Lesson 11:
Extended Fasting

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the Fasting Method

What is an extended fast (EF)?

Any fast over 48 hours in duration

Benefits of Extended Fasting

- Aggressive strategy for driving insulin levels down
- Breaking through a plateau
- Autophagy (cellular recycling) for disease prevention

How often can you do an EF?

66-72 hour fasts = weekly

- Preferred by many women
- Try to do another 24+ hour fast later in the week

4+ day fasts = 4-8 weeks

- Don’t want to develop fasting burnout
- Difficult to do routinely → often cuts fasts early
- Nutrient issues → stress

Fasting Beyond 48 and 72 Hours

- Autophagy and HGH peak at 72-hours
- Severe insulin resistance
- Stubborn plateaus
- Dr. Fung wanted to start all our patients off with a 7-day fast to "jump start" lowering their insulin levels
- It isn't necessary to ever do EFs but in certain cases it can help expedite the healing process

7-Day Fasts in the Clinic

Many patients discontinued or drastically reduced insulin dependency within 7-days

Warnings

- All fasts should be done under the supervision of a registered healthcare provider
- In addition to diabetes medications, blood pressure medications and others may need to be adjusted while fasting
- Baseline blood work should be done to assess any severe nutrient depletion issues

When to Stop Fasting

- You feel unsure about whether you should be fasting
- You feel unwell for any reason
- You feel nauseated → especially important to stop before vomiting and seek medical attention immediately

Biggest Mistakes During EF

- Don’t pay attention to salt and magnesium at the start of the fast
- Prioritize electrolytes once they feel unwell rather than taking them prophylactically

What to Expect During a 7 Day Fast

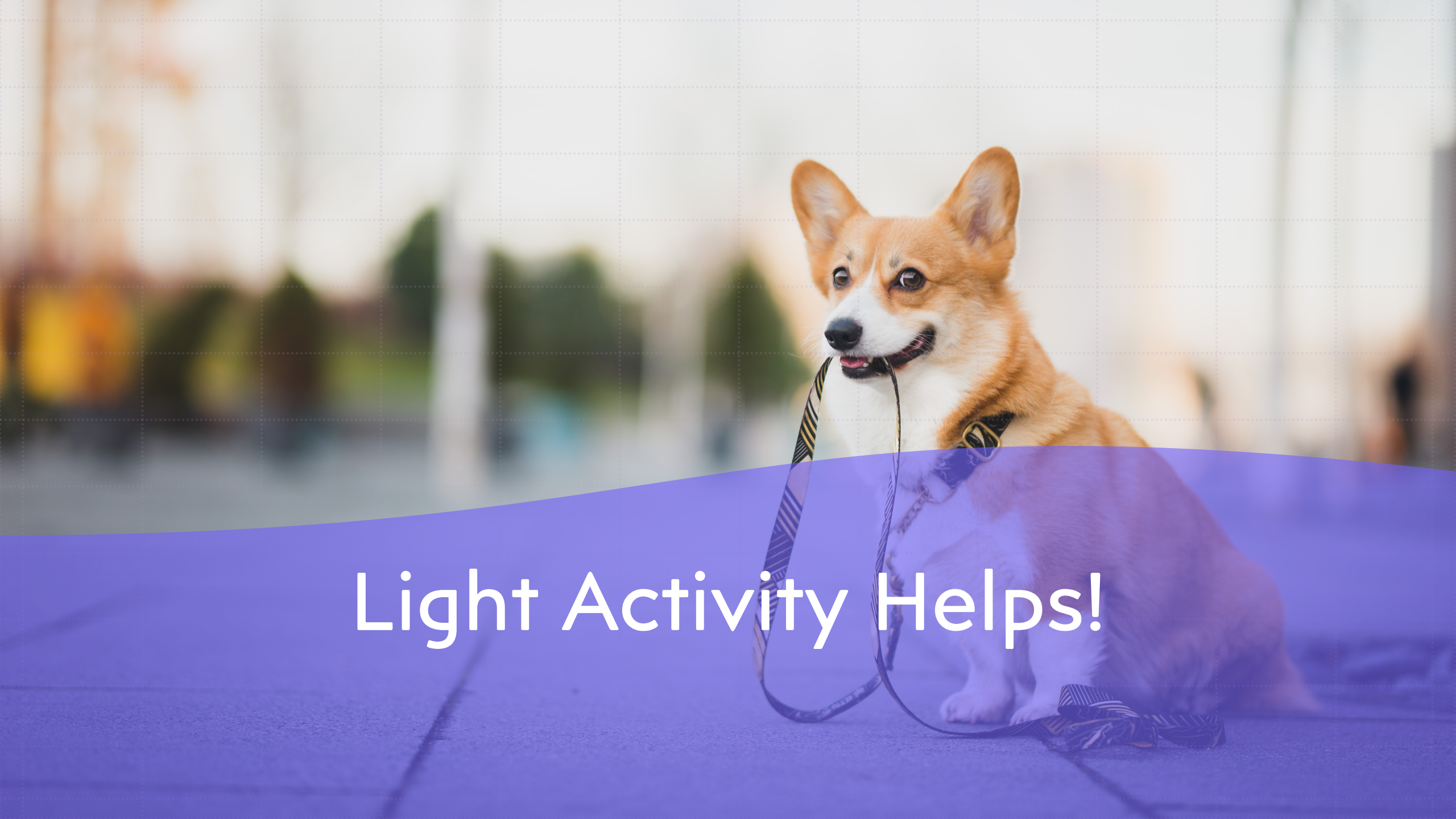
Day of Fast	What Happens
Day 1	Body is fueling off your last meal and glycogen stores. More of a mental hurdle than physical one. Insulin starts to fall rapidly (sodium loss – need to hydrate and replenish).
Day 2	Body starts to transition fuel sources to body fat (free fatty acids and ketone bodies) Gluconeogenesis begins to generate glucose and will continue, as necessary. Insulin continues to fall rapidly.
Day 3	Body needs to fuel primary on body fat. Counter-regulatory hormones peak.
Day 4+	Body is fairly adapted to fueling on body fat. Insulin levels remain low (less water loss).

The Day 2-3 Hurdle

- Feel fatigued
- Cold (body chills)
- Body is transitioning from sugar burning to fat burning and is resisting

HELPFUL TIPS

- Drinking coffee
- Having 1-3 TSBP of fat (MCT/coconut, EVOO, butter/ghee)
- Light activity



Light Activity Helps!