



## What are the differences between various fasting regimens?

There's two general ways that fasting regimens differ. One is the length of the fast and two is what is allowed during the fast. If you talk about the length of fast, anytime that you're not eating is really considered fasting. In general, if you look at a normal fasting period, people who eat dinner at say 7:00 PM and then breakfast at 7:00 AM, they're going to have a 12-hour fasting period just naturally. That's where the word breakfast comes in, because you have to fast in order to break your fast. If you have a 12-hour fasting period normally, almost every day without even thinking about it, that's already quite good.

If you want to try and lose weight, then you can push it higher to say 16 hours, which is an eight-hour eating window, which is sometimes called time restricted eating. If you do 24 hours, which is say dinner to dinner, it's sometimes called one meal a day. Then you can push it further into the 36-hours, 48- hours, or multiple-day fast. There's no right or wrong between the various fasting regimens. Generally, the longer the fasting regimen, the more powerful in terms of weight loss, but people sometimes really like them and sometimes don't feel so well during them. It's also harder to fit longer fasts into the normal social schedule. The longer fasts are generally not done as frequently and the shorter fasts, like the 16-hours or the 24-hours, can be done even every day. So really you have to decide for yourself which one is good. Some people will do the longer fast and really find themselves not feeling well and other people will feel great.

One of the things we talk about during the long fast is that hunger tends to peak somewhere around 48 hours or so, and then after that is get into day three, day four, day five of a longer fast, the hunger tends to dissipate so that people are not having much difficulty because they're essentially running their bodies with body fat. As your body gets used to it, the hunger goes away because now you're feeding your body with the body fat, so therefore it is less hungry for other sources of food. Some people really like that and some people don't, so you have to decide for yourself what's your optimal regimen. The key we tell people is to really fit this schedule into your life, don't try and just shoehorn it in. If the 24- hour fasts are easy for you to do from a social standpoint, then that might be best for you. If the longer fasts are easier for you to do, then maybe those are best for you.

The other way that fasts differ is what's allowed during the fast. The classic fasting is really a water only fast and then everything else is considered a fasting variation. You can use teas, you

can use herbal teas. You can use coffee, you can use coffee with a bit of cream, you can use coffee with MCT oil or bulletproof coffee, which is butter. You can use bone broth. You can even allow a certain number of calories from food, sometimes people put a little salad or some nuts or something like that. Those are all fasting variations. They're not true fasts, but they're good enough that many, many people will get excellent results using these sort of fastening variations.

The point of the variation, allowing a bit of other things, is that sometimes it makes the fasting easier. It's easier to do the 24 hours or the 36 hours that you're looking for. If it gives you that advantage, in terms of making it easier for you to fast, then go ahead and do it. But if you're not getting the results that you're looking for, then you may want to go back to a more strict fast, maybe water only or say water, herbal teas, and green teas, that kind of thing as opposed to some of the more lenient fasts, which is say things that allow a bit of food or bone broth or that sort of thing.