Night Fasting Protocol
(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 hyper-insulin 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 can result in compensatory eating behaviors, which obviously results in a worsening of the condition. While not all people will respond to fasting with cravings, uncontrollable hunger and energy lows, many will. By prolonging food avoidance at night while a person is asleep (i.e. nighttime fasting), fasting becomes much more usable and doable.

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.

Protocol:

- Fast for 12 to 16 hours depending on feasibility and degree of obesity or insulin resistance
- Last meal eaten between 6 and 8pm
- First meal eaten between 8am and 12pm the next day
- During fasting time consume only: unsweetened teas, unsweetened black coffee, or water
- Do nothing special after breaking the fast. Eat normally (don’t binge eat, but do not try to regulate calories either).

Exercise: If possible and for best results, exercise on an empty stomach near the end of the fast (e.g. the next morning). Best workouts will be weight training, leisure walking or short duration high intensity cardio. If you have difficulty with your workout intensity, you can break your fast just before the workout with 5-10g BCAAs pre-workout to help prevent muscle loss and provide energy for the workout.

**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.