

# Fasting Methods

Fasting allows the body to concentrate its efforts in cleansing/detoxifying; eliminating harmful 'things' such as bacteria, malfunctioning parts of cells, and malfunctioning proteins; strengthening the immune system; re-building damaged 'things' such as the aforementioned malfunctioning parts of cells and malfunctioning proteins; increasing metabolism; and improving muscle performance. These processes slow down aging and keep the body's organs and systems running at peak efficiency.

A 1-2 day fast has powerful rejuvenating, cleansing, and immune-boosting effects. A 72-hour fast is required to kick autophagy into high gear.

Eat as few carbohydrate calories as possible before a fast. Prefer fats to proteins, and eat vegetables and fruits.

**Calorie Restriction is Not Fasting:** Intermittent fasting is not the same thing as calorie restriction. Calorie restriction means to eat per normal routine but to reduce the amount of calories eaten at meals. Engaging in calorie restriction decreases metabolism and stimulates the body to burn muscle, while doing nothing to stop hunger. The effects of fasting are the opposite. So, if reducing calories, also reduce the number of meals!

- **Daily** fast by eating 1 or 2 meals per day for a period of time such as a week or a few months, or even permanently. If eating 2 meals per day, a good method is to keep them 6 hours apart. For example: 9:00 a.m. and 3:00 p.m., or 11:00 a.m. and 5:00 p.m.
  - First, try a 2-meals-per-day fast. Or, make this a lifestyle, not a fast.
  - Later, move to a 1-meal-per-day fast. Or, make this a lifestyle, not a fast.
- **Weekly** fast for a whole day. This is easiest by making a routine of it via fasting the same day every week.
- **Monthly** fast to be planned per the body's need.
  - Extend a weekly fast to 36 hours or more.
  - Implement a special intermittent fasting program for several weeks or months to achieve specific goals such as internal cleansing or weight loss.
    - 5:2 Fast. Fast 2 days per week, non-consecutively.
    - Every-other-day fast.
    - Berg Fast.
      - Step 1 = 3 days of 3 meals with no snacks between
      - Step 2 = 3 days of 2 meals with no snacks between
      - Step 3 = 3 days of 1.5 meals with no snacks (half a meal is like a nutrition drink)
      - Repeat Steps 1-3, or just Steps 2-3.
      - Meals should consist of non-starchy vegetables, a little meat, and a little fat.
- **Yearly or bi-yearly** routine fast as part of a program of intestinal cleansing, herbal detoxifying, and immune boosting. The fasting part should be 5-7 days. Can be longer as needed. A prolonged fast may be necessary to deal with serious or chronic illness.

## Building up to Fasting:

- Get the body used to utilizing fat for fuel by eating few carbohydrates and plenty of fat.
- Deplete the liver of sugar stores by abstaining from sugars.

**What to Do While Fasting:** Exercise as normal. Get the lymph and blood flowing more to move the toxins that need to be eliminated. This can be accomplished by sweating during exercise or sitting in a sauna. Even jumping up and down is good. Drink tea, especially green tea. Take substances that boost autophagy and assist the body in other ways: turmeric, ginseng, ginger, adaptogens, elderberry, berberine, resveratrol. If doing a prolonged fast of 3 days or more, definitely engage in resistance exercise to maintain muscle mass. (Muscle mass is critical for a number of longevity benefits such as insulin response, hormonal activity, bone density, and neurological health. Being muscular and lean is much more beneficial than being thin even if the body is going through routine autophagy while thin.)

**Liquids While Fasting:** The body goes into autophagy much faster when not drinking liquids, because the body has zero resources that must be devoted to the digestive system. A non-liquid fast of a particular duration can be as beneficial as a liquid fast of double that duration. A good way to accomplish this is to drink only during the daytime, and a little with the evening meal if eating that, so that the body is dry-fasting while sleeping. (The body produces H<sub>2</sub>O as a by-product of fast metabolism, so there is little risk of harmful dehydration.)

When fasting, add salts to water: Himalayan rock salt and baking soda.

**Hunger:** In a total fast, hunger mostly disappears after the first day, and totally disappears between 1-3 days. Hunger during the first 1-3 days is mostly centered around meal times. During a prolonged fast, hunger returns when the body has finished its fasting-induced tasks of cleansing, detoxifying, cell rejuvenation, immune system strengthening, etc.

**Metabolism:** Fasting increases metabolism and stimulates the production of growth hormone, and more so with accompanying exercise. Exercise during a fast – whether a partial or total fast. This burns off carbohydrate stores faster so that the body can go into ketosis, and it is the ketosis process that increases metabolism, burns fat, and retains muscle. The exception is a prolonged fast, such as to cure chronic or serious illness.

**Weight Loss & Muscle Retention:** Intermittent fasting is the most effective way to kick off long term fat loss while retaining or even gaining muscle: 1-2 meals per day, time-window eating, and such. A lot of weight can be lost in this way, and that produces a number of benefits that help put into motion a long term plan of healthy eating and exercise.

**Note on Diabetes:** Diabetes is usually cured fairly quickly with intermittent fasting, and severe cases are virtually always cured with a prolonged fast.

**Prolonged Fasting:** In a prolonged fast, cease exercise after about a week, and sleep as much as possible thereafter.

**Continuous Autophagy:** It is best to stay in a semi-autophagous state all the time by eating 1-2 meals in a narrow window each day; exercising regularly, including resistance exercise; using certain herbs (mentioned above); and making sure to sweat via exercise or sauna.