

## Intermittent Fasting Methods

When we get tired and lay down to sleep, our body is naturally telling us to rest as it's time for it to repair all the damage you did during the day. It gives it a chance to rid toxins, repair and recycle damaged cells, allow autophagy, build your immune system and a multitude of other benefits to regenerate for the next day ahead.

When we lay down with food in our bellies, our body has to work on digesting the food and doesn't have the time to do all the repairing it needs. Ideally, you want to eat your last meal 2-3 hours before laying down/going to sleep, along with getting about 7-8 hours of sleep a night. I know, I know, work schedule, kids, practice, games, events... it all piles up and it's easier said than done sometimes. However, stay with me...

The term breakfast (*break-your-fast*) is because we fast during the night. That's the easiest time to do it... when you're sleeping! Breakfast just means it's the first meal of your day after waking. Not that it's 6 or 7am. Your breakfast may not be until 11am or even 1pm sometimes! The idea of fasting is allowing your body to rest, repair and regenerate rather than continuing to spend energy trying to digest more food.

When we're able to go to sleep at least 2-3 hours after a meal, you may notice less bloating, less gas, less reflux, better sleep and waking up feeling better.

So if you start with a 12 hour intermittent fast yet go to sleep by 9pm, your last meal should be around 6 and your breakfast may be around 6am. However, any intermittent fast is around what time works best for you, so make it your own!

If you look at method 2 or 3, when you're only eating during a 10 or even 8 hour period (and fasting for 14-16hrs), make it work for you! If you're a busy working mom like I am, maybe your first meal may be at 10am and your last meal at 6pm. Or maybe you really don't like breakfast and eat

during the hours of 12-8pm and go to bed around 11pm? Others may really like to eat in the morning around 7-8am and have their last meal around 4pm. Again, make it your own!

Now, just because we are choosing the “time” of “when” we eat, where not talking about restricting “what” you eat! This is not restricting calories either! Eat when you’re hungry and eat until you’re full but not stuffed.

Lastly, this doesn’t mean eat crappy food when you do eat and expect to see results. Eating single ingredient foods, healthy fats, lots of veggies, good proteins, complex carbs, limit your refined sugars & processed foods and eat organic whenever you can and lots of H2O!

#### **Method 1:**

- **12 hour fasting, 12 hour eating**
  - 7am breakfast (12-24oz water)
  - 9am-10am (16-24oz water)
  - 11am-12pm Lunch (12-24oz water)
  - 3-4pm (16-24oz water)
  - 7pm dinner (12-24oz water)

#### **Method 2:**

- **14 hour fasting, 10 hour eating**
  - 12-24oz water upon waking
  - 8am breakfast (16-24oz water)
  - 12-1pm lunch (12-24oz water)
  - 4pm (16-24oz water)
  - 6pm dinner

#### **Method 3:**

- **16 hour fasting, 8 hour eating**
  - 12-24oz water upon waking
  - 10am breakfast (16-24oz water)
  - 2pm lunch (12-24oz water)
  - 4pm (16-24oz water)
  - 6pm dinner



- First Meal example:
  - First: 12-16oz water
  - Eggs (as many as you want)
  - Any veggies (as many as you want)
  - Healthy added Fat (i.e. grass fed butter, coconut oil added to coffee or half avocado on top of eggs)
  
- Second Meal example
  - Your pick of protein (turkey, chicken, beans/lentils, beef, pork, fish, tofu)
  - Your pick of greens: mix as many as you wish (Broccoli, lettuce, kale, spinach, asparagus, brussel sprouts, etc.).
  - Quinoa or brown rice
  - 12-16oz H2O
  
- Third Meal example
  - Choice of protein (fajitas, taco salad, chili, ratatouille)
  - Choice of veggies (mixed peppers, mixed greens, squash/zucchini medley, etc.)
  - Choice of healthy fat (Oil oil drizzle, avocado, coconut oil, grass fed butter)
  - 12-16oz of H2O

Lastly, how often you do intermitted fasting is up to you and doesn't have to be all the time. That's why it's called intermitted! If you've never done this before, maybe it's something you try once a week on the weekend and gradually work to a frequency that works for you!

Remember, everyone is an individual and it's important to find what works for you! If you want assistance in finding it, contact us! We're here to help!

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