

FASTING



What is it

Fasting is limiting your “eating window” to certain hours of the day. This generally can help reduce your daily calorie intake, if your goal is weight loss. There are also other benefits such as improved sleep, focus, lower BP, increased insulin sensitivity

Different practices

- 22:2
- 20:4
- 18:4
- 16:8
- 14:10
- 12:12

(The first number being the period of time you do not eat)

The 16:8 is the most widely attempted practice

Meaning if you eat at 12:00 midday, you cannot eat any food past 08:00 PM

Tips

- Black coffee assists hunger pangs during fast, **but**, this can increase sodium output so salt is important factor for intake
- Salt water can improve fasting “shakes” and feelings of hunger. It will also replace electrolytes lost from caffeine
- Exercise during a fasted period has been shown to increase fat burn in some studies
- Always avoid eating 3 hours before bed
- Try to eat within a regular routine. Your body has anticipatory mechanisms for food, and will work most effectively if a routine is followed
- Good resource for tracking: **Zero app**

<https://apps.apple.com/us/app/zero-fasting-health-tracker/id1168348542>

Search: Zero Fasting on all other mobile platforms