

**Lose Weight, Stay Healthy,
Live Longer**



The

FASTING

G U I D E

An Official guide to
Fasting

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INTRODUCTION

Hi I'm Melissa McLane, a Master Certified TCM Health Coach and Consultant. I am a big believer in the power of taking back your own health, with a balanced lifestyle to prevent illness, to slow down aging, to help my clients achieve optimal weight naturally, and increase longevity. I give people tools, support and direction to use on a regular basis. These tools are proven to reset, renew and restore. I am very interested and curious in the new science as I have a thirst for knowledge, as I love learning about science in the health and nutrition field. I have a special interest in whole foods, more plant-based nutrition eating plans, fasting. I enjoy helping my clients adopt healthy habits.

In high school, I would create meal plans for my mom's friends who wanted to lose weight. When I was 16, I taught exercise classes in my community. I went to college to become a nutritionist, took course work in nutrition and spent hours in the lab.

Years later I got married - on the same day, we planned on getting on a plane with our bicycles with the intention of going around the world. We did not know when we would return back home. While on our trip, I noticed a bump on my neck and knew I needed to come home, as my health needed attention. I was diagnosed with thyroid cancer. I had just found out I was pregnant with my first child.

I needed surgery immediately and though I was blessed with a healthy daughter, I knew I had to look at what was causing me to be unhealthy.

My whole world shifted and what I thought to be true was not true. At that moment I knew I needed to look at the causes of my illness. What we are told is based on big marketers and big businesses that feed us lies and inundate us with a quick fix with fad diets the promise of a better, healthier you. I know, by my personal experience and that of my clients, it takes more than a pill or a gym.

In my opinion our medical health care system is a very reactive model. I never understood how doctors could prescribe many different medications, because of symptoms, to one client and then expect the same results in another client, without side effects. While on my journey I discovered functional medicine, which changed my life and my way of thinking, I have attended numerous medical conferences, worked with functional medicine, health care practitioners and medical doctors.

What I know to be true is that we each have our unique biology and our bodies have an innate way of healing all by themselves.

It is our responsibility to take back our own health by understanding what we are doing to create the symptoms in the first place and finding doctors, practitioners, and coaches to support us.

I have adopted and currently use my tool kit for my own health. I have noticed how I feel and listen to my body and check in with my mindset, and I also get routine blood tests to see the results of my efforts immediately. Personally, I do not think a routine medical blood test gives us enough information and understanding as to where we need to focus. Plus, we are rarely given protocols and tools to get to the root cause of our health issues.

If you do not want to do a test there are other ways to measure improvement:

- Weight
- Blood pressure
- Waist circumference
- Body Mass Index

Another health tool I have adopted is fasting. There are so many scientific medical studies behind fasting and I truly believe it can change your health and your life. You might just need some deeper information and a “how to” guidance to make it work for you. To put it another way, fasting helps EVERYTHING, literally everything: weight, sleep, digestion, pain, aging, energy, hormones, skin, gut health....and so much more.

I want to share what I have learned and I hope you gain some information that you incorporate into your life not just to lose weight, reverse some health conditions and disease, and live a long healthy life without suffering as you age. If you picked up this eBook you are already on your way to change your health and your life.

**What is Fasting?
What are the Benefits of Fasting?
Why you should do it?**

This book is for those seeking solutions, knowledge, and hope. There is new science related to stem cell activation and regeneration to slow down aging, ward-off disease and get you to your optimal weight. The goal is to live healthy longer, staying vibrant and youthful beyond our traditional life expectancy.

When fasting is mentioned most often there is always the same response. Am I going to starve?

To be clear, starvation is the involuntary absence of food. This is different from fasting, which is completely voluntary.

If you are interested in fasting, you might not understand how it will benefit you at first. I get it. I want to explain the science behind fasting. I know your mind is probably chattering away, saying: “there is no way I can do this” “Last time I tried it was too hard?” “I do not know how” “what if I get so hungry” “Isn’t fasting unsafe?”

Well, first let me explain what fasting is and then how your body, mind, and health will benefit from fasting.

What is Fasting: Fasting is the total abstinence from food for a set period. Fasting has incredible health benefits and supports healthy body weight, reduces hunger and cravings, decreases inflammation, and improves cognitive performance. Fortunately, new medical clinical research and credible scientific evidence prove that when we fast we enable our body to heal. Our bodies know how to heal all on their own. The problem is that we are not taught strategies on how to tap into this healing.

