

Intermittent Fasting

TYPES OF FASTS

Clean Fasts

- Water
- Salt or unflavored electrolytes
- Black coffee or green and black tea
- Non-sweet herbal teas (cinnamon, mint, ginger)

Dirty Fasts

- Flavorings in water (lemon, lime)
- Milk or cream in coffee
- Apple cider vinegar
- Non-calorie sweeteners
- Sugar free beverages
- Supplements and vitamins

Modified Fasts

- Food (up to 25% of TDEE, max of 500 calories)
- Broths or soups
- Protein powders and meal replacement shakes
- MCT oil, coconut oil or butter in coffee

FASTING STAGES

0-12 hours

Sugar depletion as the body burns the stored glycogen. Keeping active in this stage will speed up the process.

12-16 hours

Fat burning starts to ramp up as you're running low on glucose. Insulin drops and growth hormone levels increase.

16-24 hours

Fat burning sweet spot as growth hormone and ketone levels keep climbing higher and the body switches into burning fat for fuel

24+ hours

Repair and renewal (autophagy) increases by up to 300% around 36 hours of fasting.

MISCONCEPTIONS

1. Fasting is dangerous - Always check with your healthcare provider before starting any fasting protocol. For most adults fasting can have lasting health benefits. Children or malnourished adults should not fast. *Your body is always eating so is it eating the food you ate today or the food you ate in the past?*
2. Intermittent fasting will wreck your metabolism - Any diet can cause the body to become complacent. Also, changes in weight will change your metabolism as your body changes but you can calorie cycle, change your workout or change your fasting protocol to keep it always guessing. *If you're starving, your body needs to have energy to hunt and gather, rather than lay down and die.*
3. Fasting causes muscle loss - *You might lose some lean mass because there is less of you to carry.* Eating the right amount of protein and doing strength training can keep your lean mass intact.
4. Fasting causes fatigue and brain fog - In the adaption phase, you may experience these symptoms or may be experiencing withdrawals. Short term fasting increases Norepinephrine which increases mental clarity and focus. *You need ENERGY and FOCUS to find food to not BECOME food.*

TYPES OF INTERMITTENT FASTING

Time Restricted Eating (Most Common)

Can do 12, 16, 18, or 20 hour fasts daily. Set a time frame that works best with your schedule and eat all your calories within that time frame. You will want to do clean fasts during your fasting period to get the best results.

OMAD (One Meal a Day)

Have a one hour or less window every day to consume all of your calories for the day. Some people choose to add in a small meal (usually broth) under 50 calories during the fasting timeframe. Electrolyte replenishing will be needed with this type of fasting.

Eat Stop Eat (2-24 Hour Fasts a Week)

Great for those not focusing on weight loss and focusing more on health benefits. Also a great program to ease into 36 hour fasts. Some people choose to add in 1 or 2 small meals (usually broth) under 50 calories during the fasting timeframe. Electrolyte replenishing will be needed with this type of fasting.

- Monday - Eat until dinner
- Tuesday - Fast until dinner
- Wednesday - Eat
- Thursday - Eat until dinner
- Friday - Fast until dinner
- Saturday & Sunday - Eat

5:2 and 4:3 Fasting Plans (36 Hour Fasts)

Eat normally 5 or 4 days a week and fast 2 or 3 days a week. Fasts start after the last meal and goes through 2 sleep cycles to complete a 36 hour fast. For weight loss, knowing your TDEE (total daily energy expenditure) is needed to calculate your weekly caloric intake. You will eat roughly 20-30% over your TDEE on your eating days to support your metabolism. Electrolyte replenishing will be needed with this type of fasting.

View calculations for calorie intake in our weight management protocol handout

Alternate Day Fasting

Great for weight loss. Eat within a 12 hour time frame every other day. Fasts start after the last meal and goes through 2 sleep cycles to complete a 36 hour fast. For weight loss, knowing your TDEE (total daily energy expenditure) is needed to calculate your weekly caloric intake. You will eat roughly 25-30% over your TDEE on your eating days to support your metabolism.

