

INTERMITTENT FASTING *Program*

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1. Understanding Intermittent Fasting Program

What is a Intermittent Fasting Program?

Intermittent Fasting requires you to adjust your eating pattern in order to limit the time period you eat within a day.

Common intermittent fasting methods include 16 hour fasting period and 8 hour eating period (16/8 method) or the 5:2 approach twice per week.

In order to benefit more and achieve some of the goals you set for the program, there may be a need to reduce your daily calorie intake. Therefore, one of the most important things to remember during intermittent fasting is to not over consume during the eating periods.

During the program you do not need to restrict the calorie intake too much but rather need to focus on the cycles of fasting time, quality of the food you consume and the overall feeling you get from the experience.

As everyone has a different lifestyle and routine, we advice that you follow the type of Intermittent Fasting that works the best for you.

Many people find the 16/8 method to be the simplest, most sustainable and easiest to stick to. We would also like to concentrate on the 16/8 method for this week.

How does Intermittent Fasting work in the body?

This type of periodic eating had been practiced by our ancestors. They were fasting long hours as they did not have frequent access to food. But little did they know about the positive effects this eating pattern has on human health. Luckily, we know that this kind of eating pattern allows us to stop consuming and start cleaning and repairing.

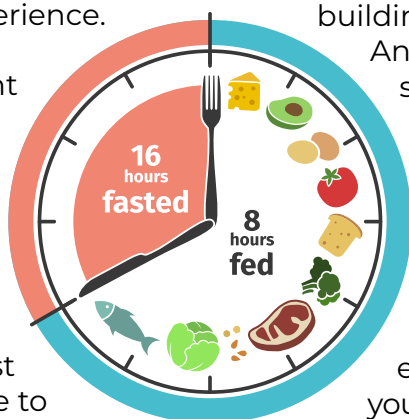
During fasting many changes happen in our bodies, especially on cellular level.

After the cells switch to the repairing mode, they change the expression of genes. This implies that your body starts to respond to the internal and external environment in a 'new and healthy' way.

Noticeable changes occur in hormonal levels; human growth hormones, which is responsible for weight loss and muscle building, increase significantly.

Another hormone that is significantly impacted is insulin; as insulin levels drop the stored fat in our bodies become more accessible and easier to burn.

There are numerous other positive benefits that can be experienced during and after your intermittent fasting program.



What are the benefits of Intermittent Fasting?

Intermittent fasting is a powerful approach to eating, which is becoming very popular because it can aid weight loss whilst eliminating the feeling of hunger; it can also help reduce the risk of chronic diseases like diabetes and heart disease.

If done correctly, intermittent fasting can also help with improving sleep quality and energy levels.

Modern science has proven that fasting has some of the following benefits:

- Helps promote insulin
- Normalizes ghrelin levels, also known as your “hunger hormone”
- Increases the HGH
- Lowers triglyceride levels
- Helps suppress inflammation
- Fights free radical damage
- Boosts fat burning
- Promotes anti aging effect
- May improve sleep quality



What is the ideal length of an Intermittent Fasting Program?

This program can be applied as a 1-day experience, or can be turned to a lifestyle. Nonetheless, for a wholesome experience we recommend to do a 7 days program.

What to be careful on and what to avoid?

Qualifying your diet by assessing its nutritional value and cooking technique is important before you venture into your intermittent fasting program.

You should avoid eating processed food during the eating periods. Also, make sure to intake calories from healthy foods rather than from refined carbohydrates, sugar/fructose and grains such as pizza, bread and potatoes.

Instead fill your diet with vegetable carbohydrates, healthy protein and fats such as avocado, coconut oil, olive oil and raw nuts.

Who should avoid Intermittent Fasting?

Intermittent fasting is now known to be a safe diet as there is nothing dangerous about not eating for a while if you are a healthy individual.

Still we would suggest you to be careful, especially if you are underweight or have a history of eating disorders.

You should consult with your doctor before trying intermittent fasting, if you have any of the conditions stated below:

- Diabetes (especially Type 1)
- Problems with blood sugar regulation
- Low blood pressure
- If you are underweight
- History of eating disorders
- History of amenorrhea
- If you are pregnant or breastfeeding
- If you are trying to conceive
- If you are using medications



2. How to Get Ready for an Intermittent Fasting Program?

Preparing Your Body

Preparing for intermittent fasting can be different for each person. Here are a few basic guidelines to ensure you have an easy transition.



