



the Fasting Method

Extended Fasting Masterclass

Lesson 5: How to break your fast

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Lesson 5 Outline

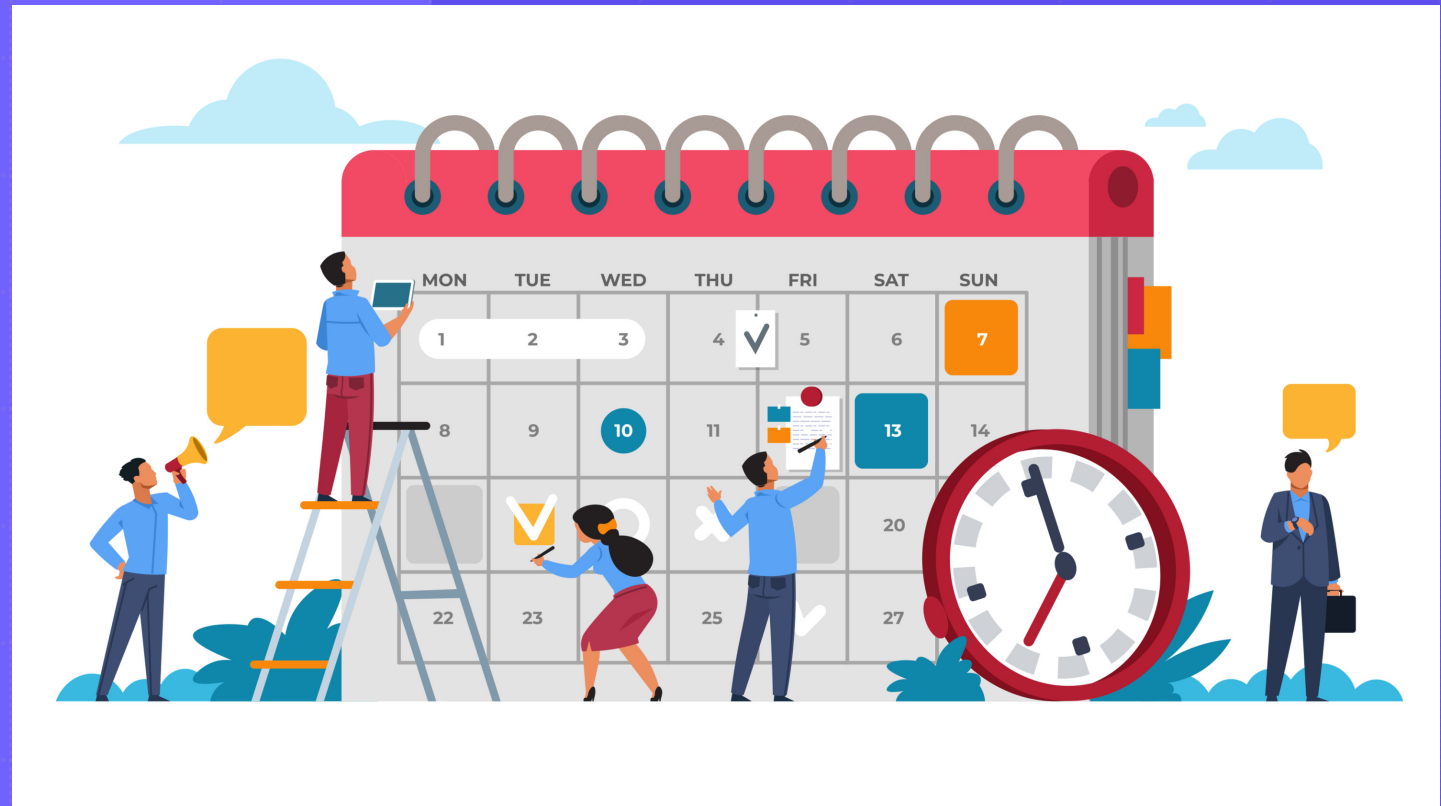
1. Break-fast timing
2. Foods to avoid (for most)
3. Break-fast protocol
4. Potential break-fast side effects



Break-fast timing

Timing...

