



Getting Started with Intermittent Fasting

What is Fasting?

Fasting is any time that you do not eat. It gives your body a break from eating, allowing it to burn off stored calories (glucose or body fat).

How Long should I fast?

- Start with 12-14 hours every night.
- Stop eating after dinner.
- No snacking between meals.

What can I take during fasting periods?

- **Water** – sparkling or still, may add lemon or lime for flavor, try infusing water with berries, citrus, mint or cucumbers
- **Tea** – green, black, herbal
- **Coffee** – no sugar or sweeteners, a little cream or milk is OK.

What if my Blood Glucose goes down?

That's what we are trying to do, but it means that you are over-medicated. If blood sugar gets too low, you must eat something to bring it up, as it can be dangerous. For the future, you should talk to your doctor about lowering your diabetes medication.

What if my Blood Glucose goes up?

This can happen, as the body releases sugar from storage into the blood. After all, if you didn't eat and your blood sugar went up, where did that sugar come from? It could only be your own body.

Will I get hungry during Fasting?

Yes, it is likely you will get hungry. Slowly drink some hot tea or coffee and the hunger will slowly fade as your body starts burning your own stored sugar.

Further Resources:

- Videos: [Dr. Jason Fung's YouTube channel](#)
- Books: [The Diabetes Code](#), [The Diabetes Code Cookbook](#), [The Diabetes Code Journal](#)
- Fasting Support: www.TheFastingMethod.com