



**PARRY
SOUND
FAMILY
HEALTH
TEAM**

GUIDE TO INTERMITTENT FASTING



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2 DISCLAIMERS

<p>Medical</p>	<p>Information in this guide is provided for general information purposes and does not constitute medical advice.</p> <p>The information is not a substitute for, nor does it replace the medical advice, diagnosis, and/or treatment provided by your health care professional.</p>
<p>Financial</p>	<p>The Parry Sound Family Health Team does not have any conflicts and/or financial interests with any of the resources, people, books, products referenced in this document.</p>
<p>The Basics</p>	<p>This guide is intended to provide some basic information for you to get started with intermittent fasting.</p> <p>It is not a comprehensive guide.</p> <p>The information in the guide was compiled, copy/pasted from many of the current resources available. Please refer to the Resource/References section of this document.</p>

3 INTERMITTENT FASTING OVERVIEW

3.1 WHAT IS INTERMITTENT FASTING?

Intermittent Fasting can mean different things. For example, what they all have in common is an eating schedule and fasting through certain parts of the day and evening. Although how this gets done varies by the individual. Some people treat this as literal, for example, and they have long periods of not eating, and eating during set times of the day. On the other hand, other people may still eat during that time but might consume fewer calories during the time of fasting.



3.2 HOW INTERMITTENT FASTING AFFECTS THE BODY

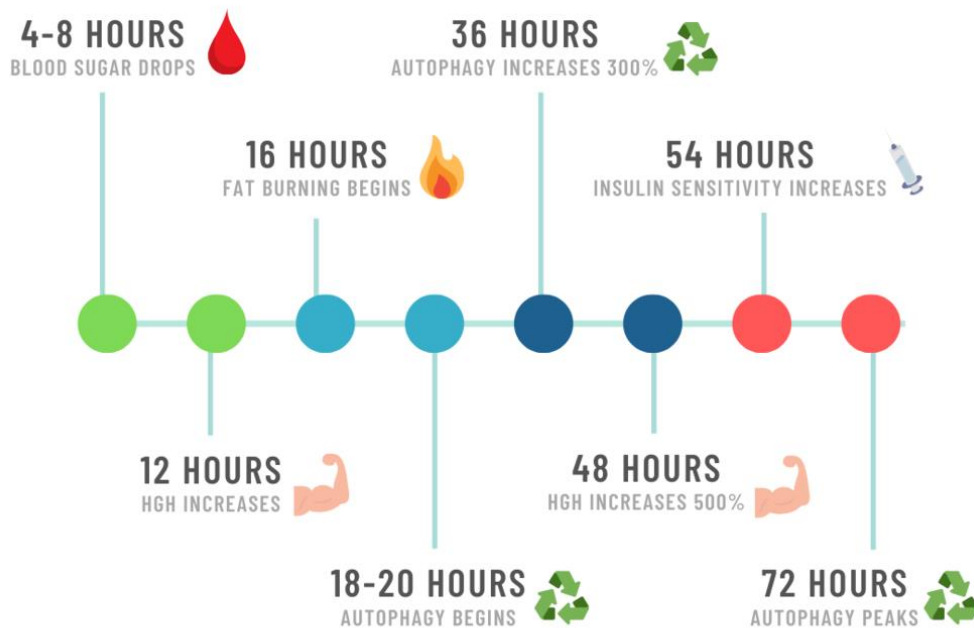
Above all, fasting can cause many effects on the body and can affect the body on a cellular level. For example, to make fat more accessible, the body will adjust hormone levels. Firstly, the Human Growth Hormone (HGH) will significantly increase during fasting. Most importantly, this will benefit the body for fat loss and the gaining of muscle mass. Secondly, insulin, which regulates blood sugar levels, will be lowered as a result. When you have lower insulin levels, for example, it will make losing fat easier. As a result, the fat that gets stored in the body will get lost easier because the body fat is more accessible to get pulled from the body when hormone levels get altered.

Another aspect of fasting is the repair of the body's cells. Moreover, fasting can start a process of cellular repair and give the body a boost to start this process (e.g., autophagy). Fasting can also affect the changes and functions of the body's genes and will make them more protected and long lasting. These changes begin at the cellular level, and they are responsible for the many health benefits of intermittent fasting.

Fasting can release a fat-burning hormone, norepinephrine. The changes that come can increase a person's metabolic rate, moreover, you will also be eating fewer calories. Both of these things have a powerful effect on weight loss. It especially works well, getting rid of belly fat and decreases the loss of lean muscle in the body.

