



## The Action Points

### 1. Push your fasts up to 24 hours

Start extending your 16 hour fast up to 24 hours occasionally. You can do this by gradually reducing your eating window from 8 hours to 6 hours to 4 hours. If you prefer to make the big jump, go ahead. Start with a 24-hour fast once a week.

### 2. Eat more natural, healthy fats

Natural fats are those that occur in nature, such as cream, butter, or animal fats. Olive oil and coconut oil are natural fats, too, because they can be extracted simply by pressing. Vegetable oils, such as sunflower or corn oil require industrial solvents and chemical factories to extract. These highly processed seed oils should be avoided as they are too high in highly inflammatory omega 6 fatty acids. Homemade dressings for salad are much better than store bought options with processed seed oils.

Natural fats help keep you feeling full, therefore allowing for proper nutrition and fasting.

### 3. Eat each meal within a 90-minute window

Eat until you are full, but don't let the meal drag on forever. Most meals can easily be finished within 60 minutes.

### 4. Make a Plan

Once you start fasting, you'll have more time on your hands. Don't waste it. Otherwise you may be tempted to use some of that time to eat. Decide what you'd like to do with the extra time. Learn how to play chess, bridge, or poker. Go to the gym. Read a few books. Do some painting. Work on a home renovation. Talk to friends or take a bath.