



# Strategic Fasting benefits

## what is Strategic Fasting?

- fasting is an act of willing abstinence or reduction from certain or all food, drink, or both, for a period of time.
- for our purposes, fasting is the restriction of a dietary source of fuel, and minimized digestive effort, for a specific period of time. specifically we are looking to restrict starches and sugars, while minimizing digestive effort.
- **Strategic Fasting** is incorporating fasting into our lives, experimenting with types and durations, with an intention of maximizing the health and body composition benefits of our way of living.

## why Strategic Fasting?

- mimics the evolutionary template of feast and famine.
- a hormetic stressor - beneficial punctuated and in small amounts.
- has tremendous psychological and physiological benefits.

## benefits of Strategic Fasting

- **improved self-sufficiency and metabolic flexibility.** the body learns how to create energy from fat stores and maintains its ability to use glucose. this translates into optimal energy levels, performance, and body composition.
- **improved body composition** (and health) from low insulin levels. fasting forces insulin levels to be low improving hormonal health and improving body composition by allowing the body to tap into fat stores for energy and resetting the body's set point bodyweight.
- **high levels of growth hormone maintain muscle mass** and lean tissues. the energy for basic metabolism becomes more supported by fatty acids and ketones. blood glucose is maintained by gluconeogenesis
- **stronger and healed digestion** from minimizing digestive effort.
- **increased quality of life and longevity.** proven in the literature to increase lifespan when done periodically with varying durations and frequencies.
- **improved measurable health markers.** has been shown to greatly reduce triglycerides, LDL particle number, insulin sensitivity, and blood pressure.
- **compliance with optimal eating.** incorporates a schedule and routine with goals to shoot for that make adopting our way of eating easier.
- **cancer.** a proven protocol for starving cancer cells by forcing the body into self-sufficiency and forcing internal healing and cleansing.
- **brain health, mental clarity, and focus.** has been proven to increase neurological plasticity (flexibility and adaptability) and promote neuron growth because it gives the body a chance to focus on other priorities besides digesting. you should notice that during fasting, there are windows of mental clarity, focus, and overall calmness. the more comfortable you get with fasting, the more focus and mental clarity you will experience over time. many people experience extreme levels of focus, mental clarity, epiphanies, and inspirations in the middle of fasts.
- **improved autophagy and "cleanup."** the process by which cells recycle waste material, eliminate or down-regulate wasteful processes, and repair themselves.
- **improved fitness.** fasted training (and fasting in general) improves metabolic flexibility by forcing the body to be efficient with fat stores and glycogen (muscle sugar) usage while learning how to prioritize both. fasted training also improves nutrient utilization by enhancing insulin sensitivity and forcing the body to "pool" nutrients and resources.

# Strategic Fasting durations



<b>12 hr fast</b>	daily	the bare minimum. the space between our evening meal and our first morning meal.
<b>16-18 hr fast</b>	daily to weekly	most easily accomplished by having dinner and skipping 1st meal the next day. eat when you are hungry. do this at least a few days per week, daily if you want.
<b>24 hr fast</b>	weekly to biweekly	going from breakfast to breakfast, lunch to lunch, or dinner to dinner. going from dinner to dinner. can also be achieved going from any meal to the same meal the next day. recommended at least 1 x per 2 weeks.
<b>36-48 hr fast</b>	weekly to monthly	ideally going from dinner one evening, skipping the entire next day, and then having a "break fast" meal the following day. should be performed at least 1 x per month.
<b>extended</b>	n/a	venturing into beyond 36hr (2 days plus). most people experience the most difficulty on day 2 of an extended fast, so we recommend going at least 3 days if you're going to go for 2. must work with a coach to determine lengths and frequency :)

## Strategic Fasting types

fat fast	SHT fast	water fast
eat when hungry. eat until full as often as necessary. the goal here is to make it easier to transition into a SHT fast or water fast.	no eating except for below.	no eating.
no dairy or nuts. heavy cream and butter fine.	no dairy or nuts. heavy cream and butter fine.	no dairy or nuts.
eggs, bacon, avocados, olives, greens with massive fat, butter, ghee, mayo, olive oil, coconut milk / cream, bone stock.	only bone stock, heavy cream, butter, avocados.	only water, tea, and coffee.

## tips, hints, things you can use

anything that initiates upper GI digestion, including sugar and usually protein will disrupt a fast. fats have the smallest impact, then proteins, then carbohydrates. to reap the most benefits of fasting, your fasting periods should be as void of nutrients as possible. use our recommended progression. these are some other things you can use.

mineralized water	no moderation	pinch of unrefined Himalayan salt with all water. bonus Concentrace and/or vitamin C. optional fruit infused. squeeze of lemon or lime fine.
coffee and black teas	up to 3 cups per day	caffeinated or decaffeinated.
herbal teas	no moderation	all kinds, except for the sweet ones.
fats like butter, heavy cream, coconut oil, coconut milk, MCT oil	1 tsp / cup of coffee 3 tbsp / day max	during fat fasts and SHT fasts. fats do not raise blood sugar levels or spike insulin like carbohydrates and proteins, but they still give a signal of nutrients. minimal amounts :)
kombucha	1-2 cups per day	look for kombucha with the lowest amount of sugar.
bone stock	2 cups per day	especially on longer fasts.
supplements	--	sure, but not necessary.