TIMELINE OF FASTING

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3.3 BENEFITS OF INTERMITTENT FASTING FOR BEGINNERS

- Weight loss can be the most significant benefit of intermittent fasting.
- Insulin resistance can get reduced by an intermittent fasting plan. This plan will lower blood sugar and lower insulin levels in the body, and this is especially helpful for people with diabetes.
- Brain health, Intermittent fasting increases Brain Derived Neurotropic Factor (BDNF), which is a hormone found in the brain.
- Inflammation that is in the body may get reduced by intermittent fasting. Inflammation is the cause of many chronic diseases. Long term health problems like arthritis and heart disease can get caused by inflammation. When inflammation gets reduced, these problems are lowered or even eliminated. Your damaged cells will also be repaired and healed.

3.4 OTHER BENEFITS OF AN INTERMITTENT FAST

It is not as much of a commitment compared to traditional diets. You can alter the fast to fit into your schedule and in life in general. Nothing in the intermittent diet is off-limits, so you will not get a feeling of deprivation.

Exercise will be more effective. Exercising on an empty stomach can make your exercise routine more effective. Your body will burn fat better, including fat stored in the body.

Eating plans can be simple and easy. You won't be eating any special foods, and you will have fewer meals to plan each week. This will save you time shopping for food and making meals.

Following an intermittent diet can also stop emotional eating. Regular diets restrict what you eat and can cause a craving for unhealthy foods. Then you may overindulge on these foods. Since no foods are restricted, only some suggestions of food to avoid, this will help stop these cravings and the overindulgence that usually follows.

HOURLY BENEFITS OF FASTING
As approved by Dr. Jason Fung!

4-8 HOURS

- Blood sugars fall
- All food has left the stomach
- Insulin is no longer produced

12 HOURS

- Food consumed has been burnt
- Digestive system goes to sleep
- Body begins healing process
- Human Growth Hormone begins to increase
- Glucagon is relaxed to balance blood sugars

14 HOURS

- Body has converted to using stored fat as energy
- Human Growth Hormone starts to increase dramatically

16 HOURS

- Body starts to ramp up the fat burning

18 HOURS

- Human Growth Hormone starts to skyrocket

24 HOURS

- Autophagy begins
- Drains all glycogen stores
- Ketones are released into the blood stream

36 HOURS

- Autophagy 300% increase

48 HOURS



- Autophagy increases 30% more
- Immune system reset and regeneration
- Increased reduction in inflammation response

72 HOURS

- Autophagy maxes out

the COMPLETE GUIDE to FASTING
Heal Your Body Through Intermittent, Alternate-Day, and Extended Fasting

4 WHO SHOULD FAST OR NOT FAST?

	Fasting Not Recommended	Children <18 years of age Pregnant or lactating women Underweight or malnourished
	Use Caution	Patients on certain blood sugar lowering medications or insulin History of anorexia nervosa Have diabetes mellitus - type 1 or type 2 Have a history of gout or high uric acid Have any serious medical conditions, such as liver, kidney, or heart disease

STOP FASTING IF YOU FEEL UNWELL FOR ANY REASON!

5 THERE ARE SEVERAL WAYS TO DO AN INTERMITTENT DIET

Intermittent fasting offers plenty of flexibility. You can fast for as long or short as you like, but fasts longer than a few days may require medical supervision. Here are some popular regimens. Generally, shorter fasts are done more frequently.

Shorter fast (<24 hrs)	
16:8	<p>This way of doing intermittent fasting involves daily fasting for 16 hours. Sometimes this is also referred to as an 8-hour eating 'window.' You eat all your meals within an 8-hour time period and fast for the remaining 16 hours. Generally, this is done daily or almost daily.</p> <p>For example, you may eat all your meals within the time period of 11:00 am and 7:00 pm. Generally, this means skipping breakfast, but some people prefer to skip dinner instead. Typically this involves eating either two or three meals within this 8-hour period.</p>
20:4	<p>This involves a 4-hour eating window and a 20-hour fast. For example, you might eat between 2:00 pm and 6:00 pm every day and fast for the other 20 hours. This would involve eating either one large, lengthy meal or two smaller meals within this period.</p>
Longer fasts (> 24 hours)	
24 hours (OMAD - Once meal a day)	<p>This way of doing intermittent fasting involves fasting from dinner to dinner (or lunch to lunch). If you eat dinner on day 1, you would skip the next day's breakfast and lunch and eat dinner again on day 2. This is also known as "one meal a day," or OMAD. It is generally done two to three times per week.</p>
5:2	<p>This is the version of intermittent fasting that has the most scientific support, as most studies on intermittent fasting have featured similar advice.</p> <p>Dr. Michael Mosley popularized this variation of intermittent fasting in his book 'The Fast Diet.'</p> <p>The 5:2 fast involves five regular eating days and two fasting days. However, on these two fasting days, you are allowed to eat 500 calories on each day. These calories can be consumed at any time during the day - either spread throughout the day or as a single meal.</p>

STOP FASTING IF YOU FEEL UNWELL FOR ANY REASON!

