



THE FACTS ON
FASTING

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OBJECTIVES

- TYPES OF FAST
- WHAT HAPPENS IN THE BODY
- WHO CAN BENEFIT
- HOW TO
- CONSIDERATIONS

WHICH TYPE OF FAST IS BEST FOR YOU?

Time Restrictive Feeding & Intermittent Fasting	Fast Mimicking Diet	Water Fasts
16hr fast/8hr feed 12hr fast 8 hour eating window	3-5 days low calorie days (500-600 calories)	24+ hr done less frequently
Eat normally after fast and on non fasting days	Eat normally on non fasting days, during low calorie days protein is low, moderate fat	Water

WHAT HAPPENS WHEN YOU FAST

- Glycogen (muscle sugar) is burned
- Insulin (Fat Storage Hormone) lowers
- Epinephrine (Adrenaline) increases
- Metabolic Rate Increases
- Stored fat is used as fuel for body and brain
- Digestive System rests
- Cells do “Spring Cleaning”

WHY WE Fast

- Controls seizures
- Rest for digestive system
- Cellular detox
- Increases mental clarity, focus, brain performance
- Fat loss
- Longevity (live longer!)

FASTING VS LOW CALORIE

- Controlled
- Hormesis (good stress that produces positive benefits for the body)
- Boosts metabolism
- Erratic
- Can put stress on the body that negatively effects hormone balance
- Slows metabolism
- Increases fat storage

OTHER CONSIDERATIONS

- Persons with a menstrual cycle
- Fighting through a fast when you are hungry
- Over fasting
- Under eating during fasting window
- Circadian rhythm fasting vs skipping breakfast
- Remember, EVERYONES OPTIMAL FASTING SCHEDULE IS DIFFERENT

HOW TO

FASTING

Black coffee, tea, water, sparkling water

MCT Oil? Exogenous ketones?
Electrolytes?



FEEDING

Focus on protein, fat and vegetables





THANK YOU!

@make_shifts_happen