- Biggest concern is loose stools, and potentially lots of them...
- Don't worry about the exact fasting math - do what's convenient!
- Best time is to break your fast at home with 3-4 hours before bed
- If you have a social engagement in the evening, break it in the afternoon at lunch (or the night before)
- If you're going to be traveling, break your fast 24 hrs before



Foods to avoid (for most)

The most problematic foods are...

No pictures of foods will be shown here because of your fast!

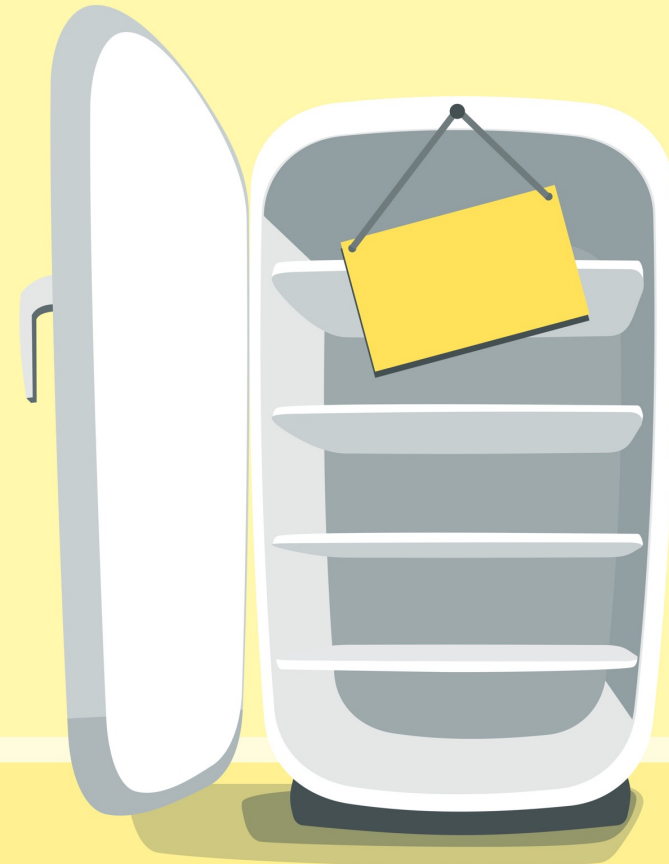
- Eggs
- Nuts

And sometimes...

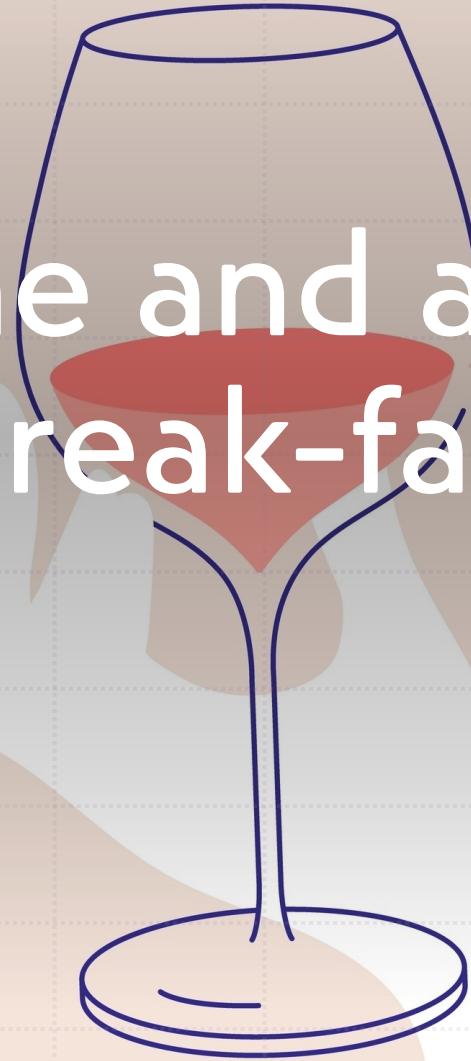
- Meats (eat ground instead)
- Dairy
- Sugar alcohols (xylitol, erythritol)
- Stevia

NOTE: Some people do just FINE eating these things.

