

Fasting Boost



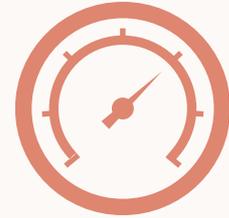
Fasting TIPS

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How To Curb Your Hunger

Don't worry, soon fasting will recalibrate your hunger meter.



- Remember that hunger comes in waves. It does not keep going up and up if you don't eat.
- Drink plenty of water, the simplest and easiest method to stave off hunger when fasting.
- Green tea can help decrease Ghrelin, the hormone responsible for hunger.
- Take electrolytes to keep your energy levels up.
- Choose a good water.
- Exercise is thought to reduce the activation of brain regions linked to food cravings. [27,28]

Practical Fasting Tips

- Exercise also reduces hunger hormone levels while increasing feelings of fullness. [29, 30]
- Follow your normal daily routine.
- Get busy away from food, don't test your strong will.
- Mindset: Super important while practicing intermittent fasting.
- Try meditation during the fasting period to allow the hunger pang to pass.
- Read some success stories in our community!



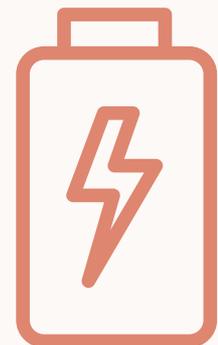
Tips For Starting & Sticking With It

Be determined, brave and committed during the first few days. If you are serious in your attempts to build self-discipline, you will have to be consistent in your efforts!

The more you exercise self-control on a consistent basis, the stronger you will get.

It will take some time for your body to adapt to fasting but once that happens you will feel fantastic and full of energy!

The longer you fast, the more time your body has to put towards healing, cleaning and burning body fat!

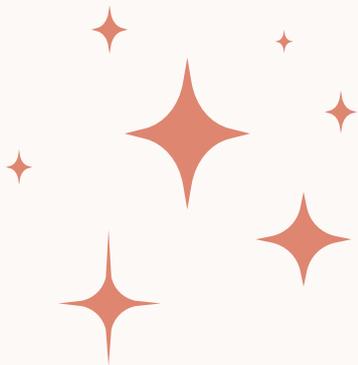


Distract yourself and keep busy with your activities.

Intermittent fasting can quickly become a lifestyle change because it's sustainable.

Fit Intermittent Fasting into Your Own Life

Arrange your fasting schedule so that it fits in with your lifestyle. If there are occasions such as a celebration or vacation, don't worry too much.



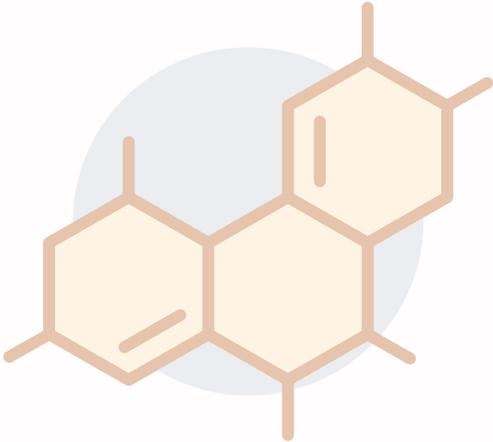
Adjust your fasting schedule accordingly and do not limit yourself socially.

Green Tea

Green tea is a great weight loss nutritional source.

It is rich in antioxidants and theanine, which speed-up your metabolism and protect your tissues from toxic substances. Additionally, green tea has a moderate amount of caffeine, which acts as a mild stimulant and promotes fat loss.

Ghrelin –The Hunger Stimulating Hormone



When we say that “hunger comes in waves” what we mean is that Ghrelin (the hunger hormone) generally lasts about 20 minutes. If you can distract yourself it usually goes away.

A Pinch of Quality Salt



We need to pay attention to electrolyte and mineral intake - and our needs increase even more when we fast.

Replacing lost sodium is essential to feel and perform your best, proper hydration is critical for optimizing mental and physical performance.

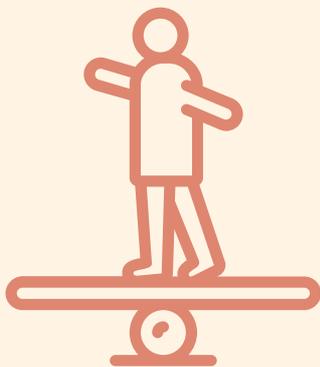
Make Sure you Stay Busy During your Fast

It often helps to choose a busy day, It'll keep your mind off food. Now is the perfect time to throw yourself into your work or pick up that hobby you have been putting off.

A distraction will keep you from fixating on your hunger and surrendering to hunger pangs during your fasting window. Keep busy during fasting so that you will forget to be hungry.