Fasting

How to Intermittent Fast


Here are some of the more popular intermittent fasting methods/schedules.

 **Stay hydrated!** *Black tea, coffee, and water are allowed*

16:8 **Daily**

Fasting for 16 hours day

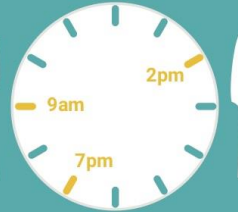
Meal at 11am
Meal at 2pm
*optional
Meal at 7pm



14:10 **Daily**

Fasting for 14 hours a day

Meal at 9am
Meal at 2pm
Meal at 7pm



OMAD **Daily**

One meal a day

One meal at any time, usually late lunch or dinner


One meal any time



5:2 **Weekly**

Normal eating for 5 days.
Eat 500 calories for 2 days.

Eat as you normally do, but need to fast 2 days a week





keto  keto-mojo.com #ketomojo #whatsyourmojo

<https://keto-mojo.com/article/intermittent-fasting/>

6 WHAT TO EAT

Intermittent fasting can be done no matter what type of eating program you follow, whether it is animal based, vegetarian, vegan, keto, paleo, Mediterranean, etc.

In general, keep it simple:

	<p>EAT</p>	<p>Nutritionally dense real food</p>
	<p>AVOID</p>	<p>Processed food Seed oils Sugar</p>

“Hidden sugars” - have a look at the sugar equivalent infographics, courtesy Of Dr David Unwin: <https://phcuk.org/sugar/>

The biggest thing is to find a “system” that is sustainable for you and just becomes the way you operate, a lifestyle.

7 TIPS FOR INTERMITTENT FASTING

- STOP FASTING IF YOU FEEL UNWELL FOR ANY REASON!
- Drink water
- Stay busy
- Drink coffee or tea
- Ride out the hunger waves
- Give yourself at least a month to see if Intermittent Fasting is for you
- Don't binge after fasting
- Find a friend to fast with you

8 FAQs

8.1 WILL I LOSE WEIGHT?

Most likely.

8.2 WHAT IS THE BEST WAY TO BREAK A FAST?

Gently. The longer the fast, the more gentle you might have to be. Eating too large a meal after fasting (a mistake most of us are guilty of) can give you a stomach ache.

8.3 ISN'T IT IMPORTANT TO HAVE BREAKFAST EVERY MORNING?

Not necessarily. That's an old misconception based on speculation and misunderstood statistics. Since hunger is lowest in the morning, it may be easiest to skip it and break your fast later in the day. Skipping breakfast does not lead to eating more.

8.4 WON'T INTERMITTENT FASTING BURN MUSCLE

No, not really - though that's a common and unfounded concern. During fasting, the body first breaks down glycogen into glucose for energy. After that, it increases fat breakdown to provide energy. Excess amino acids (the building blocks of proteins) are also used for energy, but the body does not burn its own muscle for fuel unless it has to.

