

7 Intermittent Fasting Tips For Faster Results

Use these fasting tips to get through your intermittent fast without stress or hunger pangs! Scheduled eating is easy when you break it down step by step, here's how.

Intermittent fasting is not technically a form of starvation at all, but rather a temporary state of very low or no caloric intake. Almost all mammals who walk the earth today are highly specialized organisms whose metabolic systems are highly adapted to periods of IF.

Also known as "scheduled eating," intermittent fasting is an effective strategy for shedding excess weight, as well as reducing your risk of chronic diseases like diabetes and heart disease. Benefits include increased insulin sensitivity and mitochondrial energy efficiency.

"Intermittent fasting (IF) is simply the practice of skipping food intake for specific periods of time."

Benefits of Intermittent Fasting at the Cellular Level

On the cellular level, the main target of IF is our mitochondria— the tiny metabolic engines that power every cell in our bodies. Mitochondria convert the chemical energy potential in food into electrical and mechanical energy for our bodies.

Mitochondria are very dynamic—always changing in size, population and energy potential in relation to our exercise, diet and lifestyle.

Intermittent Fasting Schedule for Beginners

Intermittent fasting (IF) is simply the practice of skipping food intake for specific periods of time, generally 18-36 hours a couple of times per week. Increased food intake may result after periods of IF, so there may be no overall reduction of calories.

Dr. Michael Mosley, in his book *The Fast Diet: Lose Weight, Stay Healthy, and Live Longer with the Simple Secret of Intermittent Fasting*, advocates a 5:2 strategy, calling for eating regularly five days a week and fasting for two. On the fasting days, he advises cutting down to a quarter of your normal daily calories.

For most of us, that equates to about 600 calories for men and 500 for women.

Not ready to commit 100% yet? Try skipping breakfast, and avoid eating at least three hours before you turn in for the evening.

This will restrict your eating to an 8-hour window or less.

7 Tips for Starting Your First Fast

1. Hydration for Intermittent Fasting

Mini fasting specialists say staying well hydrated will make the fasting periods much easier to get through. First-timers should pay attention to tips on water fasting to beat hunger pangs while drinking liquids.

Drinking water during your fasting period will save you from the perils of dehydration and avoid turning dehydration issues into stumbling blocks for your fasting attempts.

2. Sleeping Through the Night of 24H Fasting

Throw yourself a bone and aim to fast through the night. That way you are sleeping for at least eight of those hungry hours. After all, what better way to beat a difficult challenge than by sleeping through it? T

3. Rewire Your Thought Process

Experts urge first timers to think of fasting as taking a break from eating, not as a period of deprivation. And won't it be nice to stop worrying about what your next meal will be and when? Fasting is much more a mental game than it is just avoiding eating. One of the best fasting tips you will ever get is to think of your fasting period as a form of meditation, focusing on giving your body a break from food

4. Keeping Busy is One of the Best Tips on Fasting

Don't commit to a fast when you have nothing going on. Successful fasting doesn't work well when you are lounging on the sofa wondering what's in the fridge. Instead, hit the gym, meet a friend for a walk, or tackle that garage clean-up job you've been meaning to get to. Successful fasting doesn't happen when you have nothing to do because you will end up centering your attention on your hunger.

5. Check with your Health Practitioner

As with any big diet change, it's best to touch base with a trusted health care provider. You may have a medical condition that isn't conducive to intermittent fasting.

6. Start with a Short Fasting Schedule at First

You can start with a simple intermittent fasting 16/8 diet first instead of committing to 24 hour fasting periods. When we talk about a 16/8 intermittent fasting schedule, what we mean is eating for an 8-hour window per day and forgoing food for the next 16 hours.

You can also choose to go for a 5/2 fasting schedule which involves eating normally for five days of the week and fasting for the remaining two.

7. Avoid Gorging on Food for Better Intermittent Fasting Results

Yes, it is an achievement if you make it through your first week of intermittent fasting. It is easy to [reward yourself and de-stressing](#) by feasting after all the days of starvation/famine but it is better if you hold you pause before indulging.

Feasting after a fasting schedule can be bad for your fasting body and pave the way for fat to creep into your body. You can break your fasts by eating whole foods, shunning [high fructose foods](#), and eating less but more consistently throughout your non-fasting schedule.

7 FASTING TIPS



Also known as "scheduled eating," intermittent fasting is an effective strategy for shedding excess weight, as well as reducing your risk of chronic ailments like diabetes and heart disease. **Benefits include increased insulin sensitivity and mitochondrial energy efficiency.**

Use these fasting tips to get through your fast without stress or hunger pangs!

1 Stay Hydrated

Drink plenty of water to help your body fight cravings, and avoid dehydration.



2 Get Lots Of Sleep

Sleep is not only good for you, but also a helpful way to spend your fasting time.

3 Rewire Your Thought Process

Think of fasting as taking a break from eating, not as a period of deprivation.



4 Stay Busy

Stay occupied with work, errands, or something active so your mind has something to focus on besides food.

5 Talk To a Doctor

It is best if you talk to your doctor before attempting to fast. Especially if you are suffering from a metabolic illness or are currently healing from a condition.



6 Start with a Short Fasting Schedule at First

16/8 intermittent fasting - Eat for an 8-hour window per day, fast for the next 16 hours. For example: 12pm-8pm eat, 8pm-12pm fast.

5/2 fasting schedule - eat normally for five days of the week, fast for the remaining two.

7 Eat Healthy

Break your fast by eating whole foods, shun high fructose foods, and eat less but more consistently throughout your non-fasting schedule.