Hunger Stabilizes Over Time

Fat-adapting can help too. Training your body to run on fat by fasting curbs appetite by:



- Reducing ghrelin, your hunger hormone
- Improving the function of leptin, your satiety hormone
- Limiting blood sugar fluctuations, which drive cravings.

Why Are Cravings So Tempting At Night?

Often times, we associate nighttime with relaxing, and relaxing with eating. It is our time to wind down and reward ourselves after a long and exhausting day.

Because we are in a relaxed state and perhaps not as focused on healthy behaviors as we are throughout the day, it is more likely to indulge in comfort foods such as cookie, ice cream, and chips. It's time to put an end to the nighttime madness— Later on in this module you will learn how to beat those cravings and keep focused on your weight loss goals! For now:

- Don't keep trigger foods in the house.
- Make sure to choose high protein foods to prevent additional cravings and always drink plenty of water to prevent from overindulging late night.

Plan your first meal carefully.

If you don't break your fast wisely, your gut won't be happy. This method won't work if you eat lots of processed foods - It's very important to primarily eat healthy foods during your eating window.

Fast With Others

Supportive friends, family members and significant others are critical to your successful fasting journey.



We need to feel a sense of belonging to a larger social group and feel socially connected to our family and friends.

This helps you stay motivated. Plus, it's fun to share metrics like hours fasted.

Avoiding Hunger With Intermittent Fasting

When we are fasting we avoid meals arbitrarily and modify the intervals at which we consume food, so we can get rid of our habit of consuming many meals a day. This will help us turn away from our conditioned response of hunger every three to five hours.

We will not feel hungry like before. We still get hungry when we are really hungry, experiencing conditioned hunger. We will not consume food based on the clock. We will eat it when our body really needs it.

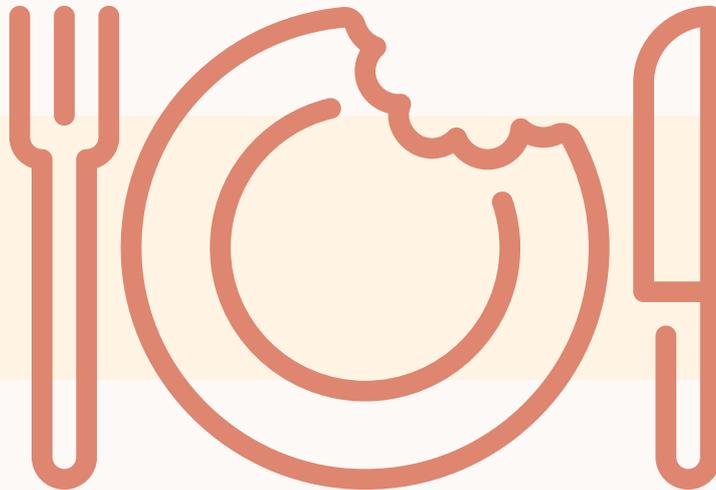


To avoid hunger conditioning, try to only eat at the table.

Avoid eating food anywhere else at your house, school or work. Avoid eating food in the car as well.

Avoiding Hunger With Intermittent Fasting

We can make fasting easier by controlling our conditioned reaction to experience hunger. Because of specific provocation and the cephalic phase response.*



We need to avoid artificial sweeteners since they activate the cephalic phase response, prompting hunger and insulin generation.

Although it's a personal choice and we can't tell you what to do, artificial sweeteners will only make your cravings worse.

Stay away from food stimuli during a fast.

*Cephalic phase responses (CPRs) are innate and learned physiological responses to sensory signals that prepare the gastrointestinal tract for the optimal processing of ingested foods.

Supplements Can Help

Several safe, clinically approved supplements may help get the most out of intermittent fasting.

Dietary fiber supplements can be valuable additions to your intermittent fasting diet. Fiber reduces the absorption of fat and reduces cholesterol levels.

Supplements that contain Carnitine are also beneficial to amplify the fat-burning process.

Electrolytes



Fasting increases your *electrolyte requirements. Take electrolytes to keep your energy levels up.

If you don't take electrolytes (especially sodium) during a fast, you won't look, feel, or perform **your best.**

*Check Module 2 for more information or watch our video: "Electrolytes & Intermittent Fasting".

Non-Fasting Hours Reminder

If you practice intermittent fasting followed by periods of overeating, obviously the benefits can easily be lost.

You will gain benefits if you consume the same or less calories than the amount of calories you ate before.



You just can't consume more calories and expect to get amazing results.

Don't use intermittent fasting as an excuse to eat tons of junk food when you are eating—continue to eat responsibly, sticking with whole natural foods with high nutrient density and avoiding processed foods!

Junk Food = Stored Fat + Constantly Hungry
Real Food = Burn Calories + Satiated