

How long will it take to see results from fasting?

Well, this is a very complex question because we are all very unique and our medical history and lifestyles are so very different. There is no one size fits all answer. Certain factors that may play a determining role for how quickly you will lose weight or see improvements in health conditions associated with insulin resistance are first, how long are you fasting for? And how many fasting training wheels such as cream are you using on your fasting days? How consistently are you fasting? How long have you struggled with obesity? Do you have a family history of obesity or diabetes? How long have you been diabetic for and how controlled or uncontrolled has your diabetes been? Also, what is your history of calorie restriction dieting? If you're not achieving ideal results, perhaps you are not fasting enough. This can be due to the duration of the fast or the frequency of how often you are fasting or how clean your fasting is.

Remember, you will use the energy from food items, even fluids such as cream and MCT oils when you are fasting instead of burning your own body fat. Also, you're not doomed by your genes. For individuals with a genetic predisposition to gaining weight or developing type two diabetes, then it may take extra effort from you to achieve your health goals. This may mean you need to fast longer or cleaner by using less of the fasting training wheels. If you have had uncontrolled type two diabetes or have had diabetes for a very long time, then it may take longer to see improvements than someone who was recently diagnosed. If you have a history of following calorie restricted diets, then you may have a slower metabolic rate. Fasting and feasting properly should help you increase your metabolic rate over time, but your weight loss may be slower at the start.

Now we've published a case series in the British Medical Journal of Case Reports where all of our type two diabetic patients were off of insulin and other oral diabetic medications within three months. We commonly observe this among our participants. People are likely to lose more water weight at the start and see more dramatic changes in their weight during the first month of fasting. But weight loss usually slows down to about half a pound of body fat loss per fasting day. This means if you fast three days per week, you will expect to lose around one and a half pounds of body fat per week.

Now keep in mind this weight loss may not be reflected on the scale. Your body will produce human growth hormone when you are fasting, which can lead to the development of bone and muscle mass when you start eating again. This is why it's so important to know your body composition and focus on your fat mass rather than the total body weight, which is just the sum of your fat, muscle, bone and water mass. You can go for a DEXA body composition scan to learn what your body composition is. It's great to do at the start and then every four to six months throughout your journey. Taking progress photos is another great way to see the reduction in body fat that the scale just doesn't tell you.