

# Lesson 8: Troubleshooting Your Fasts

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the **Fasting Method**

A black alarm clock with two bells is centered on a light-colored wooden cutting board. To the left of the board is a wooden fork, and to the right is a wooden spoon. The background is a wooden surface. A semi-transparent purple banner is overlaid at the bottom of the image.

Most common side-effects

# A note on fasting side-effects

1. Common when starting fasting
2. Often resolves in 2-4 weeks of consistent fasting
  1. Body adapts to this new way of eating
3. More prevalent if starting from a diet high in refined carbohydrates

# Common side-effects of fasting

1. Headaches, dizziness, mental fog and lethargy
2. Diarrhea
3. Constipation
4. Insomnia
5. Feeling anxious
6. High uric acid levels or gout
7. Acid reflux or heartburn



# Headache, dizziness, mental fog and lethargy

- Insulin levels drop during the fast
- Kidneys excrete excess salt and water
- Frequent urination may be noted

## Solution:

- Drink some bone broth or low-carb vegetable broth
- Have some pickle juice (no sugar)
- Put a pinch of salt under your tongue or in a glass of water



# Diarrhea

- During the fast or after breaking the fast
- Thought that the body may be ridding itself of excess water
- Could be caused by excess magnesium supplementation

## Solution:

- Morning: add 1 tbsp of psyllium husk to 1 cup of water
- Repeat if necessary throughout the day and before ending a fast
- Drink an extra up of broth, pickle juice or salt water
- Switch magnesium supplementation to magnesium glycinate or magnesium bisglycinate



# Constipation

- Bowel movements should slow down during a fast

Solution:

- Drink more water
- Take magnesium citrate
- Increase exercise
- Add some coconut or MCT oil to tea or coffee



# Insomnia and feeling anxious

- Noradrenaline may increase during a fast – may increase energy

## Solution:

- Proper bedtime etiquette
- Epsom salt bath or foot soak in the evening
- Use magnesium oil or gel before bed
- Take magnesium bisglycinate 4-6 hours before bedtime
- Scale back on your fasting duration for a few weeks, i.e. 36 → 24 hour fasts





# Acid reflux or heartburn

- More commonly observed in people who have a long-standing history
- Often improves dramatically with weight loss

## Solution:

- Add 1-3 tbsp of lemon juice to your water throughout the day
- Add 1-3 tbsps of raw, unfiltered apple cider vinegar to your water
- Avoid broth and pickle juice



# Gout

- Fasting usually increases blood uric acid levels
- Due to water and salt loss from the body
- Should not cause gout

## Solution:

- Stick to IF (24, 36 or 42 hours, three times a week)
- Add 1 TBSP of lime juice to your water
- Take cherry fruit extract
- Increase fasting gradually if you have a history of gout



# Bad breath or 'keto breath'

- Caused by acetone from the metabolism of fats
- White tinge to the tongue
- Metallic taste

## Solution:

- Oil pulling 2-3 times per week
- Brush your teeth more frequently
- Use a tongue scraper
- Drink more water



# Hair Loss

- Caused by sudden changes in body composition

## Solution:

- Slow down weight-loss
- Increase protein by 15-30 grams on eating days
- Decrease fasting duration
- Have micronutrients and thyroid assessed





# Electrolytes

A perspective view of a road leading through a tunnel. The tunnel's interior is dark, but the exit is brightly lit with a glowing blue light that creates a lens flare effect. The light illuminates a scenic landscape of rolling green hills under a blue sky with white clouds. The road surface is dark and textured, leading the viewer's eye towards the horizon.

# Sodium is the Gateway Electrolyte

Magnesium is the Second



# Notes on Sodium

1. May not need any at the start of your journey
2. Needs increase as insulin sensitivity improves
3.  $\frac{1}{4}$  tsp in the morning fasting or eating day



# Forms of Sodium

Can add sea salt to water

Chew on Himalayan salt rocks/crystals

Redmond Re-Lyte Hydration Capsules (not Hydration Plus)

Keto Chow Fasting Drops (not Electrolyte Drops)

LMNT if you DO require potassium

# Notes on Magnesium

1. Critical for improving insulin sensitivity
2. 80+% of North America is deficient
3. Involved in thousands of reactions in the body
4. Poorly absorbed from diet

# Forms of Magnesium

Mg bisglycinate (or glycinate) – relaxation, sleep, mood

Mg citrate – constipation

Mg malate – energy

Mg L-threonate – cognitive health

**Note: MUST TAKE AT LEAST 4-HOURS AWAY FROM THYROID MEDICATIONS**

# When to stop fasting

- Encourage patients to stop any time they feel unwell and don't wish to continue
- Red flag: nausea and vomiting
- Most often related to dehydration




A hand is pouring clear water from a glass pitcher into a glass. The background is a bright, out-of-focus indoor setting. A semi-transparent blue banner is overlaid at the bottom of the image, containing the text "Trouble shooting strategies".

# Trouble shooting strategies

# Fast consistently

## Strategy:

- Aim for at least 24 hours, three times a week
- Do more if you can
- Leads to consistent results
- Results are motivating!



consistency  
is  
key!

# Don't deviate from your diet

- Body will retain water if you eat junk food and refined sugars
- Constant fluctuations in water weight
- Slows down adaptation to new diet



# Other suggestions

Plan a mild-to-moderate physical activity to do when feeling sluggish:

- Walk, light jog
- Skip rope
- Organize office, closet, etc.
- Start fasting during a less hectic week
- Moderately busy - ensures movement and mental distractions
- No major stress, i.e. big work presentation or deadline





# Other lab test results

Lipids and hormones:

- Only administer test when fasting for 12-14 hours
- Encourage patients to avoid fasting for 3 days leading up to the test
- Mondays are great days after a weekend of good feasting!
- Avoid doing after periods of eating a lot of refined sugars





Thank you!