I want to share how you can do this on your own so that you reset your body, your hormones, and weight loss efforts at any time as one tool in your health toolset. Fasting and a clean eating plan combo will tap into your innate healing right away.

History of Fasting: Many people fasted as part of ceremonies that initiated them into adulthood.

Hippocrates wrote, “To eat when you are sick, is to feed your illness”.

That makes sense, because when we fast our body goes into Autophagy, which is the natural process by which the body removes debris and toxins so that it can continue to function at optimal levels. Fasting is one of the most ancient and widespread healing traditions in the world. Autophagy is your body’s way of recycling cellular debris and this healing process is innately in all of us.

Fasting is a tradition that has been practiced all throughout recorded human history. Even thousands of years ago it was associated with benefits like mental clarity, increased energy, improved health, and prolonged longevity.

Benjamin Franklin is quoted as saying, “the best of all medicine is resting and fasting.”

They were on to something.

It turns out that thanks to modern science and clinical testing, we are now understanding there is something very real that happens inside our bodies when we fast.

When we adopt a daily nutritional regimen of clean eating and combining it with periodically fasting (anywhere from 2-12 times a year) we will tap into one of the most powerful interventions we can discover to promote changes that do not disrupt the harmony and innate healing in the human body.

To Dispel rumors about fasting:

Myths:

- *Breakfast is the most important meal of the day.*
- *Eat smaller frequent meals a day.*
- *Fasting leads to burning muscle instead of fat.*
- *If I do not eat I will get low blood sugar.*
- *Your metabolism slows down when you fast.*

In today’s society, big Pharma and businesses do not make money if we fast. Claims that fasting may compromise your health, your weight, lose muscle mass and even die. There might be some conditions that make fasting not a good choice if you fall into these categories: if you have an eating disorder, advanced liver or kidney issues, dementia, pregnant or lactating fasting is not recommended. Always check with your current health care provider. It is a powerful tool to incorporate into your life. It is important, if you are taking medications or have a serious health condition, to consult your health practitioner.

Think about it, if we can maintain good health, even vitality, keeping our optimal weight naturally and allow our bodies to heal, why would we need prescriptions? Statistics show spending in 2010, total medicine expenditure in the United States was approximately 316 billion dollars. As of 2018, this amount increased to around 482 billion dollars (and growing). By incorporating fasting into our lives, we could save money and even better could extend our life and add more LIFE to our years.

WHY SHOULD YOU FAST? Fasting is being researched as a simple and highly effective therapeutic and powerful intervention to manage weight loss, resource for reversing diabetes, to improve health, to conquer food urges and have a better relationship with food, to activate autophagy, to ward off Alzheimer's disease, to increase mental clarity and to attain and maintain a youthful and healthy body.....

What is your goal? Your "WHY"

- Weight loss
- Reduce Visceral Belly Fat
- Detox
- Increase energy
- Improve insulin resistance
- Lower Blood Sugar Levels
- Improve Heart Health
- Become Fat Adapted
- Increase growth hormone
- Invoke autophagy
- Reduce hunger
- Improve concentration,
- Decrease Inflammation
- Enhance the immune system.
- Building a New Relationship with Food

When fasting may be hard, come back to your **WHY**

Do you want to lose weight? Fasting promotes healthy body weight.

When you fast, your body taps into its natural nutritional reserves. First, it consumes the glucose in the form of glycogen deposits stored in your liver. These glucose reserves typically last for about 3 days, depending on the individual.

Health is the only wealth we have. As we age our cells age with us at a fast rate and it is important to understand current science around how we can regenerate and clean up and detox our cells.

MIND-SET: Are you an Emotional Eater? - Emotional eating can also override signals of fullness, which can lead to overeating and result in weight problems if the behavior becomes routine. No one should ignore the body's signals, but it is wise to be mindful of what is driving a desire for food. Hunger is a physical hunger need for food and Appetite is a desire for food such things as blood sugar levels, hormones,

and exercise can trigger appetite. Are you feeling stressed, lonely, or bored? These moods can trigger “comfort” eating which can drive your eating choices that are sugary, fried or salty foods, instead of healthier, more nutritious options. Eating real foods.

