Intermittent Fasting: Gain Essential Tips Transcript

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Start Small With Fasting

Hey, guys. Here with your intermittent fasting transformation, a quick tip. So when it comes to fasting, the best thing to do is start small and work your way up.

You don't have to do a 5 to 7 day water fast just because you're hearing about other people doing it online. Start with something simple. In fact, we call it the simple fast, where you go 12 hours between your last meal and your first meal.

So if you finish dinner by 8 p.m., you would need anything until 8 a.m. the next morning. So no calories until 8 a.m.. Once you've mastered that, you can go up to what we call a brunch fast 14 hours between your last meal and your first meal, and then progress from there.

From my experience, people that are healthier in general, they're going to be able to extend their fasting window and build what we call their fasting muscle, where they're able to go longer periods without food.

Easier. It's going to be an easier transition for those individuals than people who are struggling with chronic health problems. So just give yourself grace and slowly but surely start to build that fasting muscle, challenging your system.

And of course, when you do eat, I always recommend eating really well nutrient dense foods, making sure that you're eating until you're fully satiated and you're full.

Hydration and Electrolytes

You're not trying to just, you know, cut calories when you are in your eating window. So just remember that. Start small. Work your way up. So that's tip number one.

Number two is make sure you're hydrating. Well I always recommend starting your day with at least 8 to 16oz of water. And as you do this and as you build your fasting muscle and start your day with a lot of hydration, you'll actually naturally crave more.

And so you can actually start to drink, you know, 32oz of water. And once you get to this point, you say, okay, I'm, I'm going to drink 32oz, maybe even more, maybe 48oz before I even consider eating food.

And then actually, what happens is you fill your stomach up with the water, you suppress hunger hormones, you actually cleanse and detoxify your body because the water is so good for pulling out impurities and toxins, and you save off hunger.

So you can actually extend your fasting window and you'll feel great. We're really bioelectric beings, meaning that water and electrolytes will produce an abundant amount of energy.

So you need a little bit of salt, some water. You can get tremendous energy that way. and you'll notice the benefits and the effects. You'll feel cleaner, you'll feel more energetic.

You'll feel cognitively brain. Your brain will be sharper cognitively more alive. So that's tip number two. And tip number three is just relax and take deep breaths.

Sometimes when we're really stressed okay. That's going to trigger off a lot of stress hormones which is going to elevate our blood sugar.

Manage Stress and Build Resilience

We're just going to cause more cravings. So take time to just relax and take some deep breaths and keep your stress down, especially when you first get started with fasting.

It's very important to try to keep your stress down. After you start building your fasting muscle, you'll notice that your just your body is more resilient.

You can handle higher levels of stress. In fact, you can even train and exercise your body at a really high level. Even if you haven't eaten in a day, you could even do like a 2020 four hour fast and still workout intensely, with weights and have no problem.

But in the beginning, it's very important to keep your stress levels down, allow your body to start to build that resilience over time, and then you'll see the benefits.

So 3 big tips right there. So go ahead put those into action I know you'll see results.