasting daily. “Time-restricted eating,” or “time-restricted feeding,” refers to when eating is limited to a certain number of hours each day. For example, you may choose to eat between the hours of 12:00 and 6:00 or 10:00 AM and 8:00 PM.

**Prolonged Fasting:** this is a longer form of intermittent fasting. If you fast for 24 – 48+ hours, this is prolonged fasting. This can be very useful in people with type 2 diabetes and obesity.

**Fasting Mimicking diet:** Fasting mimicking is a type of modified fasting. If the idea of no food at all during the day is not for you but you want some of the benefits of fasting, you can do the fasting mimicking diet. Instead of abstaining from food completely like a traditional fast, you still consume small amounts of food in a way that produces the therapeutic benefits of fasting. In this approach you eat about 40% of your normal daily calories (600-800 calories a day) for about 5 days using a keto diet. This allows the body to stay nourished with nutrients and electrolytes will less stress than normal fasting—but still receiving similar benefits. Long-term calorie restriction is harmful and will damage your metabolism, but intermittent fasting and fasting mimicking is safer and more effective.

### How to get started:

It is important to be fat adapted before implementing a fasting schedule. This is so that you can go 12+ hours between meals and not be hungry or hangry. We become fat adapted by reducing the consumption of carbohydrates and increasing our consumption of healthy dietary fats. There are many ways to implement IF and different methods will provide varying results. The three most researched methods are provided below. We can work with you to decide which method is best for you and your health goals.

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### Possible Fasting Windows

#### **Everyday fast for at least 12 hours:**

This is a minimum and so important for the body! In this approach you may eat supper at 6:00 pm and not eat again until at least 6:00 am. A 14-hour daily is very doable as well. You may start with a 12 to 14-hour window and then each week try to move the window up an hour as you become more fat adapted and eventually get to a 16-18 hour window, if this feels right/optimal.

#### **16-18 hour:**

An ideal daily option is the 16/18-hour fast with an 8/6-hour eating window. This form of IF is done every day and is a great way to achieve and maintain a lean body, feel great, have increased focus and improved insulin sensitivity. Your body can really get into its stored fat reserves.

HOW TO DO IT: eat your first meal at 10:00 am or noon and your last meal at 6:00 pm.

#### **24-hour:**

This is great for the benefits of autophagy. Autophagy really doesn't start before 18 to 24-hours. To do a 24-hour fast, let's say you eat lunch at noon, then you wouldn't eat until noon the following day or if you eat supper at 6:00, you wouldn't eat until 6:00 pm the following day.

#### **36-hour:**

This is something you can do as often as once a week or even just once a month. It basically involves not eating for one whole day. In this approach let's say you eat dinner at 6:00 PM on Monday, you would not eat at all on Tuesday and then you would eat again after 6:00 AM on Wednesday.

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### What Can I Have During a Fast?

- Water only Fast: in a water only fast, you consume only water the entire fast.
- Apple Cider Vinegar is permissible for some.
- Coffee: It depends! You may can have coffee during a fast but you cannot have any carbs to it or it will break your fast. You can add MCT oil or coconut oil to you coffee but nothing with any carbs to prevent too much rise in blood sugar.
- Pickle juice: you may consume pickle juice as another alternative to replenish sodium.
- Other beverages: You can have sparkling waters, cucumber or lemon infused water, herbal or unsweet teas, or electrolytes (we like relyte and LMNT).
- Bone Broth: If you are doing an 18-hour+ pro-longed fast you can add bone broth to your day for added nutrients and salt to ensure you don't get dehydrated. Bone broth is also an excellent source of collagen but it does have protein so you won't get the same benefits as when you do a water only fast.

### Tips for fasting:

1. Please also see and refer to the ADCES fasting with diabetes tip sheet under ADCES resources or in your ADCES self-care behaviors and other information packet.
2. First and foremost, listen to your body. If you start feeling strange, stop.
3. If you have chronic health conditions, we recommend you first consult with your doctor especially before attempting a prolonged fast.
4. If you have a history of anorexia, we do not recommend fasting.
5. If you have weak adrenals or are in week 2 of your cycle, you do not need to fast for longer than 12-14 hours per day.
6. If you have type 2 diabetes you need to check your blood sugar often during your fast. If you start to experience symptoms of low blood sugar, be sure to consume some carbs.
7. When you finish a fast, it is important to eat fats and protein and very few carbs. This is especially true for a pro-longed fast. You also don't want to eat a huge meal following a prolonged fast. To break the fast, have a small portion of fat + protein. Then an hour or two later, you can have a normal sized meal.
8. Stay very hydrated. Drink plenty of water.

## Example Fasting Times

Ideally, don't eat after 7:00 PM. Earlier, lighter suppers are important for health. Ideally, you want to stop eating at least 2-3 hours before bed. In the morning, wait at least an hour to eat and you may consider waiting until you feel hungry. Most people from at least 12 hours of a fasted state overnight. Please work with a health care professional or one of our coaches if you plan to fast longer than 24 hours.

### 12-Hour Fasting Options

We need to allow our bodies at least 12 hours overnight to fast, digest, heal, & detox. We should all fast at least 12 hours.

First bite at 6:30 AM Last meal by 6:30 PM

First bite at 7:30 AM Last meal by 7:30 PM

### 14-Hour Fasting/10-Hour Feeding Options

First bite at 8:00 AM Last meal by 6:00 PM

First bite at 9:00 AM Last meal by 7:00 PM

### 16-Hour Fasting/8-Hour Feeding Options

First bite at 8:00 AM Last meal by 4:00 PM

First bite at 10:00 AM Last meal by 6:00 PM

First bite at 11:00 AM Last meal by 7:00 PM

### 18-Hour Fasting/6-Hour Feeding Options

First bite at 8:00 AM Last meal by 2:00 PM

First bite at 10:00 AM Last meal by 4:00 PM

First bite at 12:00 noon Last meal by 6:00 PM

### 24-Hour Fasting Options

24-hour fasts are a great way to lose weight & balance blood sugars without crashing your metabolism. The body likes rest from digestion, and this is a great way to do it.

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Further, you will have extra time and money on your hands from not having to prepare meals! Fasting this long is not for everyone, though so listen to your body.

If you eat at 8:00 AM, don't eat until 8:00 AM the next day; If you eat at 12:00 noon, don't eat until 12:00 noon the next day; If you eat at 6:00 PM, don't eat until 6:00 PM the next day

### 36-Hour Fasting Options

Fasts of 24+ hours have benefits but are not for everyone and you need to make sure you are replenishing electrolytes. We can work together on this if you want to explore extended fasting.

If your last bite was 6:00 PM on Mon don't eat again until at least 6:00 AM on Wed.

If your last bite was 6:00 AM on Mon don't eat again until at least 6:00 PM on Tues.

### 48-Hour Fasting Options

If your last bite was 12:00 noon on Mon don't eat again until 12:00 noon on Wed.

If your last bite was 6:00 PM on Mon don't eat again until 6:00 PM on Wed.

If your last bite was 8:00 AM on Mon, don't eat again until 8:00 AM on Wed.