Reduce intake of harmful substances into your body like sugar, caffeine, alcohol, and cigarettes. Give your body a break by dropping these at least 2-3 days before starting the diet.

Staying hydrated is important. That's why you should increase the amount of water you consume per day by drinking 4-6 glasses of water a day. This way you will help your body to adjust and reduce possible symptoms.



Eat more fruits and vegetables. Avoid processed and cooked food as much as possible. This will help jumpstart the benefits and make the transition into your diet smoother.



You can use our Pre-detox document as supporting guidance.

<https://www.thelifeco.com/en/09-pre-detox-kit/>

Preparing Your Kitchen

It is important to prepare your kitchen with tools, food and ingredients, supplements and similar items before starting intermittent fasting.

1. Tools:

- Food processor
- High-speed blender
- Food dehydrator
- 2-Speed immersion blender

3. The supplements to buy to support the program

- Digestive Enzymes
- Spirulina, Kelp & Nettle
- Probiotics
- Himalayan salt
- Herbal laxatives

2. Food Shopping:

- Fresh, dried, juiced or dehydrated fruits
- Raw, juiced or dehydrated vegetables
- Raw nuts and seeds
- Uncooked grains and legumes (sprouted or soaked)
- Raw nut milks
- Raw nut butters
- Cold-pressed oils
- Fermented foods like miso, kimchi and sauerkraut
- Sea weed
- Some sweeteners, such as pure maple syrup and unprocessed raw cacao powder
- Superfood powders, such as spirulina, chlorella, wheatgrass
- Condiments, including vinegars and unpasteurized raw soy sauce



3. Frequently Asked Questions about Intermittent Fasting Program

Why supplements are important during a Intermittent Fasting Program?

Though supplements are not a must during this program, there are few that we would suggest due to the support they provide to your body. They are very helpful when it comes to digestion, metabolism and a healthy microbiota.

Digestive Enzymes:

Digestion is essential for good health. Extracting the nutrients from food is a complex process. In order to break down food we rely on a special set of proteins called digestive enzymes.

Spirulina, Kelp and Nettle:

Spirulina, kelp and nettle have been touted as miracle cures that are capable of soothing arthritis pain, increasing energy, boosting immunity, improving liver function, warding off heart disease and controlling appetite. Seaweeds offer a range of health benefits, provide essential nutrients (carotenoids, protein, minerals) and therefore their consumption is essential in vegetarian or macrobiotic diets. Take 2 capsules every morning, before breakfast, on an empty stomach.

Probiotics:

Probiotics are bacteria and yeasts that line your digestive tract and support your body's ability to absorb nutrients and fight infection.

Please take 2 capsules after dinner, on a full stomach.

Himalayan Salt:

Himalayan crystal salt has matured over the past 250 million years under intense tectonic pressure (in an environment with zero exposure to toxins and impurities). This type of salt contains about 80 natural minerals and elements used by the human body.

The Himalayan salt is a good source of trace minerals. Add a pinch of salt to your drinking water and consume it whenever you feel low in energy.



Note: If you are already taking these supplements, please continue at your own pace and dose, and if not start to take accordingly.

What are the symptoms you may experience during Intermittent Fasting?

In the beginning of your healing process, you may experience physical and emotional symptoms of the healing. We listed some symptoms of healing you may observe in your body during your journey.