Habits and Timing and Our subconscious mind. [CLICK HERE](#)

WHY AUTOPHAGY? Autophagy can help reduce inflammation, which can boost immunity, and it can help prevent neurological decline and slow the aging process. Autophagy is where the body clears itself of toxins and renews damaged cells. It is our body’s natural recycling activity, allowing the body to self-repair and heal.

WHERE IS THE MAGIC? The magic lies in having a toolbox of therapeutic health options to take back your health. Having good health is essential for us to create a life we dream of. I know that living a life healthy as we grow older is essential; how does it sound not spending time in hospitals, being active well into our 80’s and 90’s, being able to remember things, and not suffering through getting older, and not spending a lot of money on health care and prescriptions?

We are all looking for ways and other options beyond the standard western American health care system. The fear of legal action, heavy caseloads keep doctors narrowly focused on basic care, which means we are often left with no other option to integrative care.

I am here to say that there are other integrative interventions that are built on solid research. Doctors have only 4 hours of nutrition classes in their years of studying.

THERE ARE DIFFERENT FASTS

GENERAL BENEFITS of Fasting:

Fasting can be an effective way to combat aging and many diseases. Try skipping breakfast and any morning snacks for a week. The following week, give up your evening snacks, too.

REDUCES INFLAMMATION. Inflammation is in the news daily. Systemic inflammation is caused by the immune system. This low-grade inflammation is rarely noticed, but it’s implicated in many chronic diseases. Hypertension, arthritis, and

asthma are three examples. Lupus and inflammatory bowel disease are also caused by inflammation. The foods we eat are major contributors to inflammation. By going a longer period without food, you can reduce the amount of inflammation in your body.

Fasting can possibly increase your life span. Fasting has been shown to increase life span in rodents. The surest way of increasing the lifespan of any mammal is to reduce its calorie intake. Studies haven't been going on long enough to show if the effect is found in humans, but scientists have been able to double the lifespan of rats and mice by reducing their food intake.

Reduces obesity and hypertension. Fasting also can also reduce hypertension. This is probably due to a combination of weight loss and reduced inflammation. Obesity is implicated as a contributing factor to many diseases. Getting your weight under control is an important goal.

Fasting has been found to improve, or even cure at times, type-2 diabetes. Reducing the number of times, you eat each day will reduce the amount of insulin released by your pancreas. This helps to improve insulin sensitivity.

Fasting can reduce hypertension, inflammation, and blood sugar issues, the likelihood of developing heart disease is much lower. Fasting can be that powerful.

FASTING OPTIONS

INTERMITTENT FASTING: Minimum of 12 -16 hours with no food, which includes your sleep time. You can do this every day, or a few times a week. You'll need to experiment with your timing to see how you feel. For example, you can fast for 16 hours and eat over a period of 8 hours.

Benefits:

Autophagy (reduces toxin in your cells, reduces inflammation, burns visceral fat and studies have shown it slows down the aging process)

Start to get into a fat-burning stage and start getting fat-adapted.

Triggers growth hormones, which help with cellular and muscular functions (helps to improve muscle mass, cognitive functions, hair growth, and can increase sex drive.)

Intermittent fasting reduces the presence of free radicals, resulting in less oxidative damage. Oxidative damage is also suspected of being one component of aging. The damage of oxidative stress eventually adds up, and the organism eventually dies.

Intermittent fasting has been shown to provide numerous health benefits. However, it's still necessary to choose your foods wisely. The quality of your diet is still important. No diet will turn doughnuts and chips into health foods. You still have the responsibility to eat well.

You'll be an intermittent faster before you know it. Intermittent fasting is a very versatile approach to regulating your eating habits and improving your health. While there are dozens of ways to modify an intermittent fast find what suits your own unique needs.

LONGER FASTS OPTIONS:

OMAD (one meal a day) - 24 hours FAST with no food. Dinner to Dinner to Breakfast to Breakfast, whatever you prefer. On this fast you can take your medications that must be taken with food. You can incorporate this a couple times a week and gain so many benefits.

Benefits:

- Continued Autophagy
- Pushes out stored glucose in the muscles and liver

36-42 hour Fasting. For example, if you finish dinner at 6 or 7pm on day-1, your fast would begin immediately after your dinner, skip one day-2 and resume eating on day-3 between 6-12pm (depending on the total hours).