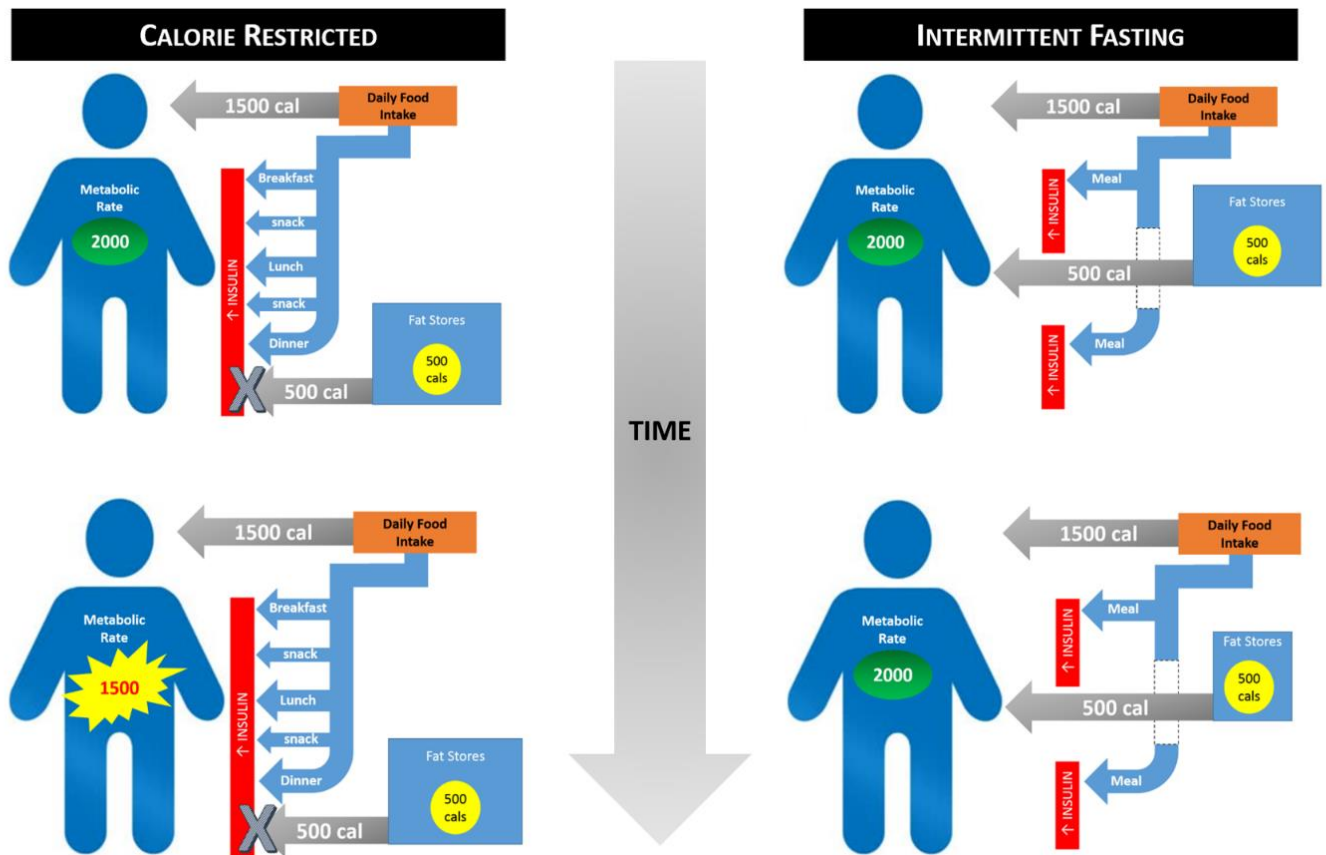
It would be incredible to think that, after our bodies had stored all that energy so carefully in the form of glycogen and fat, it would first turn to burning muscle to give us the energy we need.

8.5 CAN I EXERCISE DURING FASTING?

Definitely. You can continue your usual activities, including exercise, while fasting. You don't need to eat before exercising to provide energy. Instead, your body can burn stored energy (like body fat) for energy. However, for long duration aerobic exercise, eating before exercise may increase performance - and that's good to know if you're competing. Keep in mind that it's important to drink fluids and replenish sodium (salt) around exercise when fasting.

8.6 ISN'T FASTING JUST THE SAME AS REDUCING CALORIES?

No, not necessarily. Fasting can reduce the time you spend eating and centers around the question of when to eat. Calorie reduction addresses the question of what and how much to eat. That's entirely different. Fasting may reduce calories but it's benefits extend far beyond that



8.7 CAN WOMEN FAST?

Absolutely, but there are exceptions. Women who are underweight, pregnant, or breastfeeding should not fast. For women trying to conceive, be aware that, perhaps especially for athletic women with low body fat percentage, intermittent fasting might increase the risk of irregular menses, and lower the chance of conception. Other than these circumstances, there are no other reasons why women should not fast.

Women can have problems during intermittent fasting, but so can men. Sometimes women do not achieve the results they desire, but this happens to men, too. Studies actually show that the average weight loss for women and men who fast is similar.

8.8 WHAT ARE THE POSSIBLE SIDE EFFECTS WHEN IT COMES TO FASTING?

Any new dietary change can result in unwanted side effects. The same can be true when you start intermittent fasting. Here's what to do if you encounter the following:

Hunger - the most common side effect of intermittent fasting. This may be less of an issue if you're already on a keto or follow a low-carb, higher-fat diet. Mineral water may help if your stomach tends to gurgle.

