



INTERMITTENT FASTING

www.KetoLifestyleForWomen.com

Fasting is a period of voluntary absence of food for personal health or spiritual reasons. It is a period when no food or drinks are consumed for an extended period of time. For women this can be a bit challenging due to hormones and stress.

Who should do this?

- Metabolic flexibility has been established for many the time period is about 7-21 days
- You are fat adapted
- Preferred fuel source is FAT
- You are producing ketones at least 14 days
- Great sleep
- Sugar free
- Good energy

Who shouldn't do this?

- Not fat adapted
- Still crave sugar
- Wake up hungry
- Hangry
- Thyroid problems – if IF done should be done under supervision of a qualified practitioner
- Pregnant women
- Cold hands and feet
- Poor sleep
- Major stress
- Losing hair
- Fatigue
- Hormone issues due to hormone imbalance

INTERMITTENT FASTING

1. KETO FASTING

Once you are fat adapted and have stress under control you will find that you can easily eat only **2 meals a day**. Most in the keto world will skip breakfast and usually have lunch and dinner only. Technically, it may not be a complete fast since for some it may spike insulin and checking glucose and ketones is a good tool.

Many people on the ketogenic diet can still drink the following:

- Water with sea salt
- Sparkling water

- Lemon, ACV & water
- Tea - unsweetened
- Coffee – with a small amount of cream, MCT oil, Butter, be careful if you add stevia, erythritol
- Bone broth

2. OMAD (One Meal A Day)

- Consume nutrient dense food during a one hour window and fast for 23 hours
- Do this 1-2 days a week
- Best time to do this is in the evening
- This can be great for anti-aging, autophagy, cellular regeneration
- A very small compressed eating window – one meal
- This should be a very nutrient dense meal (e.g. fish, salad with various vegetables like spinach, cucumbers, broccoli, celery, bitter greens, tomatoes, with oil topped with nuts, avocado, strawberries with cream (Dairy sensitive can use coconut cream))
- This is a natural progression for many that have established a keto lifestyle

3. WATER FASTING

- This is a period when you only drink water (24, 36, 48 hours.....)
- Should only be done under the supervision of a qualified practitioner
- Do not do this if you are not fat adapted and not producing ketones
- A very powerful method for autophagy (“self-eating”) the body is cleansing old damaged cells; it actually won the *2016 Nobel Prize in Physiology or Medicine* was awarded to Yoshinori Ohsumi
- Sea salt added to water is very helpful for many

ARE YOU READY FOR OMAD or 24 HOUR FASTING?

How did you do on your midterm? Did you score at least 75%. This is a good sign you have established the metabolic flexibility and the preferred fuel source is FAT.

THE DOWN SIDE OF FASTING

If you are consuming only 2 meals a day the challenge for many is not eating enough nutrient dense food during this time. Establishing nutritious eating plans is important to contain nutrient dense protein, healthy fats and a variety of vegetables and low carb fruit. That is why tracking your food for at least 3-4 weeks is important to establish intuitive eating and familiarize yourself with food quantity, quality, macros, good fats, nutrient dense foods and discovering food that like you versus food you like. E.g. you may like pizza but your body doesn't because there is pain, bloating, mucus, skin issues, digestion issues.....