Benefits:

- Potentially reverses insulin resistance
- Weight Loss
- Continues Autophagy Deeper
- Mental Clarity
- Ketosis - continues to burn fat as a source of energy

FASTING MIMICKING DIET: 5-day diet that mimics a water fast, providing the benefits of fasting while eating. Combining these two elements can protect, regenerate and rejuvenate the body to keep us young and healthy longer.

Benefits: stem cell production and rejuvenation. FMD is highly recommended for beginner fasters.

The Fasting Mimicking Diet (FMD) was developed by biochemist Valter Longo director of the Longevity institute at the University of Southern California (USC). Dr. Valter Longo created a program based on biology strategy that influences longevity and health through cellular protection and regeneration to stay young longer. His laboratory has discovered there is clear communication between nutrients and the

longevity genes, which can be activated to promote cellular reprogramming and regeneration so that an organism can stay healthy longer, and as a consequence maxim what we call health span.

FMD has been clinically proven to stimulate the loss of abdominal fat while conserving muscle and bone mass. The benefits are generated by switching on the human's own innate remarkable ability to activate stem cells and regenerate parts of the cells, systems and organs, leading to a reduction of risk of factors for many diseases.

Additional Types of Fasts”:

WATER If you chose to water fast it would be important not to go long periods to avoid salt deficiencies and to ensure your salt requirements are met.

FAT FASTING - This might be a way to prep for a fast, because some believe if you eat pure healthy fats, this helps to reduce hunger and makes fasting easier. Some fats are: coconut oil, MCT Oil Cream, or butter.

DRY FASTING This means what it says. No fluids of any kind are allowed. I prefer other fasting methods to this one as you are combining fasting with potential dehydration.

4 - FASTING TIPS:

1. Hunger comes in waves and it is not constant and this will pass. When you feel a strong urge to eat while fasting hang tight. Drink a cup of hot coffee or tea or a glass of water. By that time, your hunger will pass.
2. Stay busy: I find that when I do an extended fast I need to stay busy as it will keep my mind off eating and the intensity passes.
3. Do not binge after you are finished with your fast. I truly believe in eating and adopting a highly nutritious eating plan that you like into your life. If you want to limit animal products or are a vegetarian there are ways to adopt an eating plan that works for you. There is no one-way of doing things. It is important to fit your eating and fasting with your beliefs and your goals. Do not limit your social engagements. There will be times you just need to relax and engage in the party and eat that cake. I tell my clients to eat that sugary cake and see how

you feel afterwards, especially after they have balanced their blood sugar. Most times the yucky feeling they have is enough to be mindful next time and say no.

4. Do not beat yourself up if you need to stop and adjust. Just resume your regular fasting schedule to what makes you feel the best. Really, fasting is just a tool to pull out when it fits your lifestyle and want to feel the best in your body and mind. It is kind of like life, there is no difference in learning any other skill, and it takes practice and a lot of support to get it right?

INSULIN: Weight loss and the role insulin plays in your metabolism can be helpful in understanding one aspect of your health. Insulin is a hormone that is triggered by your pancreas in reaction to the “sugar” in your system. It helps you store energy by transferring glucose from food into cells and if you have enough stored “energy” in your cells this “energy” turns into fat. High levels of insulin lead to insulin resistance and type 2 diabetes and cannot effectively burn stored fat. The more insulin-producing foods you eat the more difficult it becomes for you to lose weight.

The only way to improve insulin resistance is by reducing the amount of insulin in the body. This is where fasting can help. When you fast, your body consumes the stored glucose in your cells, allowing insulin levels to normalize.

After your body has gone through its glycogen deposits, you will enter ketosis. Your body will now burn fat for energy instead of sugar. Your body breaks down fat and stores and produces ketones for brain and body fuel. However, ketosis is not the only reason why fasting helps people lose weight. The hormone insulin plays a role in weight loss as well. Conventional wisdom about dieting may actually prevent you from losing weight. Conventional diets may cause your metabolism to slow down, making it easier to regain any weight you lost while dieting. With fasting, your metabolism isn't slowed by fasting, so weight loss can become permanent (as long as you maintain a healthy lifestyle).

The American Journal of Clinical Nutrition published a study in 2009 about the effects of short-term, alternate-day, intermittent fasting on weight loss and heart health in obese adults.

