

Intermittent Fasting 14 Day Reset FAQ Sheet

Video intro to Fasting: <https://rumble.com/v2d539u-intro-to-intermittent-fasting-time-restricted-eating.html>

Problem: 88% of adults in the USA are metabolically inflexible with an estimated One Trillion dollars a year spent on obesity.

- With metabolic inflexibility, the body is unable to self regulate blood sugar, blood pressure and/or cholesterol without the use of medication
- God gave us a beautiful alternating system between sugar burning and fat burning. As part of the metabolic inflexibility conundrum, the body is unable to easily switch between the two energy systems and gets stuck in sugar burning only mode.
- This ultimately leads to chronic disease and compromises the immune system (Note: and when medication is added to address the symptoms of metabolic inflexibility, the process leading to chronic disease is accelerated)

Caveats!

Who Should Avoid Fasting:

- Pregnant or nursing
- Have or are recovering from an eating disorder
- Those in an intensive muscle building program
- Type I diabetics (those who are Type II would benefit from IF, but must understand their own personal responsibility in reading their own body)

Who should approach Intermittent Fasting with modifications: (video forthcoming)

- **Adrenal Fatiguers** (an estimated 80% of the adult population in the USA has some level of adrenal insufficiency) You can learn more about the signs and symptoms of adrenal fatigue here: <https://goodmedicine.info/?s=adrenal+fatigue>
- **Type II Diabetics**
- Please check with your health professional if you are currently in a dis-ease state that affects your blood sugar and/or adrenal function if you have questions as to whether intermittent fasting is right for you.

Can I still take my supplements and what can I drink during my Intermittent Fasting?

Great questions! We look at this from a good, better, best approach.

Everyone is in a different place in their health journey and health plan/goals.

- DO work to keep what you consume (supplements and beverage total) under 50 calories during your fasting period.
- DO avoid artificial sweeteners like they are your enemy.
- Do look at your supplement labels for caloric content. It might surprise you! NingXia Greens, Inner Beauty Collagen, and many other supplements contain more than 20 calories per serving, and when you start to add those up, you can exceed 50 calories without even thinking about it.
- Do remember that during your eating window, there are no caloric restrictions! Eat all the healthy food you want (knowing that healthy proteins and healthy fats paired with healthy carbs) will fill you up!
- **Good practice:** if you still feel the call for caffeinated coffee in the morning, drink it black (and organic!) or with Coconut oil or ghee as your creamer, and flavor with cinnamon or a dash of vanilla. Take the bare minimum supplements that contain calories during your fasting time. Save the calorie containing supplements for your eating window. If you really feel your blood sugar tanking during your fasting window, drink 2oz of NingXia red. *Remember, your body may initially need to do this because it is in a state of metabolic inflexibility.... It knows how to burn sugar, but it has forgotten how to burn fat. You are retraining your body!*

- **Better practice:** Decaffeinated black organic coffee. Perhaps add in a little cinnamon and/or vanilla for flavor. Save all calorie-containing supplements for your eating window.
- **Best practice:** Water or organic herbal tea only while in the fasting window. May add lemon, lime, peppermint, or any other Young Living Vitality line oil to your water for flavor (and benefits!). Save all calorie containing supplements for your eating window.
- **Example:** *I (Liz) take supplements like Cortistop, PD 80/20 or Femigen, Sulfurzyme capsules, and BLM capsules first thing in the morning (between 4- 5am) when I wake up with water. I drink water and sometimes an herbal detox tea in the morning. I personally break my fast around 8-9am, and then utilize my eating window on my fasting days between 8-9am and 4pm, and include my “caloric” supplements (example: I make a drink that includes NingXia Red, Inner Beauty Collagen, NingXia Greens, and another supplement... that combination is about a 110 calorie drink) This is what works for me. Do not adopt a legalistic mindset..... It will encourage failure in the process. This is a lifestyle, not a diet.*

Benefits of Intermittent Fasting (combined with even mild/moderate exercise, proper hydration, and quality whole food nutrition):

