



## **How do you know your body weight set point has been reset?**

You know your body weight set point has been reset when you do deviate from a healthy fasting and feasting lifestyle and gain weight, but then you lose that weight over the course of a few days. Many people report that this weight loss feels effortless. It seems no matter what you ate or drank, your body weight quickly and easily goes back down to where it was before you got off track.

Keep in mind that this observation is only after a short period of time deviating from your diet, after a holiday feast or a vacation. If you deviate from your healthy lifestyle on a regular basis over the course of a month or longer, then you might actually raise your body weight set point back up and bringing it down will take some time and effort.