- **Fatigue, weakness:** It starts the first day in the afternoon and lasts for 3-5 days. The organs use up very high energy during the cleansing process which causes fatigue and weakness. Have a rest, do not get tired. Drink at least 5-6 big glasses of detox soup a day.
- **Headache:** Having headache due to caffeine addiction is a common symptom. Generally, it occurs in the first 2 days and fades away in a short time. Drinking a generous amount of water and sweating (shower, sauna or steam room) a head massage with the mint oil, colema and a bit of positive thinking may cut down your pain.
- **Nausea:** It happens when the stomach participates in an improving process with the large intestines, kidney, skin, lungs and sinuses. Toxins are acidic and our stomach can hold high acid. So it may throw them up at once. Drinking a glass of alkaline water will clean away the acidic residue in the esophagus. Give yourself a rest. As you get rid of a large number of toxins at once, you are going to feel much better the next day.
- **Your Heart Pumping at a High Rate:** In a normal nutrition regulation, while 2 of 6 litres of blood in our body is pumped for cleaning the system, 4 litres of it is engaged in digestion. When the digestion becomes quite low during the detox week, the total amount of blood starts to circulate in the body just for cleaning, and this kind of blood pumping causes a fast heart beating. In that case, melt a teaspoon of Himalayan salt in a small glass of alkaline water and drink it and rest.
- **Dizziness:** It's a normal symptom that can occur in the mornings. Get up slowly from the bed, avoid sudden moves and all heavy physical activities. Have a rest and drink detox soup with some Himalayan salt in it.
- **A White/Yellow Layer on the Tongue:** It occurs on the 2nd day. It is a sign showing that the body is detoxifying itself. Clean this layer every morning with the tongue cleaner before drinking anything and repeat a couple more times during the day. Cleaning your tongue before drinking anything in the morning is essential. Otherwise, you will be putting the toxins back to your system.
- **Fluctuation in Sleeping Pattern:** You may want to sleep more in the first days. In later days, your need for sleeping will reduce and/or you may even wake up very early in the mornings. This is a normal situation related to the reduced digestion and cleansing going on in your bodies. It's also usual to see unusual dreams and nightmares.
- **Pains in Different Areas of the Body:** It can be especially seen on the back of your body. It points out that in that area the physical blockages are relieved and toxins are released. Floating tank, Thai and Bali massages, yoga and steam room can be useful in soothing the pain. Drink more water and detox soup along with a small glass of water with Himalayan salt daily.
- **Bad Breath and Bad Sweat Odour:** These symptoms show that you are eliminating toxins.

- **Gas and Bloating:** From the middle of intermittent fasting onwards, you can have gas in your stomach and intestines. You can feel bloated for some days. The gas problem can be explained as the undigested food remains starting to leave the body by the removal of the intestine plaques. Colema, abdominal massage and yoga moves are effective in dealing with this.

How can I compensate for the non-available ingredients?

If you are not able to find all the ingredients that are required, then try to find local ingredients which carry the same nutrients and in the same nutrition levels. Keep in mind to choose natural, fresh and organic ingredients.

How much water should I be consuming during Intermittent Fasting?

Staying hydrated is important no matter what diet you follow. This amount will vary depending on the individual and their lifestyle factors, such as age, diet, weight, and activity levels.

Here is a basic calculation to find out the minimum amount of water you should consume per day:

Your body weight (kg) x 0.03 = Amount of water per day (L)

Ex: If your body weight is 59 kg then the amount of water would be:
 $59 \text{ kg} \times 0.03 = 1.77 \text{ L of water per day}$

An easy and simple way of checking that you are hydrated is to check your urine color. If your urine is a very clear or light yellow, then you are drinking the correct amount. If your urine is a darker yellow, consider drinking more water throughout the day.



How can I alkaline my water?

1. Use baking soda

Add 1/8 tbsp (600 mg) baking soda to an 8 oz. (0.237 liters) glass of water. Shake (if you are using a water bottle) or stir (if you are using a glass) the mixture vigorously to make sure the baking soda mixes in thoroughly with the water. Baking soda has a high alkaline content therefore when it is mixed with water it increases the alkalinity of the water. If you are on a low sodium diet, do not add baking soda to your water. Baking soda is high in sodium.

2. Use lemons

Lemons are anionic, so when you drink lemon water, your body reacts with the anionic properties of the lemon making the water alkaline as your body digests it.

Fill one pitcher with clean water. Filtered water is the best way to go, but if you don't have a filter, tap water is okay to use.

Note: its always better to boil the tap water fast, to evaporate and eliminate any unwanted chemicals.

Cut up one lemon into 8 slices. Add the lemons to the water but do not squeeze them. Simply place them in the water. Cover the water and let it sit overnight for 8 to 12 hours at room temperature. You can add one tablespoon of pink Himalayan sea salt to your lemon water if desired. Adding the salt mineralizes your alkaline water.