- **Ideal first line of care for metabolic inflexibility, obesity, diabetes, cv disease, neurodegenerative brain conditions, hormone balancing, and even cancer**
- **No calorie restrictions, though predominant whole food nutrition is strongly encouraged.**
- **By condensing eating into an 8 or 10 hr window (on most days), expect:**
 - Reduced total body fat %
 - Reduced visceral fat
 - Reduced waist circumference
 - Lower blood pressure
 - Decreased LDL cholesterol
 - Decreased HbA1c
- **By varying fasting windows throughout the month:**
 - A basic starting fast (a 10 hour eating window per day, with the last food consumed 4 hrs before bedtime) allows the body to get “used” to going for a little longer period of time without eating. ***This is a good starting point for the 14 Day Reset, but NOT the place you’ll want to stay in for optimal lifestyle results. Eventually, you’ll confidently “graduate” into a predominate 6-8 hr eating window, allowing for longer and shorter fasting windows throughout the month, so the body doesn’t settle into comfortableness. We are constantly changing things so the body doesn’t settle into a metabolic habit. This gentle type of stress on the body is called hormetic stress, and it is a helpful kind of stress.***
 - 12-16hr fast: allows body to switch between sugar burning and fat burning
 - 17+ hr fast: autophagy kicks in.... This type of fasting is best for detoxing, improved energy, improving brain function/cognition, balancing sex hormones (VERY helpful for PCOS, perimenopause, infertility (NOTE: engaging in a 17+ hr fast 1-2 x weekly helps slowly restore balance to sex hormones..... Need 3-6 months of this to see marked results.)
 - 24+ hr fast: a burst of stem cell production in the digestive tract..... Mucosal lining has a chance at repair (great for post antibiotic use, post Birth Control repair, helps tackle SIBO)
 - 36+ hr fast: releases stored sugar Liver repair. Done occasionally.
 - 48+ hrs fast: dopamine reset
 - Immune system reset: 3 day water fast

Fasting Basics:

- **5 main points of IF as a lifestyle:**
 - Identify your own goals (are you fasting for weight loss, increase energy, heal, correct hormonal imbalance, etc?)
 - Very important to vary your fasting lengths, **but always.. On fasting days... stop eating 4-5 hours before your head hits the pillow.**
 - Vary your food choices.... The female body thrives with diverse food choices (estrogen does well with low carbs, progesterone needs carbs... understand your cycle!)
 - Embrace a supportive community (that's why we're here at the 14 Day Reset!)
 - When your eating window opens, break your fast with protein!
- **Eating healthy is key, but you can ease into it.**
 - **Ingredients matter... more importantly, whole food nutrition matters!**
 - **Hormone supportive foods**
 - Estrogen thrives in low glucose low insulin world
 - Progesterone thrives in a higher blood sugar (why we crave carbs... use root veggies, red, purple, and Yukon gold potatoes, squash: [acorn, spaghetti, honeynut, butternut], black beans, citrus fruits, bananas, mangoes and papaya, blueberries, raspberries, pumpkin seeds, wild and brown rice and quinoa as a great healthy carb source)
 - Protein and healthy fats! Need for muscle building and testosterone production
 - **Videos on whole food nutrition:**
 - <https://rumble.com/v2d9mpq-nutrition-mythbusters-part-i.html>
 - <https://rumble.com/v2d9o10-nutrition-myth-busters-part-ii.html>
 - <https://rumble.com/v2danzg-nutrition-myth-busters-part-iii.html>
 - <https://rumble.com/v2d5xya-intermittent-fasting-and-its-effect-on-gut-health.html>
- **Start with an 8 hr window of eating.... Get good at it before moving on. KEY**
- Be flexible and plan on breaking your fast at least once a week. Enjoy flexibility!
- Fasting like a girl (**video coming**) ***This is very important when fasting... to feed female hormones vs the traditional intermittent fasting.***
- **NOTE: 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".**
 - Days 1-10 (power phase... "keto biotic"... *Increase protein intake to 75gms, more than 60% of food coming from good fats, moderate carbs @ 50gms*)
 - Days 11-15 (ovulation..... hormone feasting **100-150gms carbs to feed progesterone, at least 50gms 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 feasting... repeat as days 11-15) **NOTE: lean in to whole food nutrition, and allow yourself to step off the fasting wagon the week before your period to feed your hormones properly!**
- It is important to move/exercise!
- Lab Work is helpful both as a benchmark and to help tweak problems (see troubleshooting difficult weight loss... (**videos coming on the following topics**)
 - epigenetics/ exposure to toxins
 - Bowel health (and microbiome)
 - Chronic stress (cortisol)
 - Poor sleep habits
 - Identifying medications that slow weight loss
 - Dietary deficiencies that impede weight loss
 - Medical Conditions (adrenal fatigue, constipation, thyroid disorders, chronic dehydration.... Simply drinking adequate water boosts calories burned by 24-30%, hormone disorders)

Basics on Intermittent Fasting and Fasting Like A Girl

Resources:

- **Podcasts and videos**

- Dr. Joseph Mercola.... Fasting for Metabolic Fitness and Hormone Balance- Discussion between Dr. Mindy Pelz and Dr. Mercola) January 29th 2023 on Podbean
- The Resetter Podcast/ Dr. Mindy Pelz:
<https://podcasts.google.com/feed/aHR0cHM6Ly9kcm1pbmR5cGVsei5saWJzeW4uY29tL3Jzcmw>
- You Tube:
 - <https://www.youtube.com/@DrMindyPelz>
 - <https://www.youtube.com/@drjasonfung>

- **Articles**

- <https://takecontrol.substack.com/archive?search=fasting>

- **Books**

- Fast Like a Girl (by Dr. Mindy Peltz)
- The Complete Guide to Fasting (by Dr. Jason Fung MD)
- Fat for Fuel (by Dr. Joseph Mercola)