



Should you be taking medium chain triglyceride, or MCT oil during your fast?

Now, you don't have to take MCT oil. If you want to, you can. So the reason people use MCT oil during a fast is that when you're taking a pure fat, you are having very little effect on the insulin, which is the main hormone we're trying to lower during the fast. It does have calories and it is food, but it has so little effect on the insulin that you're still going to get a lot of benefits of the fast. At the same time, people who take this MCT oil, they feel that it helps them. It keeps them more full and so on. So on the one hand, if you really get benefit by taking the MCT oil, certainly, you can give it a try, but you don't have to.

A classic fast is really just water only. And if you're used to just using water, or tea for example, then there would be no added advantage to using the MCT oil. The only advantage of using MCT oil is if it allows you to do the fasting longer, or more easily, so that you're able to do it. But the MCT oil, it's just an oil and there's no magical properties in that. It's just something that may be beneficial to help keep you fuller and having less hunger pangs during the fast. So I consider it a sort of fasting aid. It's something that makes it easier for you to fast.