

Week 2: TFM Approved Fasting Aids

There is no such thing as a clean or dirty fast. Some fasts will feel like a breeze while others may feel like more work. Each fast is going to be different, and you should embrace fasting aids as you need them. It's better to use some tools to complete your fast than totally give up because you can't just stick to water.

But what can you have during your fast?

Your Go-To Fasting Fluids:

- **Water.** Flat, mineral, or carbonated. Hot, warm or room temperature. Water is the base of most of what you'll consume on your fasting days.
- **Tea, including herbal teas, and Coffee.** Preferably black without any creamer or sweetener.
- **Sugar-free pickle juice.** This gives you a nice boost and helps minimize fasting side effects. Drink to taste.

Your Fasting Aid Toolbox:

- **Bone broth or a low-carb vegetable broth.** You can add salt to taste.
- **Fresh lemon or lime juice.** You can add up to 3 TBSP of fresh lemon or lime juice to your water to give it a bit of flavor.
- **Raw, unfiltered apple cider vinegar.** You can add up to 6 TBSP of this to your water each day.
- **Natural fat:** butter/ghee, coconut oil/cream/butter, or heavy whipping cream. You can add up to 3 TBSP of these fats to your tea or coffee throughout the day, or you could even add them to your broth.
- **Herbs and spices.** You can add fresh or dried herbs and spices to water for additional flavor during your fasts.

Remember, we only want to use these aids if we need them. If you've hurt your ankle, you'll get from Point A to B faster with the use of crutches. But if your ankle is fine, then crutches are only going to slow you down. Make sure to check-in with yourself because it can be easy to lean into these training wheels for comfort on our fasting days.

Your Weekly Actions:

1. Try skipping one meal per day. Most people choose to skip breakfast because the mornings are hectic, and a lot of breakfast foods are heavily processed. Remember, it's a myth that breakfast is the most important meal of the day!
2. If you experience hunger, try including some of the fasting aids into your routine. Pro tip: measure any fat you add to tea or coffee. It's amazing how 3 TBSP can quickly turn

into an entire cup! If you're at a café, make sure to add your own since baristas tend to be quite generous.

3. Eliminate any sweeteners from your diet. This includes natural sweeteners like stevia, erythritol, xylitol, and monk fruit. These often derail any attempts at fasting because they can create a lot of gastric distress and drive sugar cravings. They can even raise your insulin levels!

Resources:

- Fasting Training Wheel Quick Guide
- <https://blog.thefastingmethod.com/the-danger-of-natural-sweeteners/>
- https://app.thefastingmethod.com/course_items/177037/preview