

INTERMITTENT FASTING TIPS

Top 10 Tips For Intermittent Fasting

Choose An Option:

The two most popular intermittent fasting options, the 5:2 and the 16:8.

Option 1:

5:2 or two 24-hour fasts per week. For example, you can eat dinner at 6:00 PM and then fast until 6:00 PM the following day. This way you don't go to bed hungry, and the majority of your fast occurs during sleep.

Option 2:

16:8 or daily intermittent fasting, eating only within an 8-hour window. For example, you can eat from 12:00 PM to 8:00 PM, and fast for the remaining 16 hours of the day. It's important to pick an eating window that works best for your lifestyle.



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1

Ease Your Way In

If you're new to fasting, start small. Try a 12-hour mini-fast. Stop eating after dinner and don't eat again until 12 hours later. Most of your fasting will occur during sleep. From here you can work your way up.

2

Sip Bone Broth

If you're not familiar with fasting, your body may take some time to adjust. I recommend having a batch of bone broth ready to sip, if the need arises. Bone broth is packed with proteins and minerals that ward off cravings without spiking your blood sugar or burdening your digestive system.

3

Add Collagen

Adding Collagen to black coffee or unsweetened tea can make getting through a morning fast much easier. Collagen can improve the health of your hair, skin, nails, joints and more. It even shares many of the same benefits as bone broth

4

Stay Hydrated

It is important to drink plenty of water during your fast. Staying hydrated doesn't have to be boring. Try some sparkling mineral water, herbal tea, or infused waters to keep it exciting.

5

Plan Ahead

Schedule your 24-Hour fast during your least stressful days. Before you start, have a plan for how you will break your fast. Pack your "break-fast" meal ahead of time and have it ready to go so you're not tempted to reach for something unhealthy like fast food.

6

Relax

Try relaxing on your fasting days, especially if you choose to do a 24-hour mini-fasts. Meditate, take a bath, get a massage, watch a movie, or do whatever it is that completely relaxes you.

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Get Support

Try asking a friend or family member to join you on this life-changing journey. Keep in mind that thousands of women have decided to transform their health with my Bone Broth Diet and mini-fasting. Join a community of other healthy women here.

8

Skip The Workout

Gentle yoga and nature walks are a great way to keep moving while fasting. I suggest skipping the cardio, weight-lifting, and HIIT while fasting. These workouts can often trigger intense hunger.

9

Take Advantage Of Technology

Tracking your progress can be fun and effective. You can use a journal or an app like Vora or Zero, that make tracking your fasting hours a breeze. Also consider using your cell phone to set alarms that remind you of your eating windows, and to stay hydrated.

10

Be Flexible

When you start, you may prefer dinner-to-dinner fasting. But over time you might find that your schedule changes and you need to switch things up. Go with it! This isn't about building your life around fasting; it's about building fasting into your life.