If it isn't broken, don't fix it!

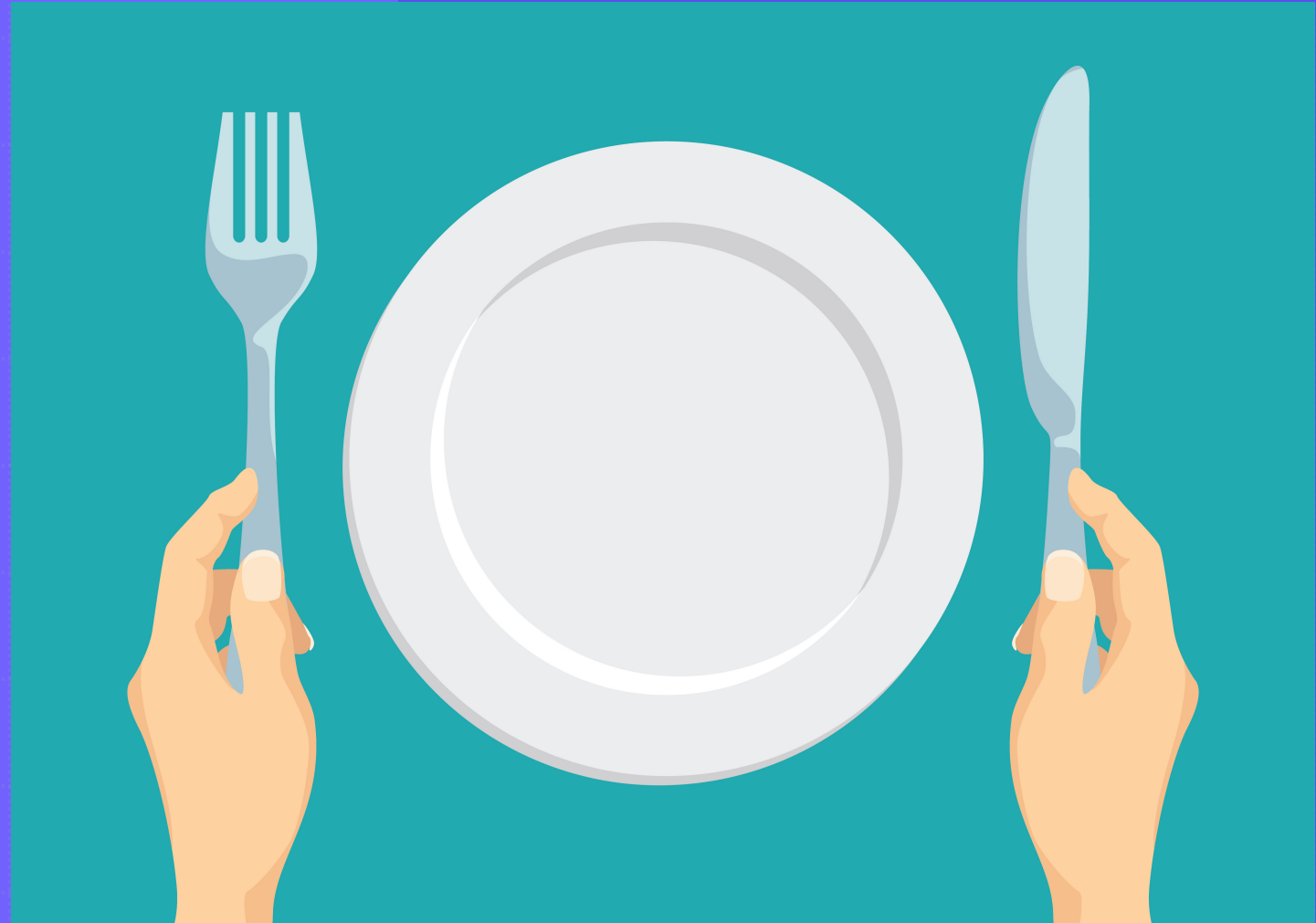


Avoid wine and alcohol for
your break-fast meal



When can you resume eating these foods?

