



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.

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

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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!

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