Constipation - can also be common. Less food going in means less waste coming out. You don't need medications unless you experience discomfort. Over-the-counter laxatives can help. Please discuss with your healthcare team or a pharmacist to choose one that is right for you.

Headaches - tend to disappear after the first few times fasting, but taking extra salt often helps mitigate headaches.

Other possible side effects can include: dizziness, heartburn, and muscle cramps.

A more serious side effect is something called the refeeding syndrome - a very rare outcome that generally only happens with extended fasts (five to 10 days or more) when one is undernourished to begin with. We do not recommend fasting for anyone who is undernourished.

This article that discusses the Common Side Effects of Fasting in greater detail.

<https://thefastingmethod.com/fasting-basics-common-side-effects-of-fasting/>

9 LEADING HEALTHY LIFESTYLE

Nutrition is one of the biggest levers for your health. What you eat, and how you eat. Intermittent fasting is something you may consider incorporating.

In addition to nutrition, other factors that influence your health include, but are not limited to: exercise, stress management, sleep, relaxation, family, friends, social well-being, and, the list goes on. Going into detail about these potential influences is beyond the scope of this document.

10 RESOURCES

10.1 TRACKING

- There are many different APPs that you can use to help keep track of your fasting such as ZERO, LIFE, VORA etc.

10.2 PODCASTS

- Diet Doctor, Low carb and keto made simple: <https://www.dietdoctor.com/>
- Peak Human: <https://www.peak-human.com/>
- LowCarb MD: <http://www.lowcarbmd.com> LowCarb MD is a patient-centered podcast focusing on weight loss, wellness and preventative medicine.

10.3 VIDEOS

- Dr. Fung
 - https://www.youtube.com/channel/UCoyL4iGARWn5Hu0V_sAhK2w
- Dr. Tro's Medical Weight Loss
 - <https://www.doctortro.com/videos/>
- Low Carb Down Under
 - <https://www.youtube.com/user/lowcarbdownunder>
- Insulin IQ:
 - <https://www.youtube.com/channel/UCblbxPFG0XAsQA2LwzT6xDQ>
- Dr. Cywes
 - <https://www.youtube.com/channel/UCk4Mk7vArjSYBa1VKv9-chA>

10.4 BOOKS

- Why We Get Sick - Dr. Ben Bikman
- The Complete Guide to Fasting - Jimmy Moore and Dr. Fung
- Obesity Code - Dr. Fung

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- Starting Keto: What is Intermittent Fasting | KETO-MOJO (keto-mojo.com)
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- Therapeutic use of intermittent fasting for people with type 2 diabetes as an alternative to insulin:
 - <https://casereports.bmj.com/content/2018/bcr-2017-221854>
- Reversing Diabetes
 - <https://reversingdiabetesmd.com/>
- How to motivate yourself to change your behavior
 - <https://youtu.be/xp0O2vi8DX4>
- COVID-19 and metabolic syndrome: could diet be the key?
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- Dr. Ben Bikman, The truth about why we get fat and sick:
 - <https://www.insuliniq.com/>
- Dr. Georgia Ede,
 - <https://www.diagnosisdiet.com/food/carbohydrates/>
- Dr. Zoe Harcombe,
 - <http://www.zoeharcombe.com>

- When to Eat and Not Eat, How Many Meals and Intermittent Fasting
 - <https://www.lchf-rd.com/2019/11/22/when-to-eat-and-not-eat-how-many-meals-and-if>
- Time-restricted eating: efficacy versus effectiveness - Peter Attia
 - <https://peterattiamd.com/time-restricted-eating-efficacy-versus-effectiveness/>
- Science for Smart People, Good (and pretty funny) video example how to think/analyze about research studies. While it is using nutrition as the example, can be applied to anything,
 - <https://youtu.be/y1RXvBveht0>
- Sugar Equivalency Infographics
 - <https://phcuk.org/sugar/>
- CMJA: Obesity in adults: a clinical practice guideline 2020
 - <https://www.cmaj.ca/content/192/31/E875>
- Case report: Therapeutic use of intermittent fasting for people with type 2 diabetes as an alternative to insulin:
 - <https://casereports.bmj.com/content/casereports/2018/bcr-2017-221854.full.pdf>
- It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited:
 - <https://insulinresistance.org/index.php/jir/article/view/8>
- Infographics related to nutrition, lifestyle, and health
 - <https://healthcoachkait.com/infographics>