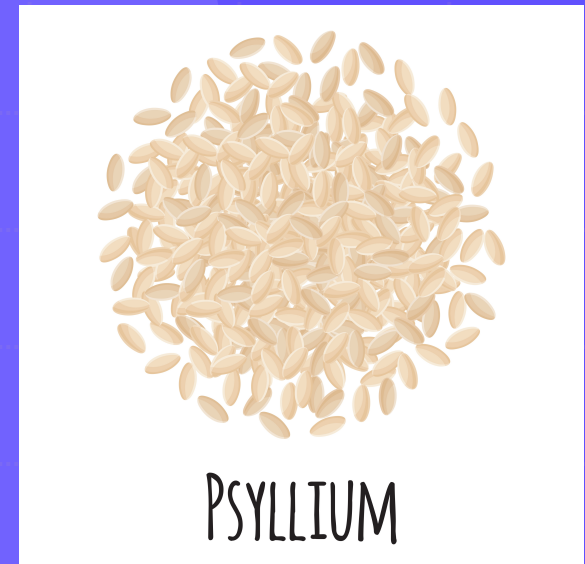
- Conservative approach: 12-24 hours after your break-fast if you have a history of struggling with GI issues
- Your next meal after break-fast



Break-fast protocol

Step 1 (optional): Water with chia or psyllium

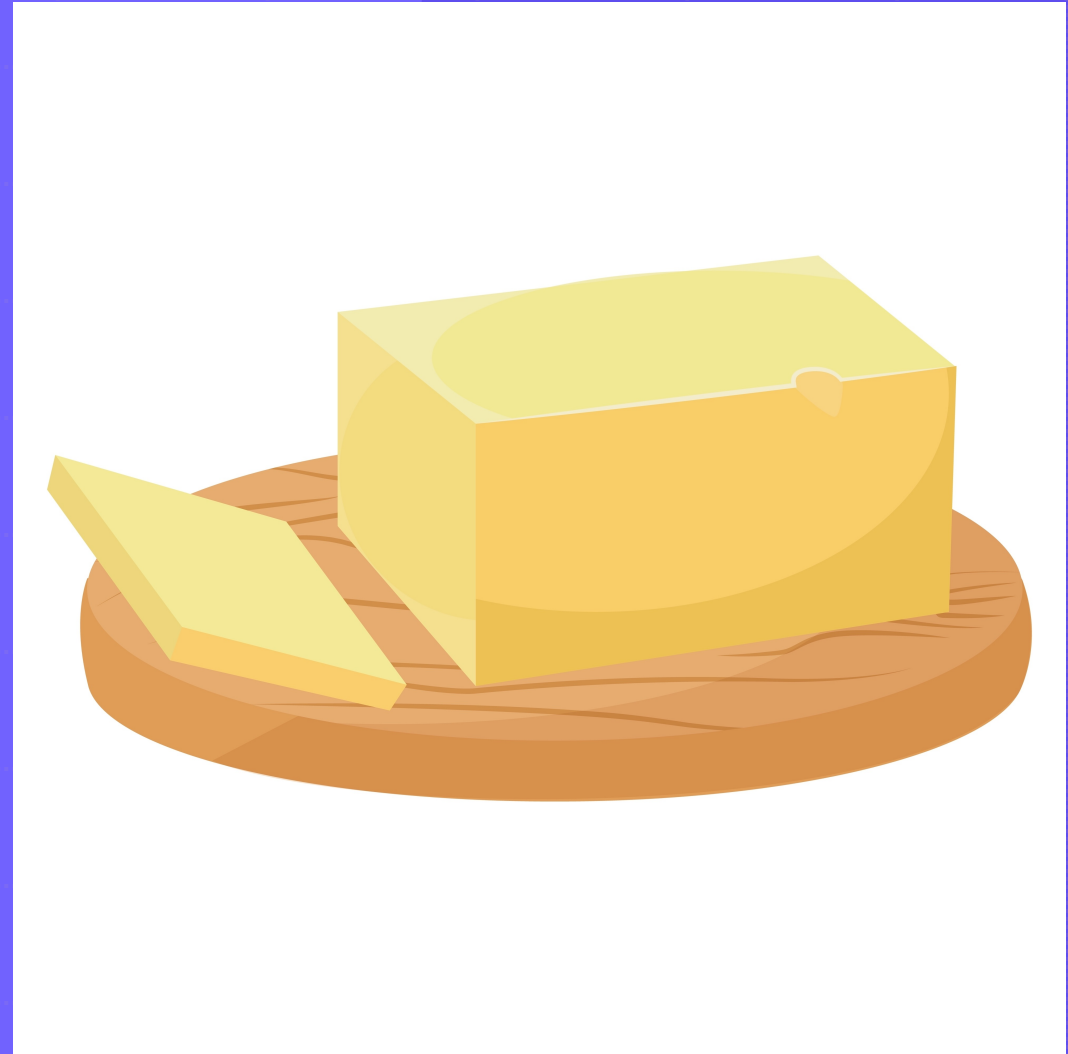
1. Add 1-2 TBSP of chia seeds or psyllium husks to 500 ml of water
2. Let soak for 15 minutes
3. Drink
4. Wait 30 minutes to break your fast



