

Fasting 101

	Fat-Fasting	Intermittent Fasting	Water-Fasting
Why do it?	Ease into fasting, while still eating. It's for those wanting an easier way to start fasting.	Add fasting to your every day life, by shifting your thinking about WHEN you eat food.	For quick results, if you don't mind more extreme symptoms of detoxification.
When to eat	<i>This is almost fasting.</i> Eat only fat during a meal, to reduce insulin rise after eating.	<i>Daily 12-20 hrs fasts.</i> Eating only during a 4-12 hr window of the day. Typically, most people choose an 8 hr eating window of 12-8pm and don't eat any food outside this window of time.	<i>Short fasts</i> are 24hr or 48hr <i>Long fasts</i> are 3 to 7 days You only drink water/electrolytes during this time.
What to eat	Typically, most people skip breakfast and have a fatty drink instead. Butter coffee, MCT oil in coffee/tea or bone broth are common drinks used to fat fast. Then eat lunch and dinner.	Water, black coffee, black tea and herbal teas are allowed during the fasting window. Otherwise, eat 2-3 meals during eating window.	Typically these fasts are done with water and electrolytes and what you consume should be chosen with the help of an experienced practitioner.
Benefits	Easy to incorporate into busy lifestyle and is a great way to make a step towards intermittent fasting and longer fasting. Reduces insulin spikes, resulting in weight loss and better energy.	Reduces the insulin spikes you experience throughout the day, resulting in weight loss, better energy and digestion.	This type of fasting will result in weight loss, digestive system reset and deep cleansing.
Risks	<i>Low risk.</i> Risk of worsening heart disease if fat and sugar consumed together	<i>Low risk.</i> Risk of hypoglycaemic episodes if not eating the right balance of food during eating window	Electrolyte imbalance, strong detox reactions, healing reactions