



Gender Differences

Both men and women can lose weight with fasting, but their journeys are slightly different



Most non-diabetic men do well with a 16:8 fasting regimen daily, or fasting intermittently for 24 hours. Women tend to be less successful with those regimens, doing better initially with a longer fast of 36 to 42 hours. In my experience, a 42-hour fast done three times a week has been the most successful fasting protocol for women looking to lose weight.

At the Beginning – The Men Are Ahead

The average body fat loss for every 36-hour fast is about half a pound of body fat. Anything beyond that is typically water loss.

At the start, women experience significantly less than that. Most women will only drop some of the water weight and typically lose about 0.25 pounds of body fat per fasting day for the first. Men, however, tend to lose about 0.5 pounds of body fat per fasting day for the first two-to-four weeks that they fast.

In the Middle – Woman Take the Lead

Weight-loss for women starts off slowly but picks up somewhere between four and six weeks as more water weight is lost. During this time we start to see their rate of body fat loss increase to 0.5 pounds of body fat per fasting day.

The Result – We Both Win!

After eight weeks of fasting, both men and women appear to lose approximately half a pound of body fat per fasting day. Fasting three days a week means an average body fat loss of 1.5 pounds.

During this period, most women report other positive hormonal changes as well. Women of reproductive age start to experience improved symptoms of PMS. Women going through menopause also report improved symptoms as well. We also hear about improved sex drive in post-menopausal women. These women often report feeling like teenagers again.