Step 2: Cooking oils to use

1. All cooking fats are OK
2. Butter, ghee, coconut oil, avocado oil, beef tallow, duck fat, leaf lard, bacon fat, etc.

BUT avoid adding extra fat to the food after cooking...



FARMERS market



Step 3: What to eat

Plant-based:

- Recommend sticking to more vegetables than legumes or lentils at this meal
- Avocado
- Berries, apples and pears are OK in small quantities

Omnivores:

- Poultry or fish
- Non-starchy fibrous vegetables
- Avocado
- ½ cup Berries are OK

Carnivores:

- Fish and poultry, if consumed
- If struggling with meats, try to eat ground meats



If you still have issues...

- Break your fast with some full fat yogurt
- A2 only cow, sheep, goat, etc, yogurt or kefir
- No sugar added coconut yogurt or kefir
- Add chia seeds and hemp hearts
- Can add ½ cup of berries as well

When breaking a fast...

- It's best to have just one meal on break-fast day
- Wait 12+ hours until your next meal
- Many will do 2x24 hour fasts for 1-2 days
- The meal can be small
- Do not worry about protein or fat intake, or even just a small portion of food – this does not lower your metabolism on break-fast days



Potential break-fast side effects

Loose stools

Why do we experience them?

- Our body slows down production of digestive juices when we fast to direct metabolic energy elsewhere
- The production is more diminished when we're new to longer fasts
- Body eventually learns and this becomes less problematic overtime (depending on frequency)

What to do about them?

- 1-2 TBSP of chia or psyllium in water 30 minutes before a meal
- Follow outlined break-fast strategies
- Be mindful of when you break-fast



Fatigue

Why do we feel tired when breaking a fast?

- New to longer fasts and digestion taking a longer time to get going again
- Eating foods that aren't optimal for breaking your fast; can be unique to your own physiology
- Not hydrating well enough during the fast; or taking in too much sodium when breaking the fast (**too much of a shift in electrolytes → throws the body out of homeostasis**)



Refeeding syndrome – very UNLIKELY

What is refeeding syndrome:

- Refeeding syndrome happens when someone who is malnourished begins refeeding again
- Our bodies change when in a malnourished state
- Sudden shift in nutrients if introduced too quickly can cause serious implications

Our population isn't malnourished

Always do baseline blood work to assess appropriateness for fasting

Avoid being completely sedentary during your fast

Thank you for joining our class!

1. Make sure to check out the Community Meetings and LIVE webinars with top experts and special guests
2. Join the monthly group challenge
3. Stay connected in the forum

We're here to help!

