

# Lesson 3: How to Start Fasting

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the **Fasting Method**

# Fasting Fluids

1. Water
2. Tea
3. Coffee



# Fasting Training Wheels

## Water

- 1.Flat, mineral or carbonated
- 2.Any temperature
- 3.Can add >3 TBSP of fresh lemon or lime juice
- 4.Any herb or spice
- 5.Raw unfiltered ACV

## Broth

- 1.Bone broth or homemade stock
- 2.Low carb vegetable broth
- 3.Any herb or spice
- 4.If purchasing, read labels for wheat and/or sugar

# Fasting Training Wheels (Continued)

## Tea and/or Coffee

1. Add max of 3 TBSP of fat per day
2. Butter or ghee
3. Coconut oil, MCT oil or coconut butter
4. Heavy whipping cream or full-fat milk
5. Cinnamon, pure cocoa
6. Salt
7. Glycine for sweetener substitute

## Other

1. Sugar-free pickle juice
2. Olive brine
3. TBSP of MCT oil, EVOO or butter (max 3 TSBP/day)





# Use Fasting Training Wheels

1. There is NO SUCH THING AS A CLEAN OR DIRTY FAST
2. Use training wheels if you need them and not if you don't

# Natural Appetite Suppressants

1. Carbonated water (Gerolsteiner)
2. Mint (spearmint or peppermint) tea
3. Raw unfiltered apple cider vinegar





# Fasting is a Muscle

Slow and steady wins the race

# Acid Reflux and Gout (High Uric Acid)

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At a higher risk for flare-up.

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Need to start slowly with fasting.

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Spend 2-3 weeks at each stage of fasting before progressing to the next level even if it's easy.



# Acid Reflux

1. 3-6 TBSP of ACV
2. 3 TBSP of lemon juice



# Gout

1. 3 TBSP of fresh lime juice
2. Cherry Fruit Extract



# Mindset Strategies

- **Fasting days → Healing days**

- What are your health goals for fasting?

- **Eating days → Rebuilding days**

- What are your health goals for eating?





# Lifestyle Strategies

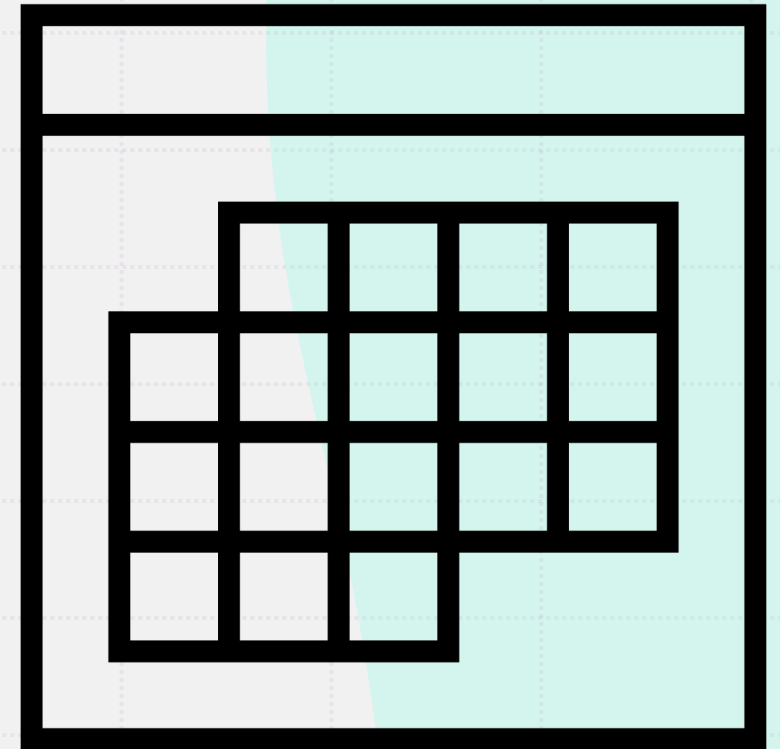
*"Preparation is key for success"*

- Plan activities to do in lieu of eating in advance



# Plan Out Your Fasting Schedule

- Set aside 5-10 minutes every weekend to review your calendar
- Ask yourself: when can you fast vs when you need to eat?







# Action Plan

Are you using fasting training wheels appropriately?