3. Add pH Drops

pH drops contain potent alkaline minerals and are highly concentrated. You can purchase pH drops at healthy food stores or online. Follow the directions written on the pH bottle you have purchased to determine how many drops you should put into your water.

Keep in mind that while pH drops increase the alkalinity of your water, they do not filter out any of the hazardous chemicals like chlorine or fluoride that can be found in your tap water.



How many calories should I consume per day?

The daily calories will vary depending on the amount and type of juice and salad, but also if you are going to implement meals and/or snacks.

For a purposeful outcome, the suggested amount would be around 1000 calories per day.

How many kilos would I be losing during Intermittent Fasting?

You should keep in mind that weight loss varies from person to person and definitely depends on different factors, such as; the amount of the meals you consume, your age, lifestyle, health conditions and mental status.

How many meals will I be consuming throughout a day?

You will be consuming 3 meals per day including a snack, but you can also reduce it to 2 meals depending on your hunger and energy level.



What else can I consume during Intermittent Fasting?

Try to consume more raw, high nutrition – low calorie meals or snacks. Example; salads, nuts & seeds, smoothies, fruits. The detox soup is a good source of minerals and vitamins. It will keep you hydrated and keep you full for long periods of time. It is best to consume 5 – 6 cups a day. Different spices are advised to use in the soup.



Detox Soup



Detox Soup Recipe:

- 1 big celery with leaves
- 1 big red onion
- 1 big potato
- 150g fresh ginger
- 1 medium carrot
- 3 cloves of garlic
- 3 kale (black cabbage) leaves
- 100gr white cabbage
- 50gr fresh rosemary
- 2 tablespoons dried mint
- 2 tablespoons dried parsley
- 2 rocket root
- 1 tablespoon chili pepper powder
- 3 tomatoes
- 3 tablespoons thyme

Instructions:

Wash all the ingredients well and keep the skins on.
Cut celery, cabbage and kale finely and add onion with the skin.
Use a 24 cm deep and large steel pot. Put everything inside the pot and add boiled water until the pot is full. Boil everything just for 5 to 10 minutes and let it rest for 1 hour.
Then strain the soup and use only the liquid that will have a rich amount of vitamins and minerals. You can use lemon juice and any spice that you like to give more flavour.

Can I drink any coffee/ decaffeinated coffee or black tea?

During the program, it is advised to stay away from any form of caffeinated drinks or decaffeinated coffee. Decaf beverages are processed drinks therefore will slow down the cleansing process.

Can I continue my medications and supplements during this program?

It is important not to stop your medication unless advised and/or supervised by your doctor. Still we would suggest you to try avoiding painkillers and antibiotics during the diet.

Additional supports for Intermittent Fasting Program

A week long exercise plan is suggested for different purposes:

- To support the therapeutic healing process
- To lose unwanted body fat
- To build muscles and strength
- To get fit and stay healthy

For therapeutic application, the following exercises are suggested:

- Morning walks, at least 30 minutes every day to increase oxygen intake, warm the body up for the day and gain energy
- Yoga, stretching and swimming to facilitate blood and lymphatic circulation, improve joint function, tone and strengthen the muscles and improve body posture
- Using trampoline for 10 minutes to facilitate lymphatic circulation

Note: Please do not do hard workouts during the therapeutic period in order to save energy and allow the body to cleanse.

Things to consider for stronger muscles and a healthier body:

- During the first weeks, high-intensity training helps to increase insulin sensitivity, fat loss and fitness.
- Resistance training reduces body fat and helps achieve leaner muscles
- Focus on aerobic activities to burn fat.
- Weight training allows you to focus on major muscle groups.
- Weight training will also help maintain muscles while burning calories during rest and recover.
- Yoga and mobility exercises.

Intermittent Fasting Program at TheLifeCo Wellbeing

If you are interested in doing Intermittent Fasting, you can learn more about the program by clicking the link below:



Intermittent Fasting Program:

<https://www.thelifeco.com/en/healthy-nutrition-programs/intermittent-fasting-program/>



TheLifeCo Instagram Account:

<https://www.instagram.com/thelifeco/>