



# Should I try intermittent fasting (IF), one meal a day (OMAD) or carnivore

Do not do any of these if you are not fat adapted, pregnant, have adrenal fatigue, thyroid issues or an eating disorder, unless under the direct supervision of a qualified practitioner. This should not be done daily.

**Time-restricted eating** is a form of daily fasting wherein the **time** of the day during which a person eats is limited, or compressed. People who practice **time-restricted eating** typically eat during an 8- to 12-hour daytime window and fast during the remaining 12 to 16 hours.

## Intermittent fasting or time restricted eating

### 12/12

12/12 time restricted eating

12 hours no food 12 hours eating window

allows for food awareness

good starting point for health and weight loss benefits

eat more frequently compared to other fasts

Don't necessarily get into ketosis

20-40 grams protein every 3 to 4 hours

Great for gut health, so bad bacteria dies off

Can be done 3-4 times/week

### 16/8 to 20/4

this is a popular fast

16 hours no food 8 hour eating window

20 hours no food 4 hour eating window

this is usually the minimum time to get into ketosis and ketone production

very effective to for insulin resistance

pancreas gets a break and healthier

ketone production

eat less

increase strength and muscle mass

fat loss

autophagy benefits (old cells are recycled)

can be done 3-4 times/week

### **24-36 hour fast**

No food for 24 to 36 hours

Longevity benefits

Anti-aging benefits

Overall health benefits

There is a spike in **intensity** of growth hormone more **frequently** (typically small spike and maybe a couple of times/day)

More opportunities to heal skin, muscles, joints

Therapeutic benefits of ketosis (brain health, decrease inflammation, major healing occurs, telomere lengthening, overall longevity)

Major gut healing

Massive autophagy even in the BRAIN (regrowth of healthy brain cells)

Once every 4 to 6 weeks

### **Beyond 36 hours fasting (once every 2 months)**

Often used for those with metabolic challenges (type 2 diabetics)

This is for intensive healing

Benefits of growth hormone spikes

There will be muscle loss but if you re-feed properly you can gain it back easier

### **OMAD (one meal a day)**

Eating one meal a day, also called the OMAD diet, is a style of intermittent fasting

23 hours no food 1 hour eating window

Brain health benefits

Improved body performance

Anti-aging

Boosts metabolism

Improves overall health

Disease protective

Simplifies meal planning

Save time

Cost effective

Every other week if not doing 24 hour fasts

## **CARNIVORE**

You only consume animal products when you're hungry and stop when you are full

Ultimate elimination diet

Gut health benefits

Improved mood

Improved sex drive

Fat loss

Muscle gain

Brain health benefits

References:

[https://www.cell.com/cell-metabolism/fulltext/S1550-4131\(17\)30504-1?\\_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS1550413117305041%3Fshowall%3Dtrue](https://www.cell.com/cell-metabolism/fulltext/S1550-4131(17)30504-1?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS1550413117305041%3Fshowall%3Dtrue)

<https://www.ncbi.nlm.nih.gov/pubmed/27550719>

<https://www.ncbi.nlm.nih.gov/pubmed/20534972>

<https://www.ncbi.nlm.nih.gov/pubmed/31139630>