

Fasting: Guidelines

How often do I have to fast?

The length of time you fast will be determined on an individual basis with yourself and the team, including the physician. This typically involves fasting period of 24 to 36 hours, and is usually done on alternate days or 3 days per week. Generally, the longer you fast for, the quicker your results in terms of weight loss and diabetic improvement.

What is a 24 hour fast?

During a 24-hour fast you will fast from one dinner to the next on alternate days. This means if you begin fasting after you finish dinner on Day 1 you will not resume eating until the evening on Day 2, i.e. you would fast from 7:00 PM on Day 1 to 7:00 PM on Day 2. This is usually done on alternate days or 3 days per week.

Day	Breakfast	Lunch	Dinner
1	Yes	Yes	Yes
2	No	No	Yes
3	Yes	Yes	Yes
4	No	No	Yes
5	Yes	Yes	Yes
6	No	No	Yes
7	Yes	Yes	Yes

What is a 36 hour fast?

During a 36-hour fast you fast from dinner until breakfast/lunch two days later. This means if you begin fasting after you finish dinner on Day 1, then you do not resume eating until the morning on Day 3, i.e. you would fast from 7:00 PM on Day 1 to at least 7:00 AM on Day 3. This is usually done on alternate days or 3 days per week.

Day	Breakfast	Lunch	Dinner
1	Yes	Yes	Yes
2	No	No	No
3	Yes	Yes	Yes
4	No	No	No
5	Yes	Yes	Yes
6	No	No	No
7	Yes	Yes	Yes

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What can I have on my fasting days?

Fluid	What Can Be Added	What Can't Be Added	Frequency
Water	<ul style="list-style-type: none">• Lemons• Cinnamon (to hot water)• Chia Seeds (1 tbsp)• Pure Psyllium Fibre (1 tbsp/cup)• Vinegar (1 tbsp/cup)	<ul style="list-style-type: none">• No Crystal Light packages of any sweeteners of any kind	<ul style="list-style-type: none">• At least 2 – 3 L/day
Tea and Coffee	<ul style="list-style-type: none">• Milk (preferably whole milk)• Cream• Coconut oil <i>No more than 1 tbsp/cup</i>• Cinnamon	<ul style="list-style-type: none">• Sugar or artificial sweeteners• Coffee Mate or other powdered milks	<ul style="list-style-type: none">• As often as you want
Iced Tea or Coffee	<ul style="list-style-type: none">• Tea bags or leaves• Pour coffee over ice	<ul style="list-style-type: none">• Sugar or artificial sweeteners	<ul style="list-style-type: none">• As often as you want
Soup Broth	<ul style="list-style-type: none">• Homemade broths such as vegetable, chicken or beef broth• Sea salt, Kosher salt, Celtic Salt, or Himalayan salt• Vinegar• Herbs and spices	<ul style="list-style-type: none">• Bouillon cubes• Canned broth• Boxed broth	<ul style="list-style-type: none">• A few times per day

What if you take any daily medications that need to be taken with food?

If you take any daily medications that require you to take that particular medication with food, you can have a small portion of green vegetables or a small piece of fruit with the skin intact, i.e. an apple or pear with the skin.

Fasting: Guidelines

Broth Recipe

Ingredients

- Vegetables
- Chicken, beef, pork or fish bones
- 2 tbs of raw, unfiltered organic apple cider vinegar
- 1 tbsp of sea salt (or to taste)
- 1 tsp of freshly ground pepper (or to taste)
- Herbs and spices

Instructions

1. If using bones, roast them in the oven at 350°F for 30 minutes.
2. Coarsely chop desired vegetables.
3. Place stockpot on the burner. Add the bones and apple cider vinegar. Cover with water and let sit for 10 minutes.
4. Add the chopped vegetables, sea salt, pepper, and any other herbs and spices into the stockpot.
5. Cover the stockpot and turn the burner to high heat. Once it has begun boiling, reduce to a simmer.

Cooking Times

- Chicken bone broth: 4 - 24 hours
 - Beef bone broth: 8 – 48 hours
 - Fish bone broth: 4 – 8 hours
 - Vegetable broth: 3 hours
6. Every 30 minutes for the first 3 hours try to skim off the layer of fat (if visible) from the surface of the broth.
 7. Let it cool for 30 minutes, strain and de-fat.
 8. Refrigerate or freeze. Broth will stay good in the refrigerator for 3 to 5 days.