Mix & Match Fasting Protocols

There is NO BEST way to fast as we all have different needs. Through trial and error you'll find that fasting should fit in with your goals and lifestyle. Don't force yourself to do fasting protocol as you'll have a harder time succeeding. Sustainability is key! Find the methods that work best for you and change them as and when needed.

EXERCISING WHILE FASTING

For health benefits, movement is needed on a daily basis. There is a lot of debate on exercising while fasting so use your own judgement as to what's best for you.

Recommendations to keep muscle mass:

- Strenuous exercise can be done every day that you eat your daily allotted calories. It is recommended not to do strenuous exercise if you are only eating up to 500 calories that day.
- Light exercise (walks, stretching, light strength training, yoga, etc) can be done on fasting days.
- Make your muscles work harder on your eating days to tell your body that they are needed and not to be "eaten".

GETTING STARTED

Until you have developed lifelong habits, **change your environment until you can change your behavior.**

1. Ease into fasting by started easy and working towards longer fasts.
2. Overhaul your pantry to remove foods that don't help you meet your needs.
3. Improve your sleep.
4. Manage your stress.
5. Make sure you are properly hydrated.
6. Have a busy day planned.
7. Use your fasting survival kit.

FASTING SURVIVAL KIT

Have these ready to help you be successful with your fasts. You don't have to use all of your supplies all of the time. These are used as needed

Recommendations to have on hand:

- Water
- Electrolytes (sodium, calcium, magnesium, potassium and/or sea salt)
- Broth (preferably organic bone broth)
- Fasting drops
- Coffee or tea
- Something to help you poop if needed

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<https://us.fullscript.com/welcome/livingwithelevation>



Take Your Starting Measurements

- Measure weight
- Measure height
- Measure body parts

Neck (lower neck below the protrusion at an angle)

Upper arms

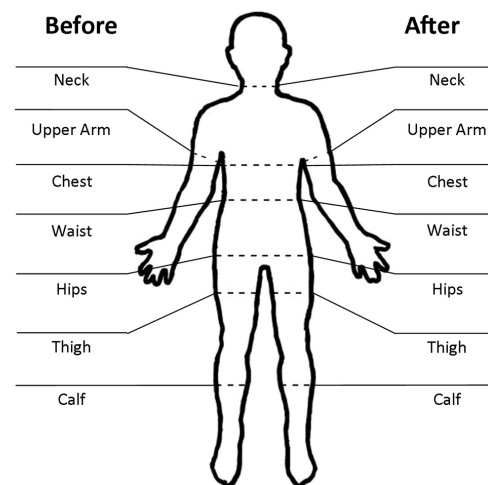
Chest

Waist (women- smallest part of curve, men- at the navel)

Hips (at the largest width)

Thighs

Calves



CALCULATIONS

Body Fat Percentage

- Visit <https://legionathletics.com/tools/body-fat-percentage-calculator/>
- Change "Body fat formula" to Navy tape measure method
- Input your gender, age, height, weight, and measurements

Total Daily Energy Expenditure (TDEE)

- Visit <https://legionathletics.com/tools/tdee-calculator/>
- Change "BMR formula" to Katch-McArdle
- Input your gender, weight, height, age, activity level and body fat %

Maintaining Muscle Mass in a Caloric Deficit

1. (weight) x (body fat %) = (lbs of fat on body)
2. (lbs of fat on body) x 30 calories = (calories fat can burn daily)
3. If (calories fat can burn daily) is greater than your TDEE, you can be a candidate for fasting
4. If (calories fat can burn daily) is less than your TDEE, eat the minimum caloric difference (preferably protein) on fasting days

_____ x _____ = _____ (lbs of fat on body)

_____ x 30 calories = _____ (calories fat can burn daily)