Intermittent Fasting

TRADITIONAL GUIDELINE

See Intermittent Fasting 14-Day Reset FAQ Sheet for more info.
Do not start drinking NingXia until after your eating window starts.

14
D A Y   R E S E T

Fasting Window	Potential Benefits
10 hours (basic starting fast)	Allows body to get used to going longer periods without eating
12-16 hours	Switches body between sugar burning and fat burning
Note: fasting windows longer than 18-20 hours should be done occasionally, not daily.	
17+ hours	Autophagy kicks in; great for detoxing, improved energy, improved brain function/cognition, and balancing sex hormones
24+ hours	Burst of stem cell production in digestive tract; mucosal lining has a chance at repair; great for post-antibiotic use, post-birth control repair, and tackling SIBO
36+ hours	Releases stored sugar; liver repair; done occasionally
48+ hours	Dopamine reset
3 day water fast	Immune system reset

*Stop eating 4-5 hours before bedtime. Source: Fast Like A Girl / Dr. Mindy Peltz

Intermittent Fasting

FOR FEMALE HORMONES GUIDELINE

Day 1 is the first day of bleeding in a cycle. If in menopause, use the moon cycle with the full moon being your "Day 1". Start with an 8 hr window of eating. It is very important to feed female hormones when fasting vs the traditional intermittent fasting. See Intermittent Fasting 14-Day Reset FAQ Sheet for more info.

Fasting Window	Potential Benefits
Days 1-10	Power Phase/Keto Biotic: Increase protein intake to 75 gms, more than 60% of food coming from good fats, moderate carbs @ 50 gms.
Days 11-15	Ovulation/Hormone Fasting: 100-150 gms carbs to feed progesterone, at least 50 gms protein, and healthy fats as desired.
Days 16-19	Power Phase/Keto Biotic: Repeat as Days 1-10.
Days 20-to menses	Nurture Phase/Hormone Fasting: Repeat as Days 11-15 Lean into whole food nutrition, allow yourself to step off the fasting wagon the week before your period to feed your hormones properly!

*Stop eating 4-5 hours before bedtime. Source: Fast Like A Girl / Dr. Mindy Peltz