

Week 5: Avoid Fasting Side Effects

Most people think they need to perfect their diet before they can ever start fasting, which prevents them from ever fasting. The reason for this belief is because they think they're going to experience a ton of side effects and feel awful if they don't. This is FALSE!

Also, changing your habits and relationship with food takes time. It's not something that can happen overnight. But do you know what can happen overnight? Losing belly fat from fasting!

You can start fasting today and feel fantastic by following these pro tips below:

- Drink a glass of water first thing in the morning and add a pinch of salt (~ ¼ tsp). Do this before you drink any caffeinated beverages.
- Feel sluggish in the afternoon and struggle to make it through your fast? Try having bone broth or sugar-free pickle juice at the lunch-hour.
- Struggling with chills? Add a tablespoon of dietary fat to your tea or coffee.
- Take Epsom salt baths/foot soaks in the evening or use a magnesium lotion or oil before bed to help prevent sleep issues or leg cramps.

Weekly Action Items:

1. Place a water glass on the counter with the salt container right next to it to help adjust your morning routine. People often find great success putting these items next to their coffee machines or kettles to prompt them to develop this new habit ahead of caffeine consumption.
2. Schedule your fasts for the week. Do you need to adjust the fasting dial up or down?
3. While doing your grocery shopping, try to stick to the outskirts of the store. Avoid buying box, bagged or canned items when possible. Pro tip: find out when your local farmer's market is and see what grocery shopping, you're able to do there for the week.

Resources:

- Fasting Side Effect Quick Guide
- https://app.thefastingmethod.com/course_items/177047/preview
- <https://blog.thefastingmethod.com/fasting-basics-common-side-effects-of-fasting/>