



Helps to reduce stress/calm the body

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6  **How to turn on *the switch*...**

- Intermittent fasting—trips the metabolic switch
  - Alternate day fasting
  - Time restricted feeding or calorie restriction (30-40% less calories than ad lib diet)
  - Consecutive day fasting
- Training 'low'
  - Workout before eating or 4 hours after a meal
  - Refuel after workouts

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**#1 Intermittent Fasting—Time Restricted Eating**

- 12 hour fast—every night
- May extend to 14-16 hours
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8  **#2 Intermittent fasting-Alternate Day**

- 12 hour fast
- Caloric restriction (20-40% less than ad lib diet) on alternate days

9  **Benefits:**

- Weight loss
- Inflammation
- Blood sugar
- Cholesterol
- Lowering insulin
- Longevity

10  **#3 Periodic fasting**

- Consecutive days of fasting (3-5 days)
- Water or very low calorie (fasting mimicking)

11  **#3 Periodic fasting (consecutive days water/low cal)**  
**May be best for:**

12  **Common Pitfalls in Fasting**

- Eating whatever you want
- Fasting too long
- Poor food quality
- Lack of energy
- Alcohol

13  **Important Nutrients**

14  **Health Considerations**

- Diabetes or other medications
- Pregnancy
- Breast feeding
- Cancer or chemotherapy

15  **Best Choices for meals**

- Lean protein and plant-based protein:
  - Beans, nuts, seeds, chicken, fish, eggs
  - Dairy, if tolerated
- Vegetables and fruits—4-5 cups per day
  - Leafy greens, roots and shoots!
  - Squashes, tomatoes, chilies
  - Herbs
  - Berries, apples, citrus
- Healthy fats
  - Fatty fish, avocado, nuts, seeds, olive oil
- Whole grains---*very little refined flour*
  - Perhaps no gluten
  - Oats, quinoa, brown rice, ancient grains, millet, amaranth, farro, etc.
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17  **Summary:**

- Time restriction, alternate day, periodic fasts
- Reduces caloric intake and controls inflammation
  - Promotes autophagy and cell senescence = less disease, longevity
- Start with 12 hour fast
- Add alternate day fasting
- Periodic fasts at your discretion
- Choose high quality foods---limiting meals, potentially limits nutrients

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18  **Resources**

- [Harvard Health Blog: Intermittent Fasting](#)
- Meal Planning: [Sheet pan dinners](#)
- The Complete Guide to Fasting by Jason Fung, MD
  - [www.dietdoctor.com](http://www.dietdoctor.com)
- The Longevity Diet by Valter Longo, PhD
  - [www.valterlongo.com](http://www.valterlongo.com)
  - <https://prolonfast.com>