The test group consisted of 16 overweight people who were put on a ten-week trial. Participants were limited to only 25% of their usual caloric intake on fast days and

allowed to eat normally on the others. The results were remarkable. The participants all lost approximately 12 to 13 pounds of body weight.

FAT ADAPTATION: Here are some ways to improve the ability to successfully burn stored body fat for energy, and these include the following: low carbohydrate diets improve the body's ability to utilize fat for energy rather than glucose, as there is more fat to use as energy and less glucose available at all times, even in the fed state. Think eating healthy fat first, little protein, and low carbs (mostly from vegetables)

EXERCISING: If I were to tell you that exercise could be one tool for the fountain of youth would you make exercise one of your tools in your toolkit? Fasting while exercise may actually help your brain and your body burns more fat and lose weight and it may help keep your muscles keep strong and lean.

One of the key health benefits of exercise normalizes your insulin, and glucose levels. Try high-intensity exercise as it depletes glucose and glycogen and making your body

utilize more of your stored fat. Exercise also improves insulin sensitivity, burn more fat and increase adrenaline.

Q&A'S:

→ How to handle hunger when fasting?

Analyzing hunger feelings and the psychology of how our brain calls the shots. Our culture is one of overeating, obesity and chronic diseases. The most recent NHANES statistics show that almost 40% of Americans are obese and over 70% of Americans are overweight. The Western diet accelerates aging and weight gain and chronic disease. If you simply delay breakfast by 90 minutes and eat dinner 30 minutes early leads to fat loss. Fasting reduces hunger overall and it will pass.

→ What if I get dizzy?

You might be slightly dehydrated. Be sure to drink plenty of fluids. If you are taking medications you might want to talk with your health care provider.

→ What if I get a headache?

Headaches are very common the first few times you fast. They are usually temporary, but you might want to add some salt into a big glass of water and drink it slowly.

→ What about constipation?

This is also common as your bowels slow down during fasting simply because of fasting. Stay hydrated; drink lots of water and tea. If this

persists and you are feeling discomfort ask your health care provider for a laxative. Or you can try an over counter high quality herbal and mineral supplement from a reputable source.

→ What if I am a diabetic?

My recommendation is you need to consult with your health care practitioner especially if you are taking diabetic medication. Medication while fasting might bring your blood sugar extremely low which can be dangerous.

→ How can I manage social engagements and eating out?

Connection and social outing are a huge part of our lives and something we should not miss out on. And avoiding social engagements because you are fasting is not healthy. There are solutions such as you might want to skip a meal or two (e.g. breakfast and lunch) before you got out on the town. Think about this if you skipped breakfast and your last meal was the night before at 7pm, you would have been fasting for 16 hours (assuming you eat again at 7pm that next night). And nobody would notice and would be easy to do.

CIRCADIAN RHYTHMS: Listening to your internal rhythm varies between people but it is essential to follow the cycles of nature outside and inside. Each day the sun comes up and each night the sun sets. Just like the sun rising and setting so do our bodies. The daily routine of ebb and flow can look like this: 2am Deepest sleep happens, 4am lowest body temp, 6:45am sharpest blood pressure rise, 7:30am

melatonin secretion stops, 10am highest alertness, 12:30am best coordination, 3:30pm fastest reaction time, 5pm greatest cardiovascular efficiency, 6:30pm highest blood pressure, 7pm highest body temp, 9pm melatonin secretion starts. Almost most of our hormones are secreted in a circadian rhythm.

SCIENCE: I want to share and help you with some solid understanding of the science and benefits of fasting so you can move through a fast with ease and with certainty. Ultimately the more understanding the more you will benefit. (READ FULL ARTICLE)

- Published January 2nd, 2019 published a large study on over 1,400 people.
- Fasting period from 4 days to 21 days.
- 60% women/40% men.
- Age: 18-99 years old.
- Kept the calories under 200 under calories.

