Modified Fasting Protocols
(Metabolically Flexible)

Description:
Any meal, especially those rich in the combination of fat and starch/sugar, will elicit a fat storing response if they exceed caloric needs or perpetuate a hyperinsulin state that impedes fat release from the cells. The longer a person can go between meals, the faster resting insulin levels can decrease. However, this often results in compensatory eating and craving behavior, which results in a worsening of the condition. By prolonging food avoidance for short periods of time we can drastically reduce insulin and calorie intake and speed fat loss.

Relevant science:
Fasting lowers glycogen, increases glucagon, lowers insulin, lowers leptin, lowers calorie load re-sensitizes hormone receptors and induces autophagy (process where the body’s cells break down, repair cell parts and make cell process more efficient). All of this means greater fat loss and metabolic repair.

24hr, 36hr fasts
- 24hr fast: Avoid all food starting at between 5-8pm and going to 5-8pm the following day
- 36hr fast: Avoid all food starting at 5-8pm and going to 5-8am on the second day
- Drink at least one gallon of water per day
- Tea, herbal tea and unsweetened, black coffee are fine

Weekend Fast (48-60hrs)
- Weekend fast: Avoid all food after 5-8pm Friday evening and going to either 5-8pm Sunday night or 5 to 8am Monday morning (note, longer fasts are more likely to result in muscle loss and negative side effects)
- Optional: Take fasting beverage every 4 hours while waking: 5-10g BCAA powder, 5-10g fiber powder, 1-2 teaspoons of greens and/or reds powder in 12 to 24 oz water
- Optional: Eat calorie-negative foods as much as you like (celery, cucumbers, lettuce, etc)
- Optional: Useful for a weekend fast or as an extended (7-14 days) modified detox fast. Add milk thistle (140mg 3 times daily standardized to 70-80% silymarin) and alpha lipoic acid (200mg 3 times daily). Optional: Use a pea/rice protein medical food 3 times per day as meal replacements for even longer protocols (4 weeks).
**Day-light fast**
- Avoid food until 8pm nightly.
- Best when used 1 to 3 times per week (usually following days of heavier eating)
- Stop eating by 10pm
- Drink at least 1 gallon water
- Tea, herbal tea and unsweetened black coffee are fine
- Optional: Take fasting beverage every 4 hours while waking: 5-10g BCAA powder, 5-10g fiber powder, 1-2 teaspoons of greens and/or reds powder in 12 to 24 oz water

**Exercise:** For best results and maximal fat loss, do short-duration workouts on an empty stomach toward the end of the fast. For weekend fasts consider as an option taking 5-10g BCAAs pre-workout to prevent muscle loss and maintain intensity. Perform as many 30-60 minute leisurely, slow walks throughout the week as possible. A consistent weight-training regime is absolutely essential to maintain muscle.

**NOTE** This protocol is for educational purposes only. It is best to use this information as guidance in finding a strategy that works for you. This protocol provides “structured flexibility” giving you guidelines, which you are free to adjust according to your unique needs. Always speak with your physician before making any changes to your diet or supplement regime.