



The Action Points

1. Try a Fat Fast

Try a multi-day fat fast to really get your body in a fat burning mode. This will shake up your diet a bit and also will be a great prelude to doing some longer multiple day fasts.

2. Try an Extended Fast

Extended fasting takes intermittent fasting to the next level. It provides quicker weight loss, and helps reverse metabolic disease faster. However, like a knife, it can cut both ways. There are more potential problems, too, so get educated, get support and give it a try. As always, if you don't feel well, stop and get some medical advice.

We recommend starting with a 3-5 day fast as a challenge.

3. Try our recommended break-fast protocol

If you're having trouble breaking your fast, give the break-fast protocol discussed in our last lesson a try. Longer fasts need to be broken more gently, especially if you are not used to it. Your body needs time to adjust to this new habit. But in the meantime, exercise caution.

Everybody is different, so for some, the adjustment period will be short and for others it will be a little bit longer.