

## Lesson 16: How to Break A Fast

Hi, everyone. Welcome to lesson 16 of our Masterclass. So today, we are going to be talking about how to break a fast in order to prevent those unwanted possible side effects that may occur once you break your fast. First of all, I'd like to address that not everyone has issues on breaking a fast. Most people, especially those following an alternate day type pattern, will eat and fast and eat and fast with great ease and they'll figure out over time how to break a fast and what to eat to break a fast in order for them to feel great on their eating days and their fasting days, but there are some potential side effects that can happen when you break your fast and those are the ones that we're going to try to address today.

Maybe you fasted for a few days and your gut got that much needed rest for a few days, where you weren't digesting any food for a little while and your digestive juices just weren't flowing as usual. So then when you break a fast, especially a longer fast than usual, you might find that you have some GI distress. You might feel some bloating. You may feel some gas, some pain. Some people feel constipation after they break their fast and other people get loose stools when they break their fast. I find that this is sort of 50/50. Very often, it's the foods that you're eating when breaking a fast that might be causing these side effects. You have been fasting for a little longer, but then you go and you eat things that require a lot of work on your digestive tract in order to digest. Very common foods that people tend to have a hard time digesting after a longer fast, yet they eat all the time with no problem are things like eggs and steaks.

These are foods that even though you may eat them all the time and not have any intolerance to them whatsoever, if you've been fasting for a while, that might not be the most appropriate food to break your fast with. Not because it has a higher insulin response or that it's not healthy in any way or higher in carbs, it really just is that your body requires a little bit more work, it's not prepared to eat because it hasn't eaten for a little while, your digestive juices are down a bit, your body hasn't gotten the signals in a long while to produce digestive enzymes. So eggs and steak might be something that your body has a hard time digesting when you break a longer fast. Foods that are very, very fatty. For example, a very, very fatty broth could cause some issues. Your body might not be ready and prepared and have all that vile prepared in order to break down that fat.

But normally when you have fat, you feel just great, but maybe for that first meal, it's not that you can't have any fat at all or that you can't digest any food at all, it's just that you want to ease into your digestion if you are one of those people that has trouble breaking your fast and feel a little bit of indigestion and bloating and maybe some pain and gas. The same thing goes for some people when it comes to nuts and seeds. Again, these are great foods and you should have some of it if you're comfortable with it during your meals on other days, but when breaking your fast, you might find that they're hard to digest. Again, just because of the composition of nuts and seeds. They have a combination of protein, fat and carbohydrates and do require a sort of mixed digest and a mixed digestive enzyme that your body might just not have readily available after an extended fast.

So if you're more towards the constipation side after breaking a fast, my experience really is, because, again, we're talking about eating foods that your body is not ready to digest after an extended fast or maybe easing into a fast with foods that are a lot easier for your body to digest, and then you can save the other foods for the next meal when your body has already had a chance to start producing some digestive enzymes. That might be something that you find. The other thing that really helps people that get more constipated, whether it be during a fast or after breaking a fast, is if you actually just take a tablespoon of a healthy fat, like avocado oil that has no flavor, or olive oil, if you're comfortable with that flavor. It actually does help with movements and getting things moving for you if constipation is your issue in breaking a fast. You can always give that a try and see if that helps.

I am one of those people that for a while until I figured this out, every time that I ate, I had very, very loose stools. It's very, very common. You'll hear people in our forum talk about this all the time, what to do. First of all, if you're just figuring this out, it's a really good idea to break your fast at home so you're more comfortable in a place that you're more comfortable, but you can address this issue very, very easily. What I did and what many people do and what we recommend is that you take some chia seeds in water. You can make a chia seed pudding or you can put chia seeds in yogurt since this is something that you're going to consume just before breaking your fast and it's within your eating window. And when you mix chia seeds in water or in any liquid, yogurt included, it makes this really nice gelatinous substance and that gelatinous substance is really great for you to take, I would say, about 30 minutes before you eat your normal meal.

And as you consume about one or two tablespoons of that chia seed mix and then you wait about half hour and you have your regular meal. What the chia seed mix does, it really helps to bulk up the stools so that when you do break your fast, you don't have loose stools. Also, if you're mixing that chia seeds in yogurt, you have that extra benefit of having those probiotics in the yogurt, along with the prebiotics in the chia seeds, so that you can help your gut microbiome. And over time, this is actually very beneficial. One of the reasons why breaking up fast with higher carbs and more processed foods is problematic is because it's going to put you in this very high insulin surge mode. And when your insulin goes up quite a bit like that, you may get a lot of these side effects. You will definitely get the retention side effects. A lot of bloating, a lot of pain. You might feel very, very, very uncomfortable.

But the other thing that also happens when you have this higher insulin surge because of these foods is that your body goes into storage mode, of course, and so your regain after a fast is going to be a lot higher, the rise in blood sugars is going to be a lot higher. But another thing that I find can happen, and you may think that it's caused from fasting, is that you go into this hormonal binging mode because your insulin then spikes. You go into this craving and grazing and you just can't stop eating mode after fasting. Whereas, if you break your fast with more lower insulin producing type foods and foods that you can digest well, then you're not going to feel this at all. You're actually going to be able to eat. You're actually going to feel satiated and full a lot sooner than usual, as opposed to if you break your fast with a higher processed, higher carb type food, so I'd really avoid these.



And even alcohol can have this sort of impact. It's not a great idea to break that first meal after a longer fast with alcohol and some of these other problematic foods. All right, so let's put this lesson into practice right away. Start by preparing and researching a little bit and organizing what your meal is going to be when you break your fast. And if you're somebody who gets loose stools usually when you break your fast, then remember to prepare that chia seed and water or chia seed and yogurt and have that ready for you to consume about 30 minutes before you break your fast. In order to make this even easier and to get a little bit more support, don't forget to go into our community forum and please find the thread for fasting strategies.

You will find there that many people in our community, many of our members, have talked about their success breaking a fast when they've had issues before and you can get some further tips there from them as well. Don't forget to look for this special thread for this Masterclass under our community forum. Come in, introduce yourselves to the other people doing this masterclass. Let us know how you're doing. If you have any questions or need some help clarifying anything, let us know in the forum thread. Please go ahead and look at the syllabus for all the lessons that we have already done and that you might have missed, as well as register for the next Q&A session so that we can answer all your questions. Send your questions in to [masterclass@thefastingmethod.com](mailto:masterclass@thefastingmethod.com). And happy fasting.