



FASTWELL™

SEMI-PRO FASTER

Intermittent fasting 20:4 or OMAD

- The Semi-Pro faster provides two options very similar to one another. The first includes extending the Intermittent Fasting window to 19-21 hours of fasting, or the second option just One Meal A Day(OMAD) to be consumed over an one hour window.
- Either choice allows flexibility to do every other day alternating with 16:8 or daily for 5-6 days per week.
- This additional time with fasting pushes the body into a state of autophagy resulting in removal of old and damaged inflammation promoting cells while at the same time reversing aging.
- 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 Intermittent 16:8 fasting program and remind yourself how awesome it feels to be taking control of your health.
- Keep in mind your individual needs, challenges, and also diagnoses, as this can be a challenging climb forward. Consider seeking emotional support through a trusted physician, coach, friend, or preferably a fellow faster.

Semi Pro Fasting TIPS

Success Tip #1. Before doing 20:4 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, or work up to 5 or 6 days weekly. Another option is to set 2 non-consecutive days in a week to practice the 20:4 fast. Use the Fastwell Curb shake after 16 hours of fasting as a replacement for lunch and when needed for an afternoon boost. 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 16-18 hours daily of 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 Time Restricted Feedings in place of breakfast or lunch.

Success Tip #2. Reduce cravings and improve energy by sustaining with **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 #3. If you didn't take seriously the thought of supporting your microbiome during your Novice Fasting programs, consider it now. The microbiome, which consists of the good, bad, and overabundant bacteria, yeast, and parasites, loves herbal cleansers. The hidden and obscure "bugs" are often the source of cravings generally. Food cravings often decrease with targeted cleansing of the intestinal tract. 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 #4. 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.
Dosing Instructions: Mix 2 scoops in 8-10oz of cool water 30 minutes before exercise.

Success Tip #5. 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 #6. Support the detox pathways. Another method of supporting detox pathways is infrared sauna therapy. Do a trial of 5-10 sessions and observe how energy improves and how much clearer thinking becomes as we pull toxins from the largest detox organ of the body.

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.