

# FASTING IS A GREAT WAY TO JUMPSTART YOUR METABOLISM

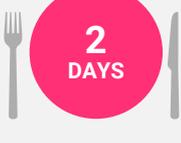
## What Is Intermittent Fasting?

Intermittent fasting refers to meal timing. By restricting your eating to shorter time periods, and abstaining from food/beverages for a larger window of time, fasting helps move you toward optimal health by allowing your body to fully engage its natural metabolic processes.

### What Are The Benefits?

	Mental clarity
	Increased energy
	Weight loss
	Lowered blood insulin levels
	Lower glucose levels
	Lower cholesterol levels
	Reduction & possible elimination of diabetes medications
	Reduction of inflammation
	Increased level of ketosis

### What Are The Types To Try?

FAST	EAT	
		<b>16:8</b> Daily, fast for 16 hours, eat within an 8 hour period
		<b>14:10</b> Daily, fast for 14 hours, eat within a 10 hour period
		<b>5:2</b> Weekly, eat for 5 days, then a 500 calorie fast for 2 days
		<b>OMAD</b> Daily, eat one meal a day, at any time

### Top Tips:



- Choose a type that works for you
- Stay hydrated
- Get plenty of sleep (8-10 hrs)
- Start slowly
- Ensure you get adequate electrolytes
- Pair with keto diet for optimal results

### Does it help with ketosis? YES

How: It will shift you into ketosis sooner. By starving your body of carbs, you start burning fat more quickly.

### When should I test ketones?

Blood ketones are best measured on a fasted stomach.