Here are the highlights of the study:

- 100% of the people lost weight especially around their middle section and blood pressure went down. 93% of people increased physical or emotional wellbeing and the absence of hunger.
- **NOTE:** I promise you the more you fast you will notice how incredible you feel. Studies have shown the more you fast the more you will secrete GABA, which is a neurotransmitter that calms the brain. So out of 1,400 people 93% of people notice the calmness and brain clarity.
- 404 people out of the study had preexisting health issues. 341 reported that there was an improvement. We just do not have enough scientific proof that specifically research health conditions that fasting will improve health issues. Unfortunately, a lot of studies are backed by pharmaceutical companies that sway the studies, because they have no financial benefit.
- People who were fearful of fasting and adverse reactions: less than 1% had a problem with fasting. Our mind plays tricks on us: that we are going to die, or that the hunger will never go away, or the dizziness will continue... The whole goal of fasting is to reboot and switch over your metabolism to be more of a fat burner. In that process, it can be uncomfortable.
- Blood measurement results: ESR (an inflammatory marker) went down. LDL (Cholesterol) went down. If people were experiencing hair loss or getting heart palpitations it meant their electrolytes were off, specifically calcium and phosphorous.

BREAKING YOUR FAST:

How to Break your fast thoughtfully and keep the benefits going:

Now that you're about to break the fast you can break your fast with something small like an avocado with olive oil, then you can wait 20-30 minutes before introducing another food.

Depending on the length of your fast will determine how long you should take: for shorter fasts you really do not have to take extra precautions, but for longer fasts you might take 2 days and go slow. Remember when we eat we spike insulin, and depending on what you eat, will depend on how much your insulin will spike your blood sugar. Continue writing in your fasting journal. Keep track of what you eat, how you feel and what times you eat every day.

Do not be tempted to gorge yourself or indulge, especially on unhealthy foods. Take this is your opportunity to structure your diet around healthy foods. Fasting resets

your system and helps you break free of old habits. Try not to fall back into them. The longer the fast the slower you must go.

Sugar is one of the nutrients responsible for years of aging fast and dying early so try avoid sugar!

Eat real whole foods found in nature with minimal processing. Do not eat sugars, grains, starches, industrial oils such as vegetable, soybean, corn oil. Eating a low carb high-fat diet fits nicely with fasting, as both improve fat-adaptation and continue with autophagy. Do not binge, slow down and check-in with yourself. Eating around 800-1,000 over the next couple of days. Eat foods such as soft cooked eggs, avocado with olive oil, berries w/coconut cream, fermented veggies, sauerkraut, bone broth and salads, and cooked soft vegetables, organic, unsweetened nut butter. On about the 3rd day you can add some grass-fed meats and fish if you wish. Intermittent fasting is a great way to break the fast (see above.)

Check in with yourself and see how you feel. Go slow!

Disclaimer: only for educational purposes and not to substitute care from your health care provider. If at anytime you do not feel well you must stop your fast and see your health care practitioner.

Who should not do a fast?

- Infants or children under the age of 18 years old
- People with Type 1 diabetes
- People with certain rare genetic disorders.
- Pregnant or Lactating women
- Eating disorders or underweight
- On medications
- Hypoglycemic
- Substance abuse or addiction
- Health Failure

LAST WORDS:

You can do anything - it takes motivation, understanding, being aware of your thoughts, environment, your history and finding what works for you and what you want for your life.

Identify daily healthy nutrient eating plans and incorporating periodic fasting into your life. Fasting also, has the potential to extend healthy human longevity.

Who doesn't want to live a long healthy life? Let's, for a moment focus on how we can extend our life, stay active and rid ourselves of disease as we age and look and feel 15 years younger. What I understand is the genetics contribute to only about 15-20% of our health conditions, so we have about 80% control of how we live our life.

To achieve a longer lifespan there are solutions; wholesome eating and nutrition plan, being away from possible toxic exposure (e.g. cleaning supplies and hygiene products), get into the habit of consistent movement, challenging our mental thoughts and addressing the subconscious. Sleep is important and managing our stress levels. Living with purpose and being around people we love to be around.

Join me in our fasting week, one coming soon. If you are a beginner and want to get your feet wet in an extended fast I would highly recommend starting with the Fasting Mimicking Diet (FDM). I love how easy it is use and results are wonderful ([CLICK HERE](#)).

[Click Here](#) to join our private Facebook group for fasting and healthy eating education, support, and encouragement.

You can shake up your fasting and eating plan at any time especially if you stall. Adjust your regimen. You might find doing intermittent fasting 3 to 4 times a week, and then do one meal a day once a week, and then do a longer fast during the winter and a shorter fast during the summer. Adjust and adapt. You can take back your health!

Here is to your health and life! Melissa xo