



For Healthcare Professionals

*The Program in this document refers to the self-guided, online program available through TheFastingMethod.com/online-intermittent-fasting-program with a monthly or annual plan. The information provided here may not necessarily apply to The Fasting Method coaching or health consulting services. Please see TheFastingMethod.com/coaching for further details regarding those services.

The Program*

The Fasting Method Online Program* is a self-guided, online program that provides education, dietary counselling, and community support for intermittent fasting and diets low in added sugars and refined carbohydrates, moderate in protein, and high in natural, healthy fats. It recommends, above all else, to eat real, unprocessed foods and to avoid snacking. Intermittent fasting is defined as the voluntary abstinence of food for a short, pre-defined period of time. Of note, fasting is not a recent fad, but indeed has been practiced for thousands of years.

More information about the program* can be found at TheFastingMethod.com/online-intermittent-fasting-program or in the books: *The Obesity Code*, *The Diabetes Code* and *The Complete Guide to Fasting*.

Low Carbohydrate Diet

The low carbohydrate diet has been increasingly recognized to be effective for weight loss and treatment of type 2 diabetes. Specifically, the Harvard School of Public Health writes that, "There is some evidence that a low-carbohydrate diet may help people lose weight more quickly than a low-fat diet—and may help them maintain that weight loss."¹ A 2019 consensus guideline from the American Diabetes Association has also endorsed low carbohydrate diets for patients with diabetes and pre-diabetes

writing that, "Reducing overall carbohydrate intake for individuals with diabetes has demonstrated the most evidence for improving glycemia."²

Please note that The Fasting Method Online Program* only offers dietary counselling. It does DO NOT offer medical advice or supervision – only dietary advice. It does not provide advice regarding medications, interpretation of blood tests, or address other medical issues. The program* DOES NOT provide dietary guidance for children under 18.

Participants in the program* will NOT be under the medical care of Dr. Jason Fung, The Fasting Method's medical director, in any capacity. The client's own physician is responsible to oversee their medications and blood work and it is solely the client's responsibility to notify his/her doctor of dietary changes.

Partnership

This program* is a partnership with you, as the client's physician. It does not provide medical advice regarding medications or bloodwork, nor does it recommend screening tests, x-rays, or other diagnostic tests. The program* provides clients with dietary education and support and expects that they will continue to see their physician for all medical advice and expertise.

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For Healthcare Professionals Continued

During fasting, both blood pressure and blood glucose may improve, so certain medication doses may need to be reviewed. This most prominently includes the diabetic medications such as insulin, metformin, and sulphonylureas. Medications taken with food may also need adjustment. Where clinically indicated, more frequent reviews of blood pressure and blood tests may be required.

Suggested Blood Tests

Clients with more severe disease may require more vigilant blood work monitoring, which is left to the physician's judgement.

Initial and annually: lipid panel, fasting c-peptide, fasting insulin, vitamin B12, high sensitivity c-reactive protein (hsCRP)

Every 3 months: complete blood count, fasting glucose, creatinine, uric acid, sodium, potassium, chloride, albumin/creatinine ratio (urine), urea, bicarbonate hemoglobin A1C (HbA1C), alanine transaminase (ALT), alkaline phosphatase (ALP), albumin, calcium, phosphorus, magnesium.

Possible Side Effects

Side effects are common in the first few weeks of changing diets. These tend to be transient and include: headaches, dizziness, nausea, lethargy, rash, cramping, constipation, diarrhea, gout, hair loss, hypoglycemic symptoms (diabetics), acid reflux, or insomnia.



Questions

If you have any questions, please do not hesitate to contact our team at support@thefastingmethod.com

For more information on intermittent fasting please visit us at TheFastingMethod.com.

¹ The Nutrition Source. (2019). Low-Carbohydrate Diets. [online] Available at: <https://www.hsph.harvard.edu/nutritionsource/carbohydrates/low-carbohydrate-diets/> [Accessed 20 Sep. 2019].

² Evert AB, Dennison M, Gardner CD, et al. Nutrition Therapy for Adults With Diabetes or Prediabetes: A Consensus Report. *Diabetes Care*. 2019;42(5):731-754. doi:10.2337/dci19-0014.