



How do you get back on track after taking a break from fasting?

The best thing to do to get back on track after taking a break from fasting is to go back to the basics, cut out all snacking and try to avoid eating your last meal within three hours of going to bed. Most people report it takes a week of eliminating snacking in order for you to feel in control of your appetite again. Once you are feeling ready, then try some 16 or 18-hour fasts and work your way from there to doing 24, 36, or 42-hour fasts.

Try to challenge yourself every week until you get back to where you left off before your fasting break. You can also start fat fasting to help suppress your appetite and you can fat fast for as long or as little as you need in order to regain control of your appetite and feel good getting back on track with your fasting. Check out the resource section to download our guide to fat fasting to help you get started.