

Lesson 9: Common Fasting Mistakes

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the **Fasting Method**

Too Much Heavy Whipping Cream

1. Measure it out! Is it less than 3 TBSP or more?
2. Do you really need it?
3. Are you getting the results you want? If it isn't broken, then you don't need to fix it.
4. Improper use of training wheels in general.



Grazing on Training Wheels

1. Reheating same cup of fatty coffee/tea or bone broth throughout the day.
2. Adding drops of insulin steadily into the system.
3. Think of them as fasting meals and consume within 60 min.



Not Enough Salt

1. Biggest reason for 4-6 PM hunger and fatigue.
2. Results in sugar/carb cravings later in the day.
3. Impairs mood.



Stopping Your Fast Too Early

1. Always cutting your fast at 20 hours.
2. Use fasting aides if you need them!
Benefits outweigh any implication of using them.



Too Much Traditional OMAD

1. Too much of the same thing - the body adapts!
2. Try the 30/16 variation instead.



Not Consistent

1. Need to do therapeutic intermittent fasts 2-3 times per week.
2. Infrequent extended fasts don't equal success without therapeutic IFs in between.

A large white circle with a red border is positioned on the right side of the slide. Inside the circle, the word "INCONSISTENT" is written in a bold, black, serif font. A hand is shown pointing its index finger towards the word. At the bottom of the circle, there are four red circles of increasing size from left to right, and a red line that curves from the top right towards the bottom right.

INCONSISTENT

Action Points

Do any of the things we discussed today resonate with you?

If so, give them extra attention this week and try to minimize them.

