



How do the different fasting fluids affect your insulin levels?

The main fluids we consume during our fast are water, tea, coffee, sugar-free pickle juice, and homemade broth, preferably bone broth or low-carb vegetable broth.

Now water, unsweetened tea, and sugar-free pickle juice don't have any known effect on your insulin levels. Coffee, on the other hand, may cause your insulin levels to go up. Now, we observed this in about half of our program participants. We find that coffee either suppresses your appetite or it stimulates it. Now, if you find coffee suppresses your appetite, then you're likely not experiencing much, if any, insulin response from coffee. But if you find that coffee does stimulate your appetite, then you are likely experiencing an insulin response. This is because some individuals are more sensitive to the caffeine in coffee than others. Some are even sensitive to the little bit of caffeine that's in decaffeinated coffee. In these individuals, caffeine causes the body's cortisol levels to spike, which in turn causes elevated blood sugar levels and a surge in insulin secretion.

If you find that you are sensitive to the caffeine in coffee, then try to drink matcha tea instead. Matcha tea has quite a bit of caffeine, but the caffeine in it is released slowly into our systems, and this prevents the cortisol spike from occurring that leads to a domino effect causing insulin to be secreted.

Sweeteners, regardless of whether or not they are natural or artificial, may also raise your insulin levels so it's best to avoid them entirely during a fast.