



FASTWELL™

PRO-FASTER

Fasting 24-36 hours

- The Pro-Faster provides three options or paths. The first one is a 24-hour fast once weekly, with advancing options to a 5:2 where you complete two 24-hour fasts on non-consecutive days each week or even a 4:3 pattern, also known as Alternate Day Fasting (ADF).
- PRO-Fasting is designed to be added to a standard intermittent fast and should be done until reaching the desired goals.
- PRO-Fasting could be completed anywhere from 12-52 days out of the year. Examples include fasting one 24 hour period once monthly, for a total of 12 days yearly. It may include fasting one 24 hour period weekly for a total of 52 days out of the year.
- Frequent and extended fasting will likely lead to weight loss. A good rule for a PRO-FASTER is to fast more if you are in need to overcome health challenges or are trying to reach a goal weight requiring loss greater than 10 pounds.
- Fast more frequently until reaching your goals, than fast 24 hours once weekly or monthly to create a regular and healthy pattern.
- Fasting greater than 24 hours leads to greater age reversing benefits including autophagy, decreased metabolic diseases, decreased cancer rates, and greater energy. An example of timing for a 24 hour fast starts after eating dinner at 6PM and fasting until 6PM the following day.
- A 24 hour fast can be very easily extended in this scenario to a 36 hours fast by starting at 6PM and fasting til 6PM the following day, but instead of breaking the fast at dinner, simply wait until the next morning at 6AM and you have now completed a 36 hour fast. Remember, the longer the fast past 16 hours the longer we are in a state of autophagy that is reversing aging and reducing hidden chronic inflammation.
- This advancing format of fasting may seem easy for some to achieve and for others simply overwhelming. Remember fasting has benefits at multiple levels. If this feels to be too much just continue with your mastery of the Semi-Pro(20:4) or Intermittent Fasting(16:8) fasting program and remind yourself how awesome you feel to be taking control of your health. Keep in mind your individual needs, challenges, and also diagnoses, as this can be a challenging climb upward. Consider seeking emotional support through a trusted physician, coach, friend, or preferably an experienced fellow faster.

Pro Fasting TIPS

Success Tip #1. Reduce cravings and improve energy by keeping hydrated with clean filtered water while sustaining with **Premium Electrolytes**.

Dose 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 three times daily during a 24 hour fast.

Success Tip #2. Having mastered 20:4 intermittent fasting, a 24 hour fast is very achievable. Don't do a 24 hour fast around important dates, holidays, or when traveling etc; Find a family member or friend who can fast with you and even better who will enjoy breaking the fast with you. As we are practicing, consider using the Fastwell Curb shake after 16, 20, or 24 hours of fasting as a replacement for lunch, dinner, or evening when needed for a boost or to reduce cravings and hunger pains. Again it may be helpful to have worked up to 20 hours of regular intermittent fasting during the previous weeks or months.

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 24 hour fasting in place of dinner or early evening cravings.

Success Tip #3. 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. It is recommended to keep exercise to a minimum. This is not the time to create new personal records or go for a long run. Walking, yoga, Pilates, Tai Chi, stretching, would all be appropriate forms of exercise that should be easy to sustain in a fasting state.

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

Success Tip #4. It may be tempting to participate in extreme detox programs while fasting. Consider adding detox foot baths, infrared sauna, glutathione injections and intravenous therapy in the first few days or week following a fast for best benefits and tolerability.

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.