



## The Intermittent Fasting Protocol

Intermittent Fasting is an eating pattern that cycles between periods of eating and not eating and focuses more on when you eat rather than what you eat (within reason). This can be done long term for either weight loss or as part of the maintenance of your weight loss after dieting. There are different ways of doing this type of fasting, but all involve splitting the day or week into eating and fasting periods.

However you choose to do intermittent fasting be sure to remember you still need to keep calories under control (matching them to your activity level), reduce/avoid carbs and sugars, and only have minimal healthy fats. You can use our Diet Drops for ongoing appetite suppression and any of our capsule products to help make your maintenance program a success.

Here are the most popular methods:

**The 16/8 method:** The easiest, most sustainable, and most popular; also called the “lean gains protocol” which is skipping breakfast and restricting the daily eating period to 8 hours (example: Noon – 8pm) then fasting for the 16 hours in between.

**The 5:2 diet:** Consuming only 500-600 calories on two non-consecutive days of the week, but eating normally the other 5 days.

**Eat-Stop-Eat:** This involves fasting for 24 hours once or twice a week. If fasting two days a week make them non-consecutive days.

There are many positive effects on the body that fasting provides including hormonal balancing that benefits fat loss and muscle gain, improved insulin sensitivity that aids in fat burning, cellular repair, and better gene functioning related to longevity and disease protection.