



# FASTWELL™

## NOVICE FASTER

### Intermittent Fasting 16:8

- Our first goal is to become a Novice FASTER by intermittent fasting 16 hours daily leaving an 8 hour window for feeding.
- It does not matter which time of the day, but most individuals find it easiest to start by skipping breakfast.
- Intermittent fasting would include no food from 8pm until 12pm the following day, leaving time for lunch and dinner.
- Work up from 2 days during the week to daily intermittent fasting and hold this pattern for 6 weeks before adding or moving forward to other fasting options.

### Novice Fasting TIPS

**Success Tip #1.** Giving careful consideration to your current feeding practices and health, it would be recommended to slowly increase the fasting window toward Novice Fasting from 12-16 hours over a few weeks. For example, if you already consistently finish dinner by 7PM, then try waiting 12-14 hours before eating your next full meal. That would be 7-9AM, and is considered a simple fast. Fasting for health is achievable for nearly everyone. Add an hour each week to your fasting ranges until reaching the Novice Intermittent Fast of 16:8, 1-2 days weekly, sometimes called a crescendo fast. By the time you reach this goal, you will have a new feeling of confidence and improved health sufficient to consider advancing to other stages of fasting.

**Success Tip #2.** Before doing 16:8 intermittent fasting on a daily basis, we recommend working up to 2 non-consecutive days weekly. After mastering 2 days weekly, you can add additional days or intermittent fast every other day(aka cycle fasting), and work up to 5 to 7 days weekly(aka strong fasting). Another option is to set 2 non-consecutive days in a week to practice the 16:8 fast. Consider using the Fastwell Curb shake after 12 hours of fasting as a replacement for breakfast or lunch. The Fastwell Curb shake keeps you in a low insulin state and promotes fat burning through ketosis while reducing hunger pains and cravings. Again it may be helpful to have worked up to 12-14 hours daily of fasting during the previous weeks.

**Dosing instructions. Stir 1-2 scoops of the Curb Wellness Shake into 16-20oz of cold water once or twice daily for the first 1-4 weeks of Time Restricted Feedings in place of breakfast or lunch.**

**Success Tip #3.** Reduce cravings and improve energy by sustaining **Premium Electrolytes**.

**Dosing Instructions: Mix one scoop of the Sustain Premium Electrolytes in 8-10oz of water every 4-6 hours during fasting, with infrared sauna therapy, or with exercise up to twice daily.**

**Success Tip #4.** The microbiome, which consists of the good, bad, and overabundant bacteria, yeast forms and candida, and even parasites, benefits from herbal and prescription antifungals and antiparasitics. The “bugs” are often the source of cravings generally. Food cravings decrease

significantly with targeted cleansing of the intestinal tract. Fasting starves the “bugs” leading to side effects from die-off or herxing reactions. Seek advice from a Naturopathic or Functional Medicine physician on how best to cleanse the intestinal tract of these overabundant “bugs”. Many individuals find fasting much easier after working through some cleanses at the same time as starting fasting programs.

**Success Tip #5.** Take advantage of the **Boost Pre-Workout Drink** to support early morning exercise programs. Avoid the crash that often comes with fasting with this powerful pre workout energy booster, that also aids muscle endurance and provides essential amino acids for recovery and growth.

**Dosing Instructions: Mix 2 scoops in 8-10oz of cool water 30 minutes before exercise.**

**Success Tip #6.** Follow a Ketogenic or low carb diet consuming either no grains or less than 25-50 grams daily between all feedings. This greatly assists in weight loss and insulin resistance, besides reducing cholesterol and triglyceride levels.

**Success Tip #7.** Support the detox pathways. The intestinal tract as previously described contains a variety of microbes, many of which produce toxins and inflammatory cytokines. Fasting can slow the motility of the intestinal tract leading to toxic effects associated with constipation. It is best to bind toxins with binders which can also support regular bowel movements. This includes any detox support taken once daily at minimum 2 hours from the last meal. Binders easily obtained over-the-counter include charcoal, bentonite clay, Chlorella, and zeolite. Drink plenty of water and add Infrared Sauna therapy for added detox benefits and energy.

### **The 5 feeding rules for ideal energy, weight loss or maintenance, and reversing Type 2 Diabetes**

To reach your ideal weight or to reverse diabetes we also recommend focusing on these 5 rules besides intermittent fasting as often as possible. These are good rules for everyone to follow either way.

1. Eliminate or at least significantly reduce consumption of food and drink with added sugars
  - a. Consume natural sugars from fruits as a dessert with cream.
  - b. Use Monk fruit, Erythritol, and Stevia sparingly as a substitute sweetener for drinks, cooking, and occasional deserts.
2. Eliminate or at least significantly reduce consumption of refined grains.
  - a. If grains are consumed, target <50gm daily preferably at the largest meal of the day.
  - b. If intermittent fasting for breakfast, plan lunch to avoid grains and keep natural fats high to prolong ketosis.
3. Keep protein intake to a moderate level. For most individuals a single serving from animal sources once daily should be sufficient.
4. Increase consumption of natural fats from avocados, olives, butter, flaxseed oil, ghee, coconut oil, and MCT oil.
5. Mix up intermittent fasting from 16:8 to 20:4 to 5:2 for example. When weight loss plateaus consider a change